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magazine

Life Beyond 50

November 2017 • Waikato/Bay of Plenty



**Healthy Body,
Healthy Mind**

**What Kind of Person
are you?**

**New Beginning for
Freemasons Waikato**

Kingsley Field

Taihapa dinner just a delight



Get on board Europe and Asia

Asia and Europe are the focus this month for the House of Travel in the Waikato Solo Travellers Club.

House of Travel's own Annie Mellor is escorting an amazing trip through Vietnam and Cambodia.

Running from August 11-26 next year, the tour includes a seven-night cruise on the Mekong from Saigon to Siem Reap.

"Together we will explore the spectacular Citadel of Hue, be charmed by the UNESCO World Heritage town of Hoi An, and be amazed by the eclectic of old and new in Saigon," says Annie.

Diane de Jong and her husband Peter, from House of Travel Orewa, are hosting a series of deluxe river cruises in Europe next June.

Options include Budapest to Amsterdam; Paris to Monte Carlo; plus a combination of the two with a stopover in Paris.

House of Travel Orewa owner-operators Dennis and Yvonne Payne are hosting a deluxe cruise of Scandinavia and Russia next August.

Travelling with Oceania Cruises, stops include the Baltic states, along with Denmark, Sweden and Finland, plus two nights in the remarkable Russian city of St Petersburg.

"Taking a small ship is the ideal way to explore this area," says Dennis Payne.

House of Travel consultant Angela Taverner says this selection of cruises in Europe and Asia provides a wonderful opportunity for Solo Travellers Club members.

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

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

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

"The best holidays are created together."

Membership of the Solo Travellers Club is free.

To register contact Angela Taverner at
(07) 888-8034
angela.taverner@hot.co.nz



ANGELA TAVERNER

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

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CEO Mijda Jamieson

Dear Readers,
We are still hanging out for a better change in weather as the summer months and Christmas holidays approach, and I am wondering if it will remain another wet summery season yet again! Or will the sun come out tomorrow, tomorrow...!

A definite change in season for New Zealand however is the change in our Government which forecasts further changes that will obviously affect ourselves and our readers over the next three years, and hopefully for the Better!

With Hon. Winston Peters as part of the newly formed Government, and due to his connection with the SuperGold Card and devotion to Seniors in the community, perhaps there are some rainbows on the horizon.

As we become aware and take charge of our health and wellbeing, especially as we age, please read the articles this month regarding Diabetes and Motor Neurone Disease (MND) which affect many of us and our families. These articles are very informative, they contain a wealth of knowledge and they give us a better understanding of these diseases that can inflict our lives.

Please note that November is Diabetes Action Month. November is also the Hamilton & BOP Walk 2 D'Feet MND annual fundraiser and both these need your generous support either by donation or by getting active and joining in the MND walk for a small entry fee.

Please keep well, happy and active this month and we will catch up again in the next issue of the magazine.

Seasons Magazine and our Team would like to thank Maggie Barry for the past few years of contributing a monthly column as Minister for Seniors. We would also like to wish Maggie well with any future endeavours, and will always extend her the opportunity if she would so like, to submit further to our publication.

We would also like to congratulate the new incoming Minister for Seniors, Minister Tracey Martin NZF, and will be extending to her the opportunity to keep our readers informed through a monthly column, so keep your eyes peeled for this!

Again, to Maggie Barry, thank you so much, it was a great privilege working with you and your team.

Cheers *Mijda*



Maggie Barry

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The Power to Surprise

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Christmas at Clarence St



Lyrica

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Dinner, Show followed by band \$99* + GST
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Come and enjoy a night of good food, great entertainment and a chance to let your hair down. Gorgeous old school glamour comes to life in typical style and flair that Lyrica have become synonymous with. Their new show, *Hooray for Hollywood*, captures iconic moments from the golden age through to modern classics from the silver screen. All performed with their signature **Lyrica** style by three of our most talented locals. The evening of glamour is followed by the hit covers band, **Mufasa Mufasa** so you can kick your heels up and have a wee boogie.

Show only seats available.

* Ticketek booking fees may apply

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

"Rado and Raybon Save the World"

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

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

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

Fully stocked bar with bar packages available. For further details contact:
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Taihape dinner just a delight

They still fill the glass to the brim when you ask for wine at the Gumboot Manor café in Taihape.

The young lady behind the counter was chirpy as a wee sparrow, warm grin with it, and sharp in taking my dinner order. Printed details of what I fancied for an evening meal were placed in a tiny, numbered Redband gumboot and smiling instructions given to take the gumboot and order to another young lady at a nearby till who would also take care of my wine order.

And she did too – the glass was filled to within about 2mm of the top and needed a steady hand to get it to the table, a solid wooden two-seater affair not far from the warmth of a cheery wood-burner that pumped out pleasantness on an evening already cooling rapidly. There was also a gas-burner nearby, not yet turned on but available when Taihape decided to get properly chilly, as it can from time to time. This is, after all, the inland region of the lower central North Island, and seriously rigid frosts are part of the scenery here on a regular basis in the heart of winter. Lambing was a good month later than in the Waikato, as evidenced by the smallness of the progeny on show from the road. This is the first week of October, and the predicted maximum for tomorrow is 12 ° C.

Be that as it may, my dinner table at Gumboot Manor was a matter of just a couple of metres from the log-burner, and whatever it decided to be outside, my little perch was cosy, for the time being at least.

Unwisely, I ordered crumbed calamari with sweet and sour sauce as an entrée, to be followed by a main course of roast of lamb. Five years earlier I had written a piece about a similar dinner in this same establishment, and somehow it had been nicked by the local newspaper, published in the town and a copy of the story is now framed and hanging on the wall of the



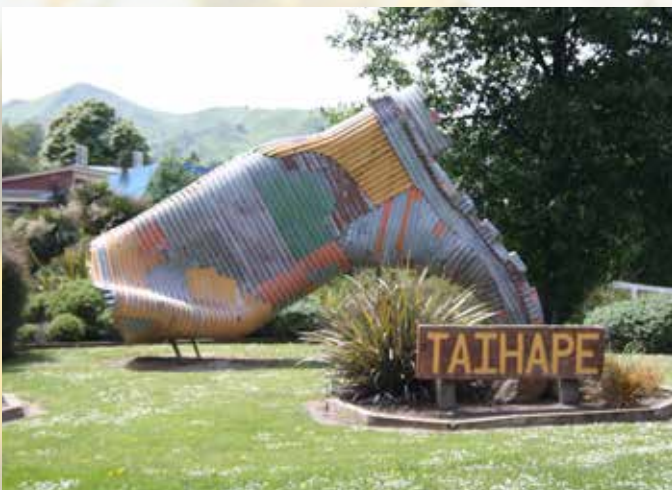
restaurant. I would have been wise to have re-read it before placing my order on this occasion. I wasn't, I didn't and I was soon to regret my over-indulgent lack of wisdom.

The calamari entrée arrived with considerable rapidity, on a large platter all lavishly set about with considerable servings of thick slabs of tomato, perhaps half a lettuce, a goodly chunk of shredded carrot, slices of gherkin and cucumber, and several hefty olives. There were enough crumbed squid rings to choke a white pointer, all gathered about a generous little bowl of sweet and sour sauce.

It was a full-on meal on its own, and I ate all of it because it was very nice.

But this is Taihape, I keep reminding myself. It's tough country around here, and tough people live in it and work in it. They need feeding properly and adequately to be able to do that. I had made similar remarks when I wrote of this same cafe five years ago, noting both the good, nourishing fare and the remarkably sturdy portions served up. I simply hadn't remembered adequately.

The young waitress was obviously keeping a close eye on me, because within seconds of my laying down my knife and fork with a sated sigh, she swept away my empty entrée plate, to return immediately with a banquet that could easily have fed the 5000 of biblical times, even without the five loaves. It included a slab of golden kumara, two large spuds, a wide wedge of pumpkin, maybe 20 baby carrots, a hefty spooning of peas, and at least half a side of a well-grown Taihape lamb, the latter well smothered in tasty dark gravy. There was also a small container of mint jelly. Some of the baby carrots were really too small to have been taken from their mothers, but they tasted superb. So did the rest of the laden plate – or at least that portion I managed to wade through. The lamb may well have been hogget, which has that fuller, richer flavour. This did and I reckon it tasted better for it.



The meal was the sort of fare that much of rural New Zealand has been brought up on for most of the past century: plenty of meat and plenty of veges. You eat it, you enjoy it, you sleep soundly, and you work hard next day.

Other customers drifted in as the evening progressed, many obviously locals who knew each other and the staff, and were seeking a good, filling meal. There was a couple of elderly ladies happy to take a table snuggled adjacent to the log-burner, one ordering a mixed grill with two fried eggs and the other fish and chips with a banana milkshake; an older couple with perhaps a grandson, and they talked cordially to another older couple as they left after their dinner; there was a lone man in a corner wearing his peaked cap and working through a big plate of roast, perhaps a passing truckie; a younger couple with two pre-teen children at the start of the school holidays and on the move somewhere exciting.

In the background soft music played. It wasn't intrusive, but it was there if you cared to listen – the occasional Christmas carol (it was, after all, October 1, and chocolate Santas are already in the supermarkets), Auld Lang Syne (it was, after all, 6.40pm and nearly dark outside), Bridge Over Troubled Waters (it was, after all, pretty laid back where I was), and other assorted enjoyable pieces.

The young staff were never idle either. If they weren't taking orders or delivering meals, they were quickly clearing vacated tables and wiping them down to a well cleaned sheen, or polishing counter-tops, or spraying fridge glass fronts and wiping them spotless.

But I felt somewhat guilty at having to leave so much good food on my plate, and push it to one side, and apologise when the waitress came to take it away. I spent four of my early teenage years as a secondary school boarder at Wesley College near Pukekohe. In those times, not long after World War Two, the place was something of an institution—run on the most rigid lines and with what we boys regarded as a bare minimum of tucker. In my first two years there (1958-59) we were sometimes fed the left-overs of the departed American forces who had occupied the college as military barracks for some years up to about 1946.

We boys bitterly regretted that the Yanks had abandoned what we reckoned may have been a thousand tons of powdered curried egg (who could blame them?) and we got fed bowls of it at least once a week. It and most of the tucker we were fed, was horrible, but it was eat it or starve, and as growing teenagers we soon learned to hog into it and



anything else put in front of us at meal times. Even now, half a century on, it is a habit not easily dismissed.

So there was guilt aplenty when I could not do the meal at Gumboots Manor the honour and justice it deserved. It was the same when I dined there in 2011. But the smilingly sympathetic young waitress whisked my still-heavy plate away with an understanding nod. Quite probably she'd seen it often before with us townie passersby. Outside darkness was closing in, and the temperature was 8 ° C and was likely to drift south of that overnight.

I sat alone and warm, comfortable and sated in the gently rustic surroundings of this little rural town restaurant and hugely enjoyed my meal and my glass of wine and the sheer pleasantness of it all. The bottle of French dressing was capped with an old wine-bottle cork that had a Phillips-head screw in the top as a handle. My glass of wine had cost \$8. It held at least twice the volume dished out at the upmarket dineries in the cities. And it tasted just as good.

Not long after I'd finished my meal and was sipping the last of my wine, an old bloke came in with a couple of dairy farming friends. They were from Taranaki, and he was "from up the road a bit". We nodded at each other out of courtesy, and exchanged pleasantries, and the old bloke – about my age, I guess – lingered and we chatted briefly. He was a sheep farmer in country north of Taihape, "hill-country", he called it; land that is not as tall as the South Island high country, but big and lumpy nevertheless, and there's lots of it out there. He had the big, weathered hands of a man of the land, and he wore a heavy-knit wool jersey. His nose had probably seen the business end of a rugby scrum or two in earlier years, and he moved with that slow, ponderous gait of a man whose joints are not what they used to be.

But his eyes were bright, and his smile warm, and his conversation was lively and full of rustic observation and understanding and wisdom. He was a delight.

We chatted for five minutes, and it was the best dessert I could have had to an excellent meal.

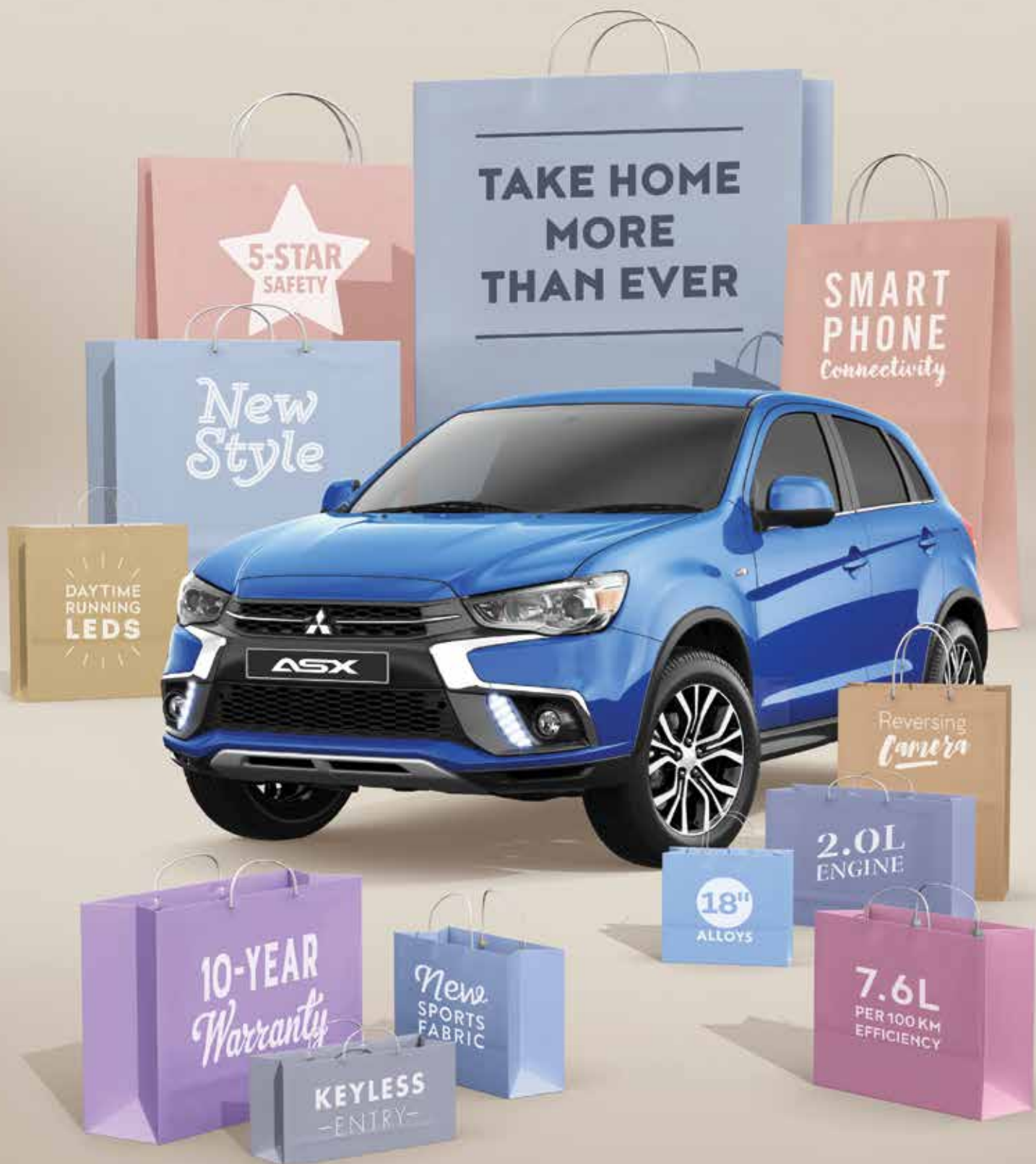
I have to say, Taihape seriously rocks.



Kingsley Field



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



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Hon Tim Macindoe

MP for Hamilton West



R.I.P Philip Yeung Hamilton Taonga

Last month Hamilton lost one of our finest citizens with the untimely death of East Ward City Councillor Philip Yeung.

A moving memorial service was held at Claudelands Events Centre on 14 October to honour Philip's outstanding contribution to our community and comfort his wife Alice and daughter Jeannie.

Philip was a dear friend, so I was very sorry that I couldn't attend his service as I was flying home from overseas that day, but I subsequently enjoyed watching it on the Council's Facebook page.

I was also disappointed that my tribute to Philip that I emailed from Canada could not be read because of time constraints at the service. I am printing it in this month's column as I know that Philip made a lasting impression on so many of us and enriched our community in countless ways. Truly he was 'a good and faithful servant'.



TRIBUTE TO CR. PHILIP YEUNG JP

Hearing of Philip's cruel illness a few weeks ago came as one of those awful shocks that we all long remember, and the outpouring of grief in Hamilton and beyond in recent days underlines how keenly we all feel his loss.

Philip was a taonga of our city and his service was unstinting, as I'm sure today's speakers will highlight.

Philip exemplified everything I love about Hamilton: he celebrated our cultural diversity with boundless energy, he encouraged and supported every community equally and sincerely, he saw the best in all of us and he always had time, a kindly word and that wonderfully warm smile for everyone he met.

And who didn't Philip meet? He was ubiquitous!

A few weeks ago I texted Philip to tell him that he was constantly in my thoughts and I was praying for him and his family. Despite all the time he spent attending countless local events, there's no question that he adored Alice and Jeannie and was so proud of them both. I know how proud they were of him too. I send my love to them both as they grieve and we mourn with them.



I told Philip that his contribution to our city, especially our myriad of ethnic communities and organisations, had been outstanding and that he, more than anyone else I could think of, deserved huge credit for nurturing the mature and mostly harmonious race relations we enjoy in Hamilton.

I was thrilled when Philip was elected and subsequently re-elected as a Hamilton City Councillor. He was utterly dedicated, and he taught me so much about public service and the many cultures who enrich our community. I frequently witnessed at close range Philip's support and encouragement making a positive difference for many, many grateful people.

I greatly enjoyed our regular contact over the past decade and valued Philip's friendship highly. In short, Philip was one of the finest, most decent and honourable people I've ever had the privilege to know.

I am so sorry I can't attend today's service, but I am with you in spirit and send everyone who has gathered to celebrate Phillip's life, and to comfort Alice and Jeannie, my aroha and condolences.

God bless you, and rest in peace dear Philip. You were deeply loved and you are dearly missed.



Weight Loss at Body Buzz



Colin Lost 23kgs in 29 weeks at Body Buzz

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

Aches and Pains gone

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

More energy and Better Sleep

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

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Weight Loss Lies - THE BREAKFAST LIE

We have been told that breakfast is the most important meal of the day, it will lift your metabolism and help you get in shape. So why is it that 80% of the women who come to Body Buzz do not get hungry until 10am or even later? and why is it that when they force themselves to have breakfast they gain weight? Something doesn't add up here so I decided to research this so-called breakfast "truth"!

Anthropological knowledge of our hunter gatherer past tells us we did not eat breakfast: Our ancient ancestors first meal of the day would have been after we had hunted and killed something. Mostly what we ate was small game so it is highly unlikely that there would be any leftovers.

Breakfast was not eaten until the mid-nineteenth century and then only by the very rich: Most of us never ate breakfast until the 20th century, our first and biggest meal of the day was "dinner" at midday. Then after a full day of work we sometimes had an evening meal. That's 2 meals a day folks (which is interesting because a lot of my ladies revert to 2 meals a day once they start listening to their body signals rather than their conditioned beliefs). Breakfast originated from the very rich families in England in the mid-19th century. When you are so rich that you don't have to work, you will find things to amuse yourself. The British well-to-do male could spend their days hunting, shooting or fishing. Dinner (lunch time is still called "dinner" in England) in the middle of all this fun was a problem so they got the servants to lay out a buffet meal before they left home. Note that this early "dinner" (now called breakfast) was high in protein. Local game (in season), fish, fresh breads, dishes such as devilled kidneys, tea and coffee, potted shrimp and crab, pickled meat dishes etc. Apparently, this buffet style meal was fortification enough for a day of country pursuits (but not for women as they could stay in bed). Breakfast filtered down to the rest of us slowly over the next 100 years.

While we are asleep our body is resting, recovering and detoxing - we keep detoxing until about 10 am: The balance of the hormones in your body changes throughout the day and night. In the morning, your Cortisol levels are the highest they will be all day. Cortisol is the "fight or flight" hormone. Your body reacts to Cortisol by shunting blood to the extremities such as arms and legs (It's time to get out of bed and get active) and restricting blood from your organs (It's not time to eat). Your body is still burning stored fat for fuel (ketones) because you have been fasting all night. Ketones are the very best source of energy as they have 4.5 calories per gram compared to carbohydrates (4 calories per gram) and they don't raise insulin (the fat storing hormone) In the morning your metabolism is ramped up because of high cortisol. You don't need food to lift your metabolism in the morning.... its already lifted! If you don't eat breakfast you'll keep burning body fat until you get hungry (isn't that what we all want?) Your body is also still detoxifying in the morning. Bottom line...if you eat before you get hungry in the morning you will stop burning body fat and you will also cut short your natural self-cleaning mechanism!

Body Buzz

16A Vialou Street, Hamilton
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Simon Bridges

MP for Tauranga



Summer Time

As temperatures rise and the days are getting longer, we are reminded about what a great place Tauranga is during the summer.

It's the perfect time to visit friends and family, fire up the barbecue, visit the beach or take a walk up the mount.

There is so much on offer here and it's clear to see why this is such a popular location. Just a quick look ahead shows so many events, markets and festivals being held here in the coming months. There's so much to do for both locals and visitors and this is a key driver of our local economy.

Tauranga and Bay of Plenty tour operators, retailers and hospitality staff are all gearing up for the influx of visitors we will soon have. The cruise ships have already started to arrive and this season is going to be one of the busiest with 85 cruise ships scheduled to sail into the Port of Tauranga.

Tourism Bay of Plenty chief executive Kristin Dunne has said that estimates show \$45m is expected to be poured into the local economy this cruise season when Tauranga can expect more than 165,000 cruise ship passengers to visit our shores.

Tourism is a huge contributor to our local economy. In the year ending January 2017, tourists spent \$807m in the Western Bay of Plenty, which is up 9 per cent on the previous year. In



January alone, tourists spent \$232 million, an increase of 5 per cent on the previous January.

Domestic and international tourism creates immense value for working New Zealanders, with tourism employing more than 180,000 people in 2016.

Communities around New Zealand continue to benefit from increasing tourism and higher spending. This is great news for Tauranga and New Zealanders as a whole.

There is no denying the fact that Tauranga and the Bay of Plenty is a highly desirable place to visit. There are many attractions and activities to discover and enjoy here, but we are a way off from reaching our full potential.

There are many hard working and dedicated people here in Tauranga committed to growing our tourism industry, but I believe we can do more. It is vital we ensure growing visitor numbers are managed sustainably and that our region has the capacity to continue reaping the benefits of tourism.

Funding is available to improve regional New Zealand's tourism offering, with \$4 million from the Tourism Growth Partnership (TGP) being set aside for regional tourism projects.

The TGP is a joint-funding partnership between the Government and the private sector to increase the value of existing tourism projects or to get new projects underway.

There is also the Regional Mid-sized Tourism Facilities Grant Fund which helps manage the growing demand from tourists by providing communities with new or enhanced smaller infrastructure such as carparks and restrooms.

I wholly encourage tourism ventures to take advantage of the Government's Tourism Growth Partnership fund. The fund invests millions annually in industry-led projects that lift innovation and create new opportunities in the tourism sector.

To date, no Tauranga ventures have been recipients of this fund, but there are creative and innovative people in the Bay who can help push our tourism industry further. We need to take the right steps now to invest in and futureproof this vital industry.



DAILY STRESS A FACTOR IN HAIR LOSS FOR WOMEN

Hair loss among women is an occurrence that has potentially devastating impacts on those who suffer.

And the stresses of modern daily life are considered to be one of the main reasons.

“Hair loss is more common in women than you may think,” says Claudia Sidhu, Executive Manager of SRS Hair Clinics. SRS has 30 years of experience in providing natural hair loss solutions and now offer consultations at their well-established hair clinics in Auckland, Tauranga, Hamilton and Wellington.

“The social and psychological implications for women can be adverse,” she says. “A woman’s hair can be a major identifying feminine feature and when it starts to thin or fall out, the effects can be devastating.”



Statistics show that over 40% of women will experience some degree of hair loss by the age of 50 – and that figure appears to be on the rise.

Claudia Sidhu says SRS research shows that the daily stress of modern life can be a major contributing factor.

More women are now in the workforce than ever before and often find it difficult to juggle their job with family responsibilities such as caring for children, shopping and cooking.

“In many households women need to work to generate a second income. That in itself brings a certain amount of stress and, if they are also bringing up children or caring for an elderly parent, then the situation is only compounded,” she says.

In the western world up to 70% of married women with children under 18 are employed outside the home and experts believe some struggle to achieve “male standards” at work while also juggling the “mother/wife” standards at home.

For anyone worried about hair loss, SRS can advise on how to protect, nourish and grow hair using 100% natural solutions. In fact, their most recent dermatological tests from Germany show that the SRS hair loss products are completely harmless even in the case of sensitive skin or allergies.



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SRS has clinics in Auckland at 15 St Benedicts St, Newton, Tauranga at 73 Sixteenth Avenue, Hamilton at the Anglesea Clinic and in Wellington at 187 Featherston Street.

**For more information phone 0800 348 616
or visit www.srshairclinic.co.nz**

A Message from the **Minister for Seniors**



Maggie Barry

Elder Abuse Response Service

It has been a privilege for me and a lifetime highlight to date, to have had portfolio responsibilities for Seniors, Conservation and Arts, Culture, and Heritage in the 51st Parliament. More than 1 million New Zealanders voted for National to continue in government, and we are the party with the highest number of seats and votes. But we're now in opposition and, as many have commented on to me, they are unhappy that our fate was not delivered by the voters but at the whim and hubris of Winston Peters.

That's MMP for you and we have to accept the outcome. Through the coalition process we retained our integrity and we didn't sell our souls or betray our values. How stable will this three legged stool of a coalition be when they disagree on so many fundamentals around the economy, trade, migration, health and education. I'm proud to be part of a talented and energetic 56 strong caucus and with the combined energy of our re-elected MPs we will be by far the strongest and largest opposition that parliament has ever seen and the battle to get National back into government by 2020 has already begun and we are focused on holding this coalition to account.



The Commission for financial Capability will be running seminars and presentations around New Zealand about fraud and scams, talking to people about the tactics used by scammers, advice about how to keep yourself safe, and how to avoid falling for scams. They'll also run through some tips to keep your money safe such as putting only a small amount in an account that can be accessed by using an ATM card. If you're part of a group that would be interested in hosting a seminar please contact the commission at office@cffc.org.nz.

The new Elder Abuse Response Service (EARS) marked a major shift from prevention to intervention. With the 24/7 free and confidential helpline as the cornerstone of the new service, it has already been delivering better outcomes for vulnerable Seniors. Over half of all the 2,000 reported cases of elder abuse in New Zealand are financial and three-quarters of abuse is at the hands of a family member.

EARS providers have helped a 74 year old woman, who was homeless as a result of financial abuse, by immediately applying for a Protection Order and continuing to provide support. The services have also helped an elderly woman who was being harassed by her landlord by involving the local police, Community Law and the Tenancy Tribunal on behalf of the woman. The police have also given the landlord a warning. In another case an EARS service provider used its connections with local social workers, lawyers, and courts to support a client to get a protective order against their abuser and establish a welfare guardian.

If you're concerned someone is experiencing some form of elder abuse please call the 24/7 helpline 0800 EA ITS NOT OK 0800 32 668 65. We all need to be vigilant to protect our vulnerable Seniors.

Elder Abuse – It's not OK.

0800 32 668 65 (EA NOT OK)

Music in the Family

You could say Noel Sweetman is living the life.

Noel, 69, is a man with a variety of talents - a luthier - skilled maker of musical instruments, a farmer and a man who takes the opportunities to enjoy the outdoors.

Noel grew up in Peacocks Rd in Hamilton in the period before the explosion of State house building when the area was still rural and cows grazed just over the fence. There, his father Ian built the family house in 1949. An active youngster Noel got involved with track and field, harriers and played seven-a-side rugby. His mum Myrtle was the Waikato's first female rugby coach.



He had an early fascination with radio and gained a radio technician and electrical apprenticeship with Five Cross Roads Radio and TV. He built a Black and White TV for his parents. He went on to work for J.L Cricket Ltd in Morrinsville and then Ken Prime radio in Hamilton, before moving sideways into engineering in an engineering workshop situated at Hamilton airport. "One day, when they were reviewing everyone's qualifications, they found I had an electronics background so I was put into avionics and aircraft wiring.

From the radio side of things I've always had an eye for fine detail. Every hobby I've had has been about fine detail and that has helped me learn how to handle tools."

Ian was a soil scientist who worked at the Rukuhia Soil Research Station in the hills north east of Cambridge- the forerunner to the later Ruakura Agricultural Research Centre and had taken up violin making as a hobby.

"He certainly raised the profile of violin making in New Zealand almost single handedly. He was self-taught. His parents had insisted he learn violin. He was so fascinated he made his first violin in 1944. Dad had his own workshop and over his career he made 130 violins and 30 violas."

Ian Sweetman passed away in November 2016 aged 92.



"I built my first three violins under Dad's tutelage in 1981 and then carried on, on my own along with repair work for other people. I would go into Hamilton every Friday to shop and socialise and go and see my father and take instruments for him to critique. This was hugely beneficial. He had never made cellos. The emphasis was on violins and violas, more recently I have become a cello specialist. To be a good maker of instruments you really need to have an ear. Being able to play means you can be a musician as well as a maker. My father played and without his mentoring I wouldn't have been as successful as I have been."

In the late 1980's Noel bought 40 acres at the back of Te Miro, a locality set in rolling hills behind Cambridge with gorgeous views over the Hauraki plains and the Kaimais. There he built a house and workshop and ran a few sheep. He later sold part of the land to freehold himself.

These days he focuses on restoration work and creating new instruments designed and 'aged' to be indistinguishable from classic designs made hundreds of years ago.

More recently Noel's son Mark has also taken up the craft making the Sweetmans into three generations of luthiers. Mark had been a jack-of-all-trades but came home and learned the skills of violin and cello making and repair. He shares the well-lit workshop with his father, travels about servicing instruments and raises pigs on the side.

Noel is also a keen outdoors man and loves traveling. He completely renovated a surplus Pavlovich coach into a stylish motorhome applying his considerable skills to its attractive





"I got into mountain biking through my love of electronics. I imported an electric pedal-assist bike from Germany and then bought a Swiss one. You can make the ride as hard or as easy as you like. It puts the joy back into biking when you're no longer a teenager."

Geoff Lewis



Most of Noel's mountain biking has been off-road and he has ridden through the Pureora forest and the Timber Trail from Bennydale to Ongarue as well as conquered the Waikato River Trails.

cabinetry. "I've got everything I need in the bus. I don't have to go back and forward to the house to get things. It's set up to get in and go."

One of his favourite places is the top of the Coromandel Peninsula and his photo albums are full of sunny scenes and seascapes taken around its coastal walks. The bus is fully self-contained and as he is a member of the NZ Motor Caravan Association and has a Conservation Department pass, so he can camp in all sorts of out-of-the-way spots. He loves hiking and mountain biking and has taken to using the electric-assist bicycles.



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I want to share with you Karen's story. Skeptic to fan!

When we first met Karen she was in a moon boot suffering a broken heel. Limping, suffering, obviously in pain but incredibly reluctant to admit it.

Karen's daughter played hockey with our daughter (both 10 years old) and as a fundraiser Litevibe offered their products for sale with profits going to the team. The child that sold the most product was awarded with a free ionic bracelet.

As it turned out her daughter won the ionic bracelet for her fundraising efforts.

Karen openly stated to us that she did not believe that our bracelets would have any beneficial results. Her daughter often suffered night terrors.

It was about a week later at hockey practice that she quietly mentioned to us that her daughter's night terrors had ceased and this could only be attributed to the silicon ionic bracelet that she had won and was constantly wearing.

This was the turning point for Karen, she very hastily purchased two bracelets for herself, which helped reduce the inflammation and pain in her foot.

Since then, she has been an very important part of Litevibe's journey. She has purchased more of our bracelets than any other customer.

Non believer to believer, Karen has even purchased Litevibe products for her family members and some friends.

Here are Karen's testimonials taken off our website:

February 2015

I was introduced to Litevibe and the Infinity probands through a fundraiser for our local hockey team, which the team made a nice chunk of money from. My daughter sold six of these to family members and as a bonus for good sales she was awarded a free proband from Litevibe for her efforts. After a week of my 10 year old daughter wearing her proband, I noticed that she was not having her night terrors that she has suffered for for the past six years. They had just stopped completely and quite suddenly. Five months later, there is still no sign of night terrors returning. Absolutely fantastic and I can only attribute this to her wearing the Infinity Pro band.. Thanks Litevibe!

Karen of Whangarei



February 2015

After I had a serious break in my foot last year, which gave me some ongoing issues in the weeks that followed, I purchased an Infinity pro silicon bracelet from Litevibe marketing Limited. I was told that it would assist in relieving the pain I was going through. I was sceptical but I bought two of these, one for my wrist and one for my ankle above the break, as advised by Litevibe.

After a couple of weeks of wearing these bands I did notice a definite alleviation in tightness and pain. the pain eased off after just a day or two and after about a week I stopped taking pain killers altogether. I was told that I would be off work for about 9 months, but I started my landscaping business again after just 6 months. My job is a very physical job but I managed to bounce back a lot quicker than anticipated by everyone.

I haven't taken my pro bands off since I purchased them (you can shower/bath and swim with these) and I am feeling awesome after what could have been a much longer more painful experience.

Karen from Mangapai

We have over 120 different products online.

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EDUCATION SESSIONS

The new season is upon us with a new government, a new Minister for Seniors and warm weather.

At this time of year, I reflect on the most popular New Year's resolution which is to lose weight, which we do for half of the year and then spend the second half of the year preparing for our New Year's resolution again.

This time of year is a great time to catch up with neighbours and friends. We received positive feedback from Seasons magazine readers and our members on our previous article in Seasons Magazine regarding loneliness being okay for short periods of time, and that it is fixable.

I encourage readers to take the time to look after each other with conversations and fellowship.

Now marks the wind-up to the end of the year. Christmas cards, especially for overseas posting, Christmas shopping and Christmas puddings are a tradition in our household. We make our Christmas puddings the proper way using suet, but now made without the sixpence coins that mother used to include. If you have a favourite Christmas recipe, please share them with us at Age Concern.

In the meantime, let's take November to look after our neighbours and each other. Overcoming loneliness is something we can all contribute to.

Brent Nielsen | Executive Officer | Age Concern Hamilton

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

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What Kind of Person are You?

My friend is a birdwatcher. She can spend hours glued to her binoculars watching birds glide over sand and sea, over mountain and meadow. Occasionally her silent gaze will be interrupted with an "Oh my, look at that! It's a silver tongued, purple-spotted worzelbird. They're rarer than hen's teeth and never around here at this time of the year!" And with that she will disappear into her reference books to investigate the detailed migratory habits of said worzelbird. She finds the beauty of birds, their habits and habitats completely enthralling.

Me? Not so much, so I sigh and sit quietly with my book, reflecting on Far More Important Things. You see, I'm not the kind of person who watches birds.

Have you ever done that? Watched someone who is completely passionate and engrossed in something that you wouldn't do if your life depended on it?

There's a small hitch with this, though. My friend lives in the UK, and when visiting, I asked her to show me her England, the places she loves. I figure that when someone shows you what matters most to them, you get a far richer experience and understanding. It's like when you go to a new city and take a tour with local volunteer guides who are passionate about their place. They tell you all the quirky stories and forgotten details that make the city come alive.

So, of course, she took me birdwatching on the Norfolk coast. At first, all my head could tell me was a repetition of the same old stories, that I don't like birds, that sitting with binoculars is boring ... blah, blah, blah. Still, I had asked and she had delivered, so there I was.

At the Norfolk Wildlife Trust Visitor Centre, she handed me the binoculars and disappeared to buy a cuppa for us both. Surrounded by people glued to their binoculars, I figured that I should at least feign interest and see what they were looking at. It took a while to focus my eyes and to scan the horizon, and then suddenly there was this big bird doing swoops and loops, hotly pursued by a bunch of smaller birds who seemed keen to peck it to bits. Please note my highly technical description of the flying action.



You're already on to this, aren't you? Perhaps you've guessed that by the time she returned with the hot drinks, I was bitten and smitten. Within the space of 15 minutes, I'd turned from Not the Kind of Person Who Watches Birds, into One Who Wouldn't Give Up the Binoculars. Our half hour stop turned into half a day. Apparently I'm to ask Santa for binoculars for Christmas.

My new found fascination extended even further when we visited raptor centres and got up close and personal with amazing birds of prey and their handlers. Having a bald eagle fly low over your head, with its talons reaching for a piece of raw chicken, is definitely memorable.

When I made the choice to see the world through someone else's eyes, I discovered the unexpected joy that what she found interesting, could interest me too. This happens when we make a choice to be open to possibility. When we can shelve the rules we've made for ourselves for long enough to consider other options. I was very reluctant because disliking birds has been an integral part of my life story, one I can trace back to childhood and getting mobbed by seagulls at the beach. Scarred for life, I'd avoided contact, near or far for five decades.

Isn't it funny how those stories limit us from finding what we might love? At this point I'm not planning on spending my weekends bird watching, but until I changed my thinking it wasn't even an option. And my friend? She just sat and smiled. Who'd have thought? Indeed!

Does this always happen? No. Will there be interests and opportunities for delight that you'll pass by? Yes. You don't have to like everything. But at least suspend belief for long enough to give it a try.

What stories are you running? How would you complete the sentence 'I'm not the kind of person who...' And if you were that kind of person? How could life be different? What would open your possibility jar wide enough to entertain the thought?

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



WALK 2 D'FEET MND 2017

HAMILTON & BAY OF PLENTY

SUNDAY 12 NOVEMBER

Some doctors say it's the disease they most fear. Motor neurone disease (MND) causes the muscles that enable us to move, speak, swallow and breathe to gradually stop working. Eventually, you can become totally locked inside your body.

Kevin Manning was diagnosed with MND at the age of 37. Working as a 'fly-in, fly-out' industrial electrician in Western Australia, he has three school-aged children.

As he nears 40, he knows that his life expectancy is very short – most people with MND live less than five years after they are diagnosed. Kevin's children are 11, 13 and 16 years old.

"MND is extremely scary and confusing," he says. "You need professional support as early as possible to get all your choices in order. Simply knowing that MND New Zealand can help us when we need them is hugely reassuring. We are very grateful for their support workers."



Kevin Manning & family from Katikati

The Walk 2 D'Feet MND is the annual fundraiser for MND New Zealand. The Hamilton Walk 2 D'Feet MND is on **Sunday 12th November at Innes Common**. The walk will be wheel-friendly for wheelchairs, prams and strollers. Please wear appropriate clothing and footwear, and BYO water. Be prepared for all weather. Wet or fine, we go ahead.

The early bird cost to enter the walk is **\$10** for an individual and **\$20** for a family (two adults and unlimited children under 14). Entries received after 2 November will be \$15 for an individual and \$25 for a family. Children under 14 are free. We also have some great prizes to auction, and a barbeque on site, so bring your wallet with you!

Come to pick up your t-shirt and other merchandise from 9am. There will be a brief welcome then the walk will begin at **10am**.

Please register for the Hamilton or Bay of Plenty walk today

www.mnda.org.nz/walk



Half of the money raised goes to the MND NZ Research Fund to encourage research in New Zealand. The remaining funds are a major contributor to the donation income that MND New Zealand depends upon to continue its vital free service.

MND is an extraordinarily debilitating disease that can be very isolating for people with MND and their carers, but the Walk 2 D'Feet MND events powerfully show people they aren't alone. Walkers create hope for others, by fundraising for research to find a cure.

MND can affect anyone. Every week, another two people are diagnosed. In 2011, one in every 200 deaths in New Zealand was due to MND.

Previous years' Walk 2 D'Feet MND events have been a huge success, with enthusiastic participation from a passionate and growing community made up of people who have loved someone with MND, current and past caregivers and those now living with MND themselves.

Money raised has funded two major research projects: The New Zealand MND Registry, which connects people with MND to researchers, and the NZ MND Research Network, which connects researchers to each other.

Go to mnda.org.nz/walk to buy a ticket and make a donation.

The Bay Of Plenty Walk 2 D'Feet MND is on Sunday 12th November at Fergusson Park, Matua, Tauranga at 10:30am.

The walk will be between 3-5km on flat terrain. Come to pick up your t-shirt and other merchandise from 9am. There will be a brief welcome then the walk will begin at 10.30am.

About MND New Zealand

MND New Zealand works with people living with MND to enable them to have the best quality of life possible.

It provides a crucial free support service that helps people with MND access the medical expertise and equipment they need, and provides consistent support through all stages of the disease.

MND New Zealand is a small organisation that depends upon fundraising and donations to continue this service. Only 10% of its funding comes from the Ministry of Health.

Grey Power

Tauranga & WBOP Association

This year marks 30 years since the 1987 share market crash! Many of us are now retirees in various financial situations due, in part, to that event.

It's ironic that in 1986 Grey Power was formed to stop Government putting a surcharge on their pension. Now of course there is very little money to be income tested with interest rates being so low. This has impacted on many people who skimmed and saved so they could afford to pay their way in their retirement years.

Several weeks ago I read a piece in the TV Guide quoting Phil Spencer from the TV program, Location, Location, Location. It showed a parallel situation which we have here.

One aspect of the property market that he would like to be altered is the casual approach to borrowing money. "Our parents' generation was grateful to be given a mortgage. They'd dress up smartly to go to the bank. Now there's a queue of people lending money and, unfortunately, we have to bear the consequences."

Phil thinks financial management should be taught at school. "We're not educated in managing personal finances, no-one tells us. In the same way estate agents sell houses, banks lend

MAKE YOUR VOICE COUNT

you money". It went on to say that he is fronting a program in which he hunts for property for the 'hidden homeless' – low paid families who are victims of the housing crisis and he has great concerns about the (Britain's) lack of affordable housing. "I don't want to be a council basher, but why haven't they got more housing? Because they sold it off. The right-to-buy scheme in the 1980's grew for two generations. But the result is that now we don't have the right number of social housing units for those in need."

The similarities between the two countries are glaring. We often point the finger at our respective governments but this shows it is an international situation and I suspect that many of the 'hidden homeless' are in that position here because of the share market crash and 'Rogernomics' 30 years ago.

By joining Grey Power you can help us lobby government, both central and local, to help improve some of the housing and financial discrepancies which have become the norm over time.

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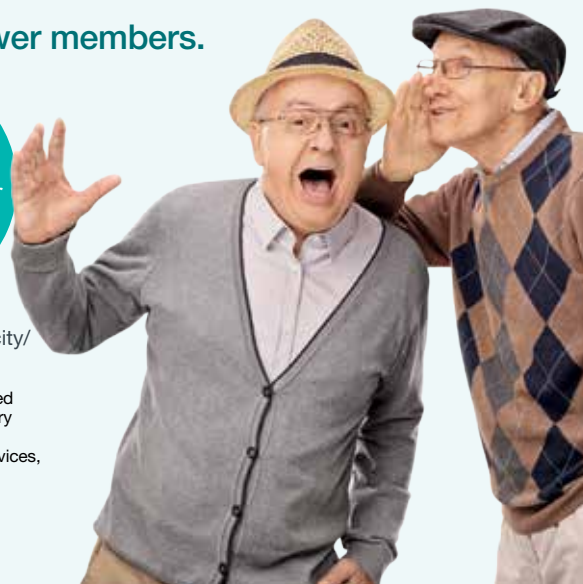
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New Beginning for Freemasonry in the Waikato



New Lodge Waikato 475 Master Willy Willetts

Nearly 200 Freemasons from all over New Zealand arrived in Hamilton over the weekend of October 14-15 to witness and officiate at the Constitution and Dedication of the new Lodge Waikato.

The membership of Masonic Lodges throughout New Zealand has been ageing and falling for decades. The Hamilton area had six lodges with about 300 members between them and there was a growing need to rationalise and to make the organisation more attractive to younger men.



Starting about 18 months ago an initiative driven by District Grand Master Don Seath and member Grand Steward Murray Loft has led to the disestablishment of three lodges, Te Marama, Hamutana and Hillcrest, the establishment of the new Lodge Waikato No 475 and the installation of its new 'Master'.

Seath said the initiative was not only a new grouping and a new centre but signaled a new way of doing things.

"We have talked about amalgamation for several years. It is very difficult to run a lodge when you get to fewer than 10 people. We've known for some time that something needed to be done - not a merger of lodges, but the establishment of a new lodge with a new set of objectives.

We worked to encourage as many as possible to come across. We fully expected some would pull out, but in the end we got 90 out of 92 members from the three lodges to transfer to Lodge Waikato. Because we now have 90 members we will have a robust administration and much better use of resources. We currently have two buildings where we only need one. So one of our first steps will be to build a new Masonic Centre in the Waikato."

The prime directive in Freemasonry is to make 'good men into better men' and as speakers pointed out over the weekend, there is an urgent need to bring the organisation into the 21st century and to make it relevant to younger men.

Officiating at the Constitution and Dedication was New Zealand Grand Master Mark Winger who pointed out that the fundamental message to members was to "speak up for Freemasonry."

"Take the opportunity to talk to members of the public and to help attract men of calibre. Let them know about our activities and encourage them to join."

The event was overseen by New Zealand Grand Master Mark Winger who urged members to talk to other men about Freemasonry. "The future of Lodge Waikato will depend on the development of good public profile so men of calibre know of its activities and are encouraged to join our organisation. We will get that profile by taking speaking up for Freemasonry as an individual responsibility."

Central to the creation of Lodge Waikato was the installation of the new Lodge Waikato Master Ian Earl (Willy) Willetts. Speaking after the official ceremony, Willetts made it clear this was a new beginning and owed a lot to the dedication and drive of brothers Seath and Loft. "This occasion has not come easily but now is the time for change. We need to do things differently, we need to listen and we need vision."

Willetts was introduced to Freemasonry as a young man. Having spent his early years in Ngaruawahia, he trained as a mechanic and with a friend, took over the Orini Garage. It was there one day that a local farmer Harry Wilson, a Freemason, put his hand out in invitation to Willy. "He said I could call him 'Harry'. In those days a younger man would usually refer to an older man as 'Mister'. Willy respected and appreciated the confidence. Along with Murray Seath (Don's father and also a Freemason), who live opposite the garage, Willy was invited join and became a member at the age of 24.

Like everybody, he started in the kitchen and worked his way through the different offices over the next 43 years including director of ceremonies and Master at Lodge Te Marama.

While he loves the ritual and formality of Freemasonry, one of the things he plans to work on as recently installed master of Lodge Waikato - is to keep the formalities inside the lodge. "It is a wonderful system to teach confidence and allow someone to learn how to run a meeting properly which you can use anywhere in the community."

The position of lodge master only lasts for 12 months and Willy has nine months to go. He has a few things he'd like to see happen, firstly to reserve the use of formal titles for inside the lodge only. He sees Freemasonry as a family and an organisation of friends, and outside the lodge everyone is back



to first names and equality. "That's a huge change - previously people would use their titles outside the door."

Willy would like to see the creation of a prospectus for the organisation which is written in modern English. "Communication is the key and we need a prospectus written in layman's terms. People need to know what they can get from us and what Freemasonry can do for them."

Another aim is to establish a scholarship system to help Ngaruawahia High School students - not necessarily the top stream - but the good kids who need a bit of support to realise their potential. Ngaruawahia principal Chris Jarnet is a member.

One thing the public often does not often realise about the Freemasons organisation is that it is one of New Zealand's leading private philanthropic (charity) organisations giving out \$15 million annually. David Mace, chairman of the Freemasons Foundation explained: "There are three major trusts, there is the Wellington-based Freemasons' charitable trust. Its purpose is to provide for relief work in the community and to provide scholarships to students in all New Zealand universities. 'Every year we award 30 scholarships averaging \$6000 each, along with 10 post-graduate scholarships over all universities up to \$15,000 each."

The Freemasons Charitable Trust supports lodges throughout the country in their district projects including cancer research and generally helping in rural locations where needed.

The biggest of the Freemasons philanthropic organisations is the Freemason's Foundation which gives \$1 million a year to medical research which has helped fund world leading brain research in New Zealand. It recently funded a \$1.5 million orthopaedic robot at North Shore hospital which has substantially reduced waiting times for surgery and recovery time for patients.

"We also support the New Zealand Opera and the Freemason's Chorus and help rising young musicians through the Inspire programme."

PTO TO CONTINUE READING....



Thirdly there is the Potter Masonic Trust which works within what was the old Auckland province from Cape Reinga to Taumarunui and Gisborne which looks after the needs of children up to 18 years old and has funded 14 major playgrounds in the region including contributing to Hamilton's Parana Park.

"One of the exciting projects we have has been helping children with Down Syndrome called 'Upside Down'. Many Down Syndrome children have speech difficulties and we fund therapists to work with them one-on-one. The thing is we raise no money from the public. It all comes from our own resources," Mace said.



Six key points in the future development of Freemasonry:

- To Educate members about Freemasonry
- To enhance leadership abilities
- To use all contemporary means to promote Freemasonry to the community
- To utilise our resources in the best way.
- To make the most of our well recognised brand.
- To attract a diverse and motivated group of men.

Those interested in learning more about Freemasonry are encouraged to contact....

www.themasons.org.nz

www.freemasons.nz

or email Freemasons at

lodge.waikato@gmail.com

distgm.dist6@freemasons.nz

Geoff Lewis



Photos supplied by Kerin McDonald

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KNOW THE DIFFERENCE

Diabetes New Zealand Waikato Branch

The incidence and prevalence of diabetes in New Zealand has now become a major health epidemic. The cost of diabetes related complications such as end stage renal failure, blindness, lower limb amputation and cardiovascular disease is poised to completely overwhelm the New Zealand health budget.

November is Diabetes Action Month and Diabetes New Zealand Waikato Branch will be promoting the message "Know the Difference". We will be focussing on the differences between Type 1 diabetes, Type 2 diabetes, gestational diabetes and pre-diabetes. World Diabetes Day falls on 14 November and the theme this year is "Women and Diabetes". For World Diabetes Day our focus will be on gestational diabetes.

Diabetes is a chronic condition caused by a lack of insulin production in the pancreas. Insulin is a hormone which acts as a key for glucose to enter cells and provides energy to the body. Without insulin, glucose builds up in the blood stream resulting in a diagnosis of diabetes. There are three basic types of diabetes. Type 1 diabetes is an auto-immune condition which usually presents suddenly and mainly affects the young, but can also occur later in life. The only treatment is by way of insulin injection or infusion. Type 2 diabetes, which presents more gradually, has several causes which can include lifestyle, family history, ethnicity and can also be age related. Treatment includes lifestyle changes and oral medications. Around 90% of all people who have diabetes are Type 2. Gestational diabetes occurs during pregnancy and usually disappears within 48 hours of delivery. However, women who have had gestational diabetes are at higher risk of Type 2 diabetes later in life. With women now having children later, the rate of gestational diabetes is increasing.

Murray Dear
President



Pre-diabetes, sometimes referred to as Metabolic Syndrome, is a precursor to Type 2 diabetes and is associated with higher levels of blood glucose. Raised blood pressure and cholesterol levels can also be present. There is now good clinical evidence that progression from pre-diabetes to Type 2 diabetes can be averted and even reversed. Nutrition, physical activity and optimum weight are the key. During Diabetes Action Month we will be encouraging people to know their risk factors by completing a Diabetes Risk Assessment.



Diabetes New Zealand recommends a diet low in sugar, fat and salt for which we have excellent resources to encourage healthy eating. Physical activity boosts blood circulation and makes more efficient use of the insulin the pancreas produces. Thirty minutes of brisk physical activity a day at least five days a week is recommended. The trick is the physical activity doesn't need to be done all at once each day. Three spells of ten minutes each will work just as well.

The Diabetes New Zealand Waikato Branch office and drop-in centre is located at 28 Te Aroha Street, Claudelands, Hamilton and we are open from 9am to Noon, Monday to Thursday. Our contact details are:

Phone: 07-8539854 Email: diabetesw@xtra.co.nz

Website: www.diabeteswaikato.com

diabetes
action month

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RETIRED RUNNERS

walking on the Sunshine Coast

Two years ago our Club members and partners had a wonderful holiday in Rarotonga – we walked or ran the Round Rarotonga Road Race and various other events over that specific week. It was time to get away again, so eleven of us from the Hamilton Marathon Clinic flew to Brisbane for the Sunshine Coast Marathon and community run festival planned for 20th August 2017.

We flew into Brisbane very early on Wednesday 16th to find our two pre-arranged vehicles at the airport. With our own folk driving, we spent the next few hours sight-seeing and taking the long inland route around to Alexandra Headland where we were to stay for the next five days. I was soon reminded that Australia is green with long straight highways. We passed the Glass House Mountains, lunched at Beerwah, then wandered around the delightful arts and crafts village of Montville. Next stop was at the Kondalilla Falls, or where the falls should have been. No water coming over the top, just a large puddle at the bottom. We 'lost' one of our group when she didn't see the puddle and kept walking, looking for the falls further on... and it was only the first day!



Looking at Maroochydore from Alexandra Heads.

We arrived at our destination mid-afternoon: Mantra Breakfree Alexandra Headland was perfect in every way. We shared two large fully appointed 3 bedroom apartments in a modern multi storeyed complex. The views from the terraces were spectacular, and the beach was just 5 minutes away straight across the main road. Water featured at this venue as it flowed across the front of the multi-storeyed buildings with swimming pools & slides, a warm spa pool and great gardens to suit. The pink & purple underwater lights in the evenings were stunning! On this trip no one was cooking so we dined at one of the three local Surf Clubs each night, with easy access to a nearby grocery store, cafes, and a good Takeaway run by ex-Kiwis.



10kms Walk finishers: COLLEEN with 'Hamilton' on her shirt, DEIDRE, RHONDDA and ALEX

There were three free days before our Sunshine Events. Alexandra Headland is located between Maroochydore and Mooloolaba. One could wander the wide pathways alongside the beach towards either township in beautiful park settings with lovely gardens, statues and monuments, free public BBQs, and various play areas for kids. So many cafes! The weather was perfect – blue skies, fine and warm every day, but the surf temps told a different story!

On our second day we all went on a canal cruise at Mooloolaba on the M.V. Mudjimba, a genuine historic timber ferry, and we heard an interesting commentary, saw beautiful mansions with luxury boats parked alongside, Steve Irwin's boat 'Croc One' in the canal preserved for posterity, and many large pelicans flying in to be fed when the boat stopped out in the river.

Five of us went to the Australia Zoo on the third day, and it was money well spent. Our NZ Gold Cards discounted the entry fee. That Zoo is most impressive, built on 108 hectares, with plenty of shade and space for the visitors and the animals. We counted three on-site cafes, saw the photo walls set up as a tribute to Steve Irwin and his family, walked and shuttled on the onsite transport, so much fun. Plenty of animals to see: sleeping koalas in trees, free range kangaroos, crocodiles, snakes, iguanas, tigers, and much more.



'Croc One' is Steve Irwin's boat

On Saturday we spent 2-3 hours at the Eumundi Markets, a huge complex with everything for sale, and most of us came away with a purchase or three. Noosaville was our lunch stop, we checked out Noosa Heads, and then drove back to Alexandra Headland on the coastal Highway at 110kms legal speed. What are we in for in NZ?

Finally the big day: Sunday morning and five of us were up at 4am preparing for the Half Marathon, trying to eat some sort of breakfast at that time of day. On the start line at 6am the Marathoners and Half Marathoners set off into the dawn light, hundreds of people running or walking together without incident and enjoying the sunrise over the ocean's horizon. The crowds soon sorted to different paces, with our group walking pretty smartly. The course was flat and the scenery superb, and I loved every minute of my own 2hrs 50min for the Half Marathon. At 9am our NZ group of five walkers set off on the 10kms course, again amongst hundreds of other entrants, and all came home with big smiles and pleased with their own efforts. Proud Kiwis with an average age of 72, and we're still out there doing it! Medals for all, tons of fresh cut fruit, cold drinks and finally a good latte!

Before we knew it the time was 2am Monday morning, we had all packed up and were on the road to Brisbane Airport to check in by 4am. It was a good flight home, then back to

Hamilton. The reality check was on Tuesday morning when we woke up to a freezing 2° C, wishing we were back on the beautiful Sunshine Coast... Maroochydhore's day had begun with 15° C !

Carol Downey • Readers Submission



Starters in the Half Marathon Walk: WILF in white top, LOIS, CAROL and PAM



HAMILTON MARATHON CLINIC - Who are we?

Hamilton Marathon Clinic caters for people of all ages, for serious or social runners and walkers. We want to increase our membership, so you are welcome to come along for 3 or 4 weeks to see if you like our style, at no charge.

We meet twice a week at the Hamilton Hawks clubrooms in Hillsborough Terrace, off Grantham Street, near the carpark for the Waikato River boat ramp: Sunday mornings at 7.30am, and Tuesday evenings at 5.30pm. Most walking/running groups go out for 30-75 minutes, but some will go for two hours or more particularly on a Sunday.

Some club members regularly enter organised events from 5kms up to a marathon, while others prefer the companionship and support to help maintain a sound level of fitness.

'Social' is emphasised at HMC: we have monthly Dinner nights, a Christmas bus day trip, car-pooling to out of town events during the year, and an occasional overseas trip to specific events. We organise the Blueberry Run/Walk at Ohaupo each February.

Please check out the Hamilton Marathon Clinic Facebook and website.

Contact person is our President Michael Robinson on 027 322 5335.

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Brain Health Is as Important as Body Health

Over the past 5 years working on Seasons Magazine our Team are constantly talking with our readers, community groups and experts in many aspects of ageing and the need to continue longevity by living a long and healthy lifestyle after the age of 50.

In many of our past editions we have focused primarily on the healthy body aspect with a prime focus on physical exercise and nutrition, In terms of feeding the body the right foods and vitamins to ensure health and wellbeing.

However, we have recently heard many stories relating to brain function slowing down and the issues that arise rapidly due to some of the stresses of moving into a more senior stage of life. Higher stress levels can be attributed to many of the new issues we are faced with and degenerative diseases can be brought on due to not using our brain functions as we used to when we were younger.

How many times have we heard the stories of, let's call him "John", who after age 65 and years of hard work in his chosen profession, looked forward to retirement but then found the onslaught of physical and mental issues begin to develop quickly after a few months into his retirement. This attributed to his stress of not having a reason to get out of bed, or having a lack of energy, as issues such as depression and anxiety start to come knocking. And just so you know, this person could be called "Jane" as well.

I decided to look closer at ways of how to keep not just the body but the mind active and healthy, not just by playing cards or scrabble but also by vitamin supplements for the brain that we could use to help stave off these unwelcome degenerative processes, and help extend our healthy brain functions.

I am obviously not an expert in this field by any means but I decided after asking around, to talk to the Founder and supplier of one of the more popular brands of brain nutrition who offer a substantial range of products for all ages and stages of life, and that a great many people in the 50+ age group use on a daily basis with results. I was fortunate to meet and talk with Ting Ting Zhou, Founder and Director, Keeto Health.

Ting Ting Eden personally experienced a major personal health crisis in 2011.

As for many New Zealand families it was a very challenging time for both her and her family, and she now fully realizes how important it is to take care of her body, eat healthy and to stay fit, and the very real necessity of doing the same for the mind as well.



Ting Ting Eden

After her treatment, Ting Ting started to incorporate healthy living concepts into her daily life and continues to receive great benefit from it, and has made it her absolute passion to promote healthy living to anybody and everybody in communities throughout New Zealand, for both mind and body, as Ting Ting reminds me both are of equal importance.

Attacking these issues with a burning passion, together with her critical thinking skills and great ability to research, Ting Ting holds a Double Major Bachelor Degree (with Honours). Ting Ting knowing there was much conflicting information out there regarding health products used her high level research skills enabling her to find truly science based nutritional supplements.

The Waikato based 'Keeto Health', was created and only selects and endorses quality natural health products, truly testified to as being beneficial to the people that need it to help them retain their health, not just physically but mentally as well.

Ting Ting relays to me that it all comes down to making better lifestyle choices and using products with the study and results to back up their claims, and that's why her company Keeto Health has partnered with ENZO Nutraceuticals, the producer of the ENZOGENOL® - New Zealand Pine Bark Extract, a natural flavonoid-based anti-oxidant and anti-inflammatory supplement.

This product was discovered by a multi-disciplinary research group at New Zealand's own Canterbury University and the product is isolated from the most powerful New Zealand natural plant extracts.

Now if you're like me and not a science major (in my case not even close to it) you are wondering how this product is relating to me and why I need to look at it to use in my day to day life?

It's a good and fair question! Ting Ting explains with ease that the product has been clinically tested here in New Zealand and shows striking results, and that these products can provide nutritional support to assist with many common ageing brain conditions that clients present with, especially in the 50+ age group. As clinically tested and peer-reviewed scientific publications have reported significant benefits for cardiovascular and brain health, Brain Recovery from trauma, Gut Repair, and Relax & Focus benefits from a range of products provided by Keeto Health.

These products can provide nutritional support to assist with many common conditions that people present with. The list of benefits includes:

Cardiovascular with improved endothelial function and plasma viscosity, reduced blood pressure, reduced fibrinogen levels and reduced fat absorption;

Diabetes by lowering fasting blood glucose levels, improving blood glucose clearance and improving hepatic fat metabolism;

ADHD Improving concentration and attention, Improved behavior and Increased calmness;

Migraine by reducing migraine frequency and reducing migraine severity.

However, in the context of this story most important of all is a product that Keeto Health supply called STAY SHARP, which studies show, has major impact in Age Related Cognitive Decline by improving cognitive performance whilst also Improving short term memory, concentration and responsiveness and helps in reducing fatigue.

This same product has also shown much improved recovery when used for sufferers of Traumatic Brain Injury and Concussion and was initially introduced to the market as ENZO Brain Recovery. However, this product was also shown to have great long term benefits to keep the mind active, healthy and sharp.

Ting Ting tells me that STAY SHARP is the ultimate nutrition for healthy brain function in today's market and has many other benefits such as supporting healthy brain function & mental clarity, healthy mental clarity without brain fog & fatigue, healthy stress resilience and a generally healthy feeling of being more "switched on" and alert.

And so there you have it! We are able to look after ourselves and our brains not just through mental exercise and although this is as important as ever just like your body needs vitamins to keep it healthy, so does your brain need extra help the older you become.

So there are solutions in the market to help with some of these challenges, and Ting Ting has graciously offered to be available to those people and groups who wish to get more information, to contact her and her team who will assist with individual requirements and is making a special offer to Seasons Magazine readers to help them on the path to a better more fulfilled life.

Many thanks to Ting Ting Eden, Founder and Director of Keeto Health for her time in helping me put this article together for our valued readers.

Interview conducted by Grant - Seasons Magazine

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H E A L T H

Tips for a Summer-ready pool



It's officially spring! The temperature is rising, days are getting longer, we're finally turning the heat off and putting the hot water bottle away – it's an exciting time of the year!

It's also a time where memories of lazy summer afternoons by the pool, get us looking to prepare our pool for the warmer months.

So, here's Maurice's guide to getting your pool SUMMER-READY.....

1. Check it all works:

First of all, check the pump and filtration systems are working perfectly. Check the strainer basket doesn't have any cracks that could potentially lead to debris in the pool. Next, check the pool lighting and see if any bulbs need replacing. You may also need to upgrade or replace any pool equipment – pumps, filters, drain covers, pool covers, brushes, vacuums, leaf scoops or skimmers. Don't forget to check those pool gates.

2. Keep your pool full

In fact, top it up! Ensure the water level is half way up the skimmer outlet.

This is mostly here as a safety message – but no matter how dirty your pool is or how many leaves have made their way to the bottom of the pool, don't empty your pool unless you get professional help. Emptying your pool can cause it to lift out of the ground, causing significant damage to the structure and surrounding areas.

3. Use a bit of elbow grease:

Spring is a great time to get back into cleaning your pool, particularly if you've been neglecting it when the weather's been rough.

Clean out the pump and skimmer baskets and make sure you treat the filter using Bioguard® Filter Brite – a clogged filter prevents the water from flowing freely and wears out the pump.

Make sure you brush the pool walls.

Give the surrounding areas a good clean too. This will prevent any surrounding dirt and debris from getting in the pool and trim back any overhanging foliage.

4. Balancing your Water

The most important part about getting your pool Summer-ready, is balancing the water.

You should test the following:

Alkalinity: 120-150ppm. Test alkalinity before adjusting pH levels, as pH will remain constant if you've got the right alkalinity levels.

pH: this should sit between 7.2 and 7.6

Calcium hardness: between 150-250ppm.

Stabiliser level: it should be sitting at a minimum of 30ppm of Cyanuric acid, helping to prevent chlorine loss.

Algaecide: add algaecide to your water to eliminate algae growth, particularly if your pool has been neglected during the cooler months.

Chlorine: this should be sitting between 1.5 and 3ppm.

Salt: depending on chlorinator, between 3000 and 6000 ppm (salt water pools only).

Take a sample into Maurice's Pools & Spas and the team can provide you with a computerised water analysis and recommendation programme. They take the guess-work out of getting these levels correct with clear simple instructions.

5. Shock it:

Shocking your pool, by adding an oxidising compound or mixture to the water, will help to destroy chloramines and other undesirables that build up. This should be done every couple of weeks to keep it looking pristine.

6. Jump in!

Even if it's not at your perfect temperature yet, after you've finished the 5 steps, you'll definitely deserve a swim in your beautiful Summer-ready pool!

Note: If your pool has turned green on you – First step take a sample into Maurice's Pools & Spas and they will be able to give you the best solution for your pool to bring it back to blue before you do anything.

Waikato River Trails

The Waikato River Trails were developed with the aim of encouraging visitors to connect with the Mighty Waikato River and the special communities along the journey. 42,000 people spent some time cycling or walking the Trails in the last year. The 105km trail from Atiamuri in the south to Lake Karapiro in the north has become a key enabler for much more than recreation. The Waikato River Trails Trust who manage the Trails have taken on the role of Environmental Custodian. Access created by the trail has enabled a significant riverside riparian enhancement project to be undertaken. Waikato River Trails General Manager Glyn Wooller is delighted with the transformation taking place along the river.

“The 86,000 trees we have planted along the Trail over the last 6 years have taken a vision developed by the Trust and delivered an impressive level of new native forest along the river’s edge”.

There is a high degree of ownership with the planting project with all the planting undertaken by a committed group of volunteers from local schools and businesses. Mr Wooller acknowledges the role Volunteers play. “The planting of large numbers of native trees certainly improves biodiversity while acting as a filter capturing nutrients that may otherwise enter the river. The input from volunteers is a unique opportunity to connect people with the land and waterways with outcomes that are long term”. Both school students and adults understand that their contribution is an integral part of a local commitment to our environment.

The riparian management project on the Waikato River Trails brings together collaboratively a Trust that has a clear commitment to the Environment, Funders such as the Waikato River Authority and Waikato Catchment Ecological Enhancement Trust, South Waikato District Council and a community willing to actively participate in the project.

The plants which are now thriving in their new home along the River are clearly evident as you cycle and walk. Many areas have been transformed from a weed invested tangled mess to an emerging native forest in the space of only a few years. So next time you are visiting the trails enjoy the experience , you won't have to travel far to see new native trees along the Mighty Waikato River. All proudly brought to you by the Team at The Waikato River Trails Trust. If we can help with advice, transport, bike hire of both conventional and E Bikes, we would love to hear from you.



For more information go to
www.waikatorivertrails.com
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Age Concern every year amaze us with their get up and go attitude to being there for the seniors of our communities through all manner of activities and wonderful events, just like the one this year held for International Day for Older Persons.

Yet again Age Concern pulled off another well attended event that had everything from their yearly walk to the park that again had me trying to keep up with forever young Doris, the nimble 99 year old whom I have taken to calling 'Speedy Gonzales' as she moves faster than most teenagers I know.



Our Mayor Mr Andrew King attended, and with a heartfelt speech let the seniors present know that their future in the Celebrating Age building was assured whilst he was Mayor and that he was committed to an Age Friendly Hamilton.

As always my highlight of the day was 'food' which was available in abundance, and aside from some comments about my expanding girth after my second helping and looking for another, it was very enjoyable and I know everyone enjoyed it as much as myself.

As you will see by the photos that are alongside this article, entertainment abounded with everything from Mongolian Dancers (The Mongolian Drum performers) in awesome apparel and including Ti Chi demonstrations, and of course Gail Gilberts always energetic Zumba with everyone showing their moves.



We were then treated to a fascinating story of Judge Neil Maclean whom not only spent many years as a Judge but also was instrumental in forming New Zealand's first post mortem association, and much more in-between.

(We at Seasons Magazine are looking to have this story to you soon).

Brent our host has obviously had oratory lessons on public speaking as he commanded the attention of all once he took the stage, presenting Sharon MacPherson with a very well deserved award for being their 2017 Dignity Champion and a wonderful gift that had my mouth watering and hoping I would be called up next (but to no avail). Her gift was so heavy that carrying it was helped by our Mayor, whom I think privately was also keen to get his hands the delish pack.



Unfortunately I didn't get to swing ex-manager of Age Concern Gail around the dance floor like last year but she didn't disappoint with the Zumba display that had everyone grooving and of course getting a little fitter in the process (I was on the walk trying to keep up with Doris!)

The big change was the involvement of companies throwing in their support such as Hearme, Waikato Sports, Busit, Denture and prosthetics, and many others with great stalls and information for all.

The big thing for us all I think was the recognition of the day and what it represents here in NZ and worldwide.

Big congrats to **Age Concern** who pulled off this day with style and grace that we hope we can match in **April** with the **Seasons Magazine Sponsored 50+ Festival/Expo event** to be held at the **Hamilton Gardens Event Centre**.

Thanks Age Concern for another wonderful day.

Love

Grant / Mizda & Team Seasons



Invitation from Heartland

It's always a pleasure to be invited by clients to their events, and attending the Heartland Bank Event held at Hamilton's Novatel Hotel was no exception.

After a couple of wonderful chats with the Heartland Bank Team over a beer and including some other of their clients attending, Heartland held the stage and talked on many subjects, from where the Bank was heading through to the new initiatives they are looking to roll out in the future, especially relevant to our 50+ readers.

Many thanks to Arna and the Heartland Bank Hamilton Team for a wonderful evening.

Grant & Mizda - Team Seasons



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Jill Rodgers: Musical director and conductor for the Mighty River Harmony Men's Barbershop Chorus..

- *Singing and conducting coach*
- *National Education Coordinator (Men's Barbershop)*
- *Dean of Harmony University NZ 2014, 2015, 2016, 2017.*

The Waikato-based Mighty River Harmony Chorus is one of New Zealand's foremost large male singing groups. This group recently returned from a major competition in Australia with coveted prizes. The musical director is the energetic, Hamilton-based, Jill Rodgers.

Rodgers has loved music all her life. Thinking back she can trace her fascination with singing and the experience of witnessing a large group of men working for a common cause, back to her childhood days in the south Otago settlement of Balclutha.

Her family was strongly associated with the brass band scene and she was often caught with her ear to the door as her mother and her friends practiced old English madrigals. The regular flooding of the Clutha created a cultural event in itself as the local men turned out in their working attire to sandbag the town. There was a combined effort she found tremendously satisfying and a portent of things to come.

But Otago be gone. The family moved north and her high school years were spent in the warmer climes of the Bay of Plenty before she moved to Hamilton to do a science degree at Waikato University.

Jill loved amateur operatic at high school and with the Operatic Society in Hamilton, in *Oliver* and *My Fair Lady* with entertainer Max Cryer. "But I never made any of the lead roles. I was always in the chorus. My other love was the whole men's singing thing. When I was at school I was in the school choir and we did a tour in Australia. I remember listening to the boys singing 'Blue Birds over the White Cliffs of Dover'. It was a light-bulb moment.



Jill Rodgers Singing and conducting coach Musical Director Mighty River Harmony

I loved it and that stayed with me. We had an amazing music teacher, the late Bob Addison, who sowed the seeds of a love of theatre and music, a love of pulling things together that people might not achieve by themselves."

A science degree from Waikato University led to working in agricultural research at Ruakura, where, surprisingly, there was a large group of men. It was 1991 and one thing led to another and there was Jill organising and leading the first barbershop quartet of scientists, which soon became the larger Hamilton Hair Razors chorus.

"I went back to Uni (Waikato) as an adult learner in 1997-98 and finished two-thirds of a music degree but then I needed to work. It was great having the formal training though. I ended up working at the Uni as the Alumni Manager organising events for the next 10 years."

She led the Hair Razors until the late 1990s when she switched to sing as a member of the female barbershop quartet 4th Avenue, which won the New Zealand title in 2003, competed in international competition in Phoenix, Arizona, and recorded several CDs.





Jill Rodgers with partner and fellow singer Warwick McWha

Then she went to Wellington in 2010 to take up an events manager role with Victoria University. Jill returned to Hamilton in 2013 to take over as musical director of Mighty River Harmony, renamed from Hamilton Hair Razors in 2000, from previous conductor Gary Taylor. "Gary was very busy with choruses in Auckland, Hamilton and Tauranga. Then he went to Australia. MRH president, Howard Ettema, lives in Hamilton and called me a couple of times to see if I would be interested in taking on the chorus - so I was back to conducting the group after 14 years."

The MRH chorus is a chorus as opposed to a 'choir', which Jill explains, differs in several technical ways with different musical dynamics. It has 50 members and is a cappella, or unaccompanied, ensemble which performs in four-part harmony.

But Mighty River Harmony is more than a large singing group - it has its own social dynamics and acts like an extended family. "We have a wide range of ages in the chorus but some men get through their careers and parenting responsibilities then get to the point where they want to try something new. Many haven't sung since they were children, some have come through family upheavals and tragedies. They come from other places and want to get involved, gain a sense of fellowship and performance. It's about belonging and caring for each other, a shared love of singing and fellowship."

"One of the things the men seem to really enjoy is the camaraderie of just being blokes hanging out. We have a few rules like no women and no booze and there is always a debate as to what degree is Mighty River a sort of social organisation. We have men from all walks of life and economic backgrounds. It's a challenge to get some out of their shells."

"It is about creating something that is more than the sum of its parts - creating overtones and creating notes that are not in the music, expanding the sound and about camaraderie."

Internationally Barbershop is highly competitive and professional. Each year over the past four years that Jill has led Mighty River Harmony she has been over to the Harmony University held in Nashville, Tennessee. One day she'd love to take the whole chorus.

"It's the Mecca for Barbershop. It's 12 hour days and total immersion but it keeps me at the cutting edge and one step ahead of the boys. I invite US vocal coaches to NZ. It is the way to meet great conductors, and to learn how to motivate and how to be a really good teacher".

In the last week of September MRH competed in the Pan Pacific BBS Convention in Australia which included 26 choruses from Singapore, Japan, Australia and New Zealand. MRH won the NZ Chorus competition and has three quartets, Espresso which won bronze in the mixed section (both Jill and partner Warwick are members). Pitch Pipe Playboys won senior gold and Counterpoint made the finals.

After 25 years meeting at the McMeekan Centre at Ruakura, Mighty River Harmony have now been welcomed to Fraser High School and will be rehearsing in the hall on Tuesdays at 7.30pm.

Geoff Lewis



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MGC Super Health

Travel has always been a fascinating interest to Grant and

Megan Catley and during a trip through Thailand, Vietnam and Cambodia in 2010, they decided they wanted to give their children an overseas living adventure, like what Grant had growing up, with his dad in the navy having several overseas postings.



Super Health Owners & Operators Grant & Megan

Grant, a Plumber and Gas fitter and Megan, a former Operations Manager for a Travel company, began dairy farming in 2004, milking 170 cows. By 2012 they had completed a forest to farm dairy conversion and now milked 320 cows on a 175ha dairy farm (100ha effective) and managed top production of 120,000kg/MS (fat & protein). During their Dairying career, they endured floods, droughts and at times volatile dairy prices, managed their goal of farm ownership and had made the top 5% in production and top 3% for high quality milk within Fonterra's 10,500 suppliers.

Taking a break from the dairy farm and after breaking a tooth, Grant went back to Cambodia in 2011. It was during this dental trip (much cheaper than NZ), Grant met an expatriate guest house owner and fellow expats who all said that, in Phnom Penh, (the capital city), they ran out of fresh milk twice a week. With this thought, perhaps Cambodia would be the adventure and life experience they were looking for. A feasibility study was undertaken looking at the pros and cons of creating a dairy farm in the tropics and conducting business in a third world country. The feasibility study proved viable and planning began. During this time, they invested in a social enterprise company in Cambodia. The company produced fresh soy milk and had a small Spirulina farm, with the products sold directly to supermarkets, local schools and subsidised into orphanages through donor funding.

Three (3) years after their first trip, the Catley family landed in Phnom Penh to build a dairy farm. It certainly was going to be an adventure; different language, money, culture, customs, climate and food.

After a year, due to problems with a local partner, their dairy business went sour. Grant and Megan, not yet ready to return to New Zealand, started helping with the fresh soy milk and spirulina farm looking at ways to improve the production and systems. Unfortunately, to implement these improvements would take considerable funding and after the dairy collapse, Grant & Megan were cautious.

Needing a different perspective, Grant & Megan took a trip to neighbouring Myanmar to visit their natural Spirulina lakes. The company managing these lakes had created many Spirulina products and bi-products over time, including Spirulina tablets, powders, health drinks and tonics, crackers,

jelly, shampoo, face masks, coffee, wine and even fertiliser. The range of products and possibilities confirmed their idea, so upon return to Cambodia, they invested into Cambodia's mostly untapped spirulina market. Designing and building a Spirulina Farm in a 3rd world country where resources, skilled tradespeople and building materials sparse, was challenging. They had some assistance from a French NGO (Non-government Organisation) who also provided them with the Spirulina culture and Global Superfoods, their new company, was formed.

So what is Spirulina? a single celled organism, forest green in colour with tiny spring-shaped strands resembling spirals. (only seen under a microscope) A type of blue-green algae that grows in water, otherwise known as *Arthrospira platensis*. The taste is described like seaweed and very earthy, not to everyone's palate.

Spirulina was first discovered in Chad in the 9th century Kanem Empire, and is still in daily use today, dried into cakes called "Dihe" or "Die" to make broths for meals. It was later discovered by the Aztecs in the late 15th century, harvested from Lake Texcoco (Mexico), dried and eaten in cakes also. Spirulina has been found naturally growing in the lakes of Chad (central Africa) along the Great Rift Valley in East Africa and in the North of Myanmar.



Arthrospira platensis (Spirulina) under microscope

Research has confirmed, Spirulina is a Superfood, having over 100 essential vitamins and minerals. It supports Cardiovascular functions, helps strengthen the immune system and has proven it reduces blood sugar levels for type 2 diabetes. Results vary for each individual and range from; sleeping better at night, regulating metabolism and calming the stomach, joint pain relief, skin and hair health, and overall increased energy.

I'm a type 2 diabetic who has to watch his blood sugar level carefully and have been using Spirulina for about two years. My blood sugar level has dropped and remains stable at about 8.5, quite satisfactory. Blood pressure stable as well. I prefer to take it in powder form with fruit juice in the morning rather than the tablets as I think I'm taking quite enough tablets already. I like the fact that it is natural, not chemical. I recommend it to anyone who is a diabetic like me. Robert Heath M.A. (Hons), M.A. Applied English Linguistics. Mount Maunganui, New Zealand.

The majority of Spirulina available to consumers, is commercially farmed on or near the equator, for optimum growing conditions. Grant & Megan's Spirulina was grown in vast circular vats (100sqm) holding 15,000 litres of opaque dark-green algae water, at a depth of 150mm (15cm), all swept by rotating mechanical arms. Every second day, the algae, which live in clean water, pumped from an 80-metre-



Spirulina Algae have a deep forest green colouring

deep well, was harvested directly from the tanks. The algae-laden liquid is poured through a fine mesh to separate the spirulina. The resulting green slush is then pressed to remove excess water, solar dried and ground into powder form for pressing into health supplement tablets and for smoothies and adding into food.

Despite the business only being 18 months old, it had exported to Australia, New Zealand, Canada and the UK, with their Spirulina and Turmeric with Kampot Black Pepper products, also stocked in leading Cambodian pharmacies and an International Chiropractic Clinic. "It's an expanding market worldwide," says Grant.

We were fortunate to have been introduced to this via word of mouth and it has proved to be such a wonderful product. It is by no means a complete fix for my husband who has Bronchiectasis, however, the improvement in his breathing is quite noticeable. I also take these little green tablets for osteoarthritis and as a test I stopped taking them and absolutely found a big difference - not a good one. So, back on the Spirulina again and it will be part of our daily routine from now on. Jill and Ken Meyer, Tauranga, New Zealand

With the business going from strength to strength and their children enjoying International schooling, it was a surprise, when they received an offer to purchase their business. With their children now 11, 8 & 5 1/2, it seemed a good time to sell and return to NZ. Their children could enjoy the outdoor lifestyle and culture that living in New Zealand offers. They moved home to New Zealand in January this year.



Grant & Megan's children trying Spirulina face mask

Knowing that Spirulina couldn't economically be grown in NZ due to the climate, they formed an agreement with Myanmar's June Pharmaceuticals – whom they met during their trip in 2014, to import their Spirulina Powder. It was essential they knew where and how their Spirulina was grown to ensure a high quality product for their customers and that it would meet the Food Safety Association New Zealand (FSANZ) standards. With the security of this partnership, MGC Super Health Limited was established.

A lot of my patients have very chronic issues due to their lifestyle from heavy work, to poor dietary habits. I have been offering MGC Super Health Spirulina and Curcumin, (Turmeric) two great products that have a lot of positive health benefits from reducing inflammation to getting loads of nutrients important to the function of the body. Because it is made from plants, the actual nutrients are absorbed by the body. Many of the supplements people buy just end up

in the toilet due to their poor level of absorption. These super foods have so many health benefits that it does make sense to use them to enhance healing in our body. Dr Christophe Savouré D.C. - International Chiropractic Clinic, Phnom Penh, Cambodia

To compliment Spirulina; they also import Curcumin (Turmeric) and Kampot Black Pepper, Maca Root and Camu Camu.

Turmeric - from India- is a natural anti-inflammatory and anti-depressant with the addition of Kampot black pepper, absorption is increased by up to 2000%. **Maca Root** – from the Peruvian Andes, supports libido and hormone imbalances for women and men, and assists with memory and added energy. **Camu Camu** – from the Amazon rainforest in Peru, is a natural Vitamin C (super boost your immune system) and high in amino acids to help the body build muscle and bone tissue, these are important for the nervous system and cognitive functions.



Grant Catley at their Spirulina farm in Cambodia

The message regularly comes back to the importance of consumer trust and social responsibility, alongside providing the highest-quality products possible for a market full of potential. "It's definitely an opportunity," adds Megan, and "it's certainly been an adventure and challenging journey thus far."

MGC Super Health



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**A QUICK GIGGLE
SELLING BIBLES**



IF THIS DOESN'T MAKE YOU LAUGH, JUST GO AHEAD AND CLOSE YOUR CASKET!

A Pastor concluded that his church was getting into very serious financial troubles. While checking the church storeroom, he discovered several cartons of new Bibles that had never been opened and distributed.

So at his Sunday sermon, he asked for three volunteers from the congregation who would be willing to sell the Bibles door-to-door for \$10 each to raise the desperately needed money for the church.

Jack, Paul and Louie all raised their hands to volunteer for the task.

The minister knew that Jack and Paul earned their living as salesmen and were likely capable of selling some Bibles. But he had serious doubts about Louie who was a local farmer, who had always kept to himself because he was embarrassed by his speech impediment.

Poor Louie stuttered badly. But, NOT WANTING TO discourage Louie, the minister decided to let him try anyway.

He sent the three of them away with the back seat of their cars stacked with Bibles. He asked them to meet with him and report the results of their door-to-door selling efforts the following Sunday.

Anxious to find out how successful they were, the minister immediately asked Jack, "Well Jack, how did you make out selling our Bibles last week?"

Proudly handing the minister an envelope, Jack replied, "Using my sales prowess, I was able to sell 20 Bibles, and here's the \$200 I collected on behalf of the church."

"Fine job, Jack!" The minister said, vigorously shaking his hand. "You are indeed a fine salesman and the church is indebted to you."

Turning to Paul, "And Paul, how many Bibles did you sell for the church last week?"

Paul, smiling and sticking out his chest, confidently replied, "I am a professional salesman. I sold 28 Bibles on behalf of the church, and here's \$280 I collected."

The minister responded, "That's absolutely splendid, Paul. You are truly a professional salesman and the church is indebted to you."

Apprehensively, the minister turned to Louie and said, "And Louie, did you manage to sell any Bibles last week?" Louie silently offered the minister a large envelope.

The minister opened it and counted the contents. "What is this?" the minister exclaimed. "Louie, there's \$3200 in here! Are you suggesting that you sold 320 Bibles for the church, door to door, in just one week?"

Louie just nodded.

"That's impossible!" both Jack and Paul said in unison. "We are professional salesmen, yet you claim to have sold 10 times as many Bibles as we could."

"Yes, this does seem unlikely," the minister agreed. "I think you'd better explain how you managed to accomplish this, Louie."

Louie shrugged. "I-I-I re-re-really do-do-don't kn-kn-know f-f-f-for sh-sh-sh-sure," he stuttered.

Impatiently, Peter interrupted. "For crying out loud, Louie, just tell us what you said to them when they answered the door!"

"A-a-a-all I-I-I s-s-said WA-WA-was," Louis replied, "W-w-w-would y-y-y-you I-I-I-I-like t-t-to b-b-b-buy th-th-th-this B-B-B-Bible f-f-for t-t-ten b-b-b-bucks---o-o-o-or--- wo-wo-would yo-you j-j-j-just I-like m-m-me t-t-to St-St-stand h-h-here and r-r-r-r-r-read it t-to y-y-you?"



Readers Submissions

November 2017

TAKE TIME

Business too often leaves little time to stop and look around,
And take in amazing sights and each delicate sound,
There is so much to stimulate each sense we've been given
But often when we're "on the go", some lie hidden.

When we cast our eyes towards the sky
Clouds form and reform and rainbows arch high,
Stars twinkle and daily the sun rises in the east
And the full moon's orb is seen to gradually decrease.

What could be more beautiful than sunrise or sunset across
the sea
Colouring the relentless waves as they roll in so free,
Interesting shells by our feet are washed in by the tide,
And holes in the sand show where tiny creatures hide.

Through the trees darting fantails twitter while in flight
While nectar sampling tui sing to our delight.
Little grey warblers are mostly heard and not seen
And at times parrot wings might flash red and bright green.

Seeds are miracles when planted in warm moist ground
Growing each day without a sound,
Some will bud and burst into multi-coloured flower
And perfume the evening air with scented power.

Waterfalls seen cascading from high over a rock face
Are sometimes spread by the wind to resemble white lace,
Then through valleys streams meander over many a smoothed
stone
Some in piled groups and some lying alone.

How much do we miss when hurrying here and there?
Sights, sounds and scents that nature will spontaneously share.
Wouldn't it be sad not to make time before hips and knees froze
To go for a walk and "smell a rose".

Delwyn White • Readers Submission



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Cabbage Trees

When I was reading the October issue of Seasons magazine I came across an article about the Cambridge Tree Trust - a group I never knew existed. The article was most interesting and has proved to be of great benefit to me.

Two years ago a mass of tiny seedlings popped up in our turnaround which looked to me like a very tough sort of grass, and I intended to grub them out. But, before I got around to doing this they grew an inch or two in height and began to look rather like miniature cabbage trees.

They originated from bird droppings, belonging to birds which roosted overhead in high lemonwoods and when the droppings fell, they landed on the remains of a scattered pile of mulch, which was an ideal nursery for sprouting.

Not being sure of my guess of cabbage trees I consulted Google which confirmed I was right and as I am fond of cabbage trees and have no intention of becoming a tree vandal, I potted them up. About 70 or more. When they reached almost a foot high I planted a few down

our gully but they couldn't compete with the long grass, blackberry and convolvulus that proliferated there and a future of luxuriant maturity seemed remote - so imagine my glee when I discovered the Cambridge Tree Trust. I promptly rang them up and they were quite amenable to give my cabbage trees a new home, so I watered them well and raced them over to Cambridge into the hands of a group of eager beavers who were working industriously in a big open shed. I mentioned that I had seen their photos in Seasons magazine and they were suitably chuffed that they had become celebrities.

I now have great expectations of my cabbage trees growing to maturity along the river walks of Cambridge or up on Sanatorium Hill, where they will be admired by the public and be tended by volunteers, who enjoy a busy and social day out in the fresh air, clad in their gumboots and armed with the tools of their trade as they beautify the surrounds of Cambridge.

Such is the tale of 50 cabbage trees that were facing a bleak future.

Gillian • Readers Submission



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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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9 of the Best

Over the Christmas break I had the opportunity to visit Horsham Downs Golf Club, approximately 15 minutes drive from the Te Awa Shopping mall or "The Base" as it's known to locals.

My golf is severely lacking in any sort of skill and/or finesse to say the least, and although I'm no Tiger Woods (or in my estimation, even fit to carry the clubs for most of the local players), I can tell you now that playing at Horsham Downs Golf Club is a pure pleasure for me. The stunning location and the diversity of each hole presenting its own individual challenges, enables me to get rid of all thoughts of the bustling city centre and work.

The other thing that struck me upon my visit, was the comradie shown not only by the managers of the course but also the other members. Everyone was welcoming, keen to give advice, and share a laugh at my obvious lack of talent - yet still take the time to show me the many ways I could improve my unique style.

History

The Horsham Downs Golf Club is a Nine Hole Course established in May 1944. The Club's present location is on River Road, on the banks of the picturesque Waikato River, North East of Hamilton city. Horsham Downs is well known throughout the Waikato golfing fraternity as a "friendly" club that caters for all levels of golfing ability.

The Club was formed by a small group of golfing enthusiasts on Aubrey Boyd's farm, Henderson Road, Horsham Downs. The original Club Membership consisted of farmers and their wives from the local farming community, and it was not until the mid 1960's that "townies" from Hamilton City became Members. Originally the course consisted of six holes, all in one paddock. After just a few years, it soon became apparent that a larger site would be necessary to cater for future growth and development. The opportunity arose in 1949 to acquire the present site on the Rototuna Domain. Due to the efforts of those original pioneering Members, that gorse and blackberry reserve was transformed into the popular course layout that exists today.

After a short deliberation, I have decided to not only improve my health, but I am going to improve my golf. I have every intention of becoming a Member at this wonderful golf club, and even though I have a golf club nearer to my home, this little gem on River Road is the one for me.

So join me this year, and I'll see you on the course!

NOTE: (I will be the one looking for my ball in the trees)

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

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

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

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

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

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

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

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

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

CUSTOMER FEEDBACK

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

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

David Stowers - Volkswagen Beetle, sold March 2013

Hi Allana and Norman

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

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

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



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FROM HUMBLE BEGINNINGS

Paul & Mieke, and their two children, Marco (then aged 13) & Marije (then aged 2), immigrated to New Zealand from Holland in 1980, with a dream to own land of their own. Prior to moving, Paul & Mieke had come to New Zealand on a short holiday, and had pinpointed several places on a New Zealand map, which they liked to live in, including the Waikato and Canterbury Plains (maybe due to how 'flat' these places were, reminding them of Holland).

Initially they moved to a small town just out of Warkworth, where Paul worked as a farm hand, and did some commercial eeling and possum hunting. They had another child, Lisette. Then, the family moved to Auckland, where Paul worked as a green keeper at a prominent bowling club, as well as commenced work as a landscape gardener.

In 1985, Paul & Mieke purchased a 10 acre property covered in scrub near Cambridge, after seeing a small advertisement placed in the classified section of the NZ Herald. Paul could see past the gorse, blackberry and tea tree scrub and commenced 'breaking' the land in, as it had never been farmed before. Whilst continuing to live in Auckland, to earn money, they slowly started building a house on their property, coming to the property every weekend, to work on the house and farm. In 1987, the house was completed. The first blueberries were planted on the orchard in 1985, as well as differing other crops including pip-fruit trees, feijoas, and boysenberries. Over the years, many other crops, including beans, lettuces, tomatoes, courgettes and strawberries were planted and sold to the local auction markets. They traded under the name Goodlife Gardens.

Paul & Mieke made a strategic decision to farm their orchard organically for a number of reasons. They lived on the property, so they did not want any chemicals. Paul, through his previous work experiences, had also experienced first-hand what chemicals had done to the land and his health, so knew he did not want to farm in this manner. They also wanted to farm their land in an environmentally sustainable, natural and chemical free way and wanted to provide those who wish to eat healthily with a good quality organically certified product. Monavale Blueberries are BioGro NZ organically certified.

Blueberries seemed to grow well on the peat bog, which is over 8 meters deep in places, so more blueberries were planted on the orchard and the other crops were slowly phased out. Paul & Mieke purchased a neighbouring 10-acre block in 1989 and slowly began to develop this land into a viable orchard block. In 1991, they purchased a further 10 acres on the corner of Wallace & Turkington Roads.

In 1990, Marco & his wife Kath, while living in the UK, bought a further neighbouring 10-acre block, and developed the land. Marco had obtained a degree in Engineering at Auckland University and was working as a Civil Engineer in the UK.

They moved back to New Zealand in 1995 and designed and built their house on their property, as well as planted their property in blueberries. They traded under the name Monavale Estate.

In 2001, Marije & her husband Richard, bought a neighbouring 10-acre block. They planted the land in blueberries and traded under the name Irresistible Blueberries – Irresistiblue. Marije obtained a Bachelor of Management Studies at the University of Waikato and had been working as a marketing consultant in Auckland and Richard was a secondary school teacher.

In 2002, the family decided to amalgamate their 3 neighbouring orchards to form Monavale Blueberries. Packing operations and office duties were centralised. Marco & Richard left their jobs and became full time employees on the orchard, alongside Paul. Kath & Marije also left their jobs to start their families as well as complete office duties and general orchard work, alongside Mieke. A further full time employee was hired to complete general orchard maintenance.

In 2009 Country Calendar completed a story on Monavale Blueberries highlighting its humble beginnings to now being the largest certified organic blueberry orchard in Australasia.

Monavale Blueberries currently employ over 150 seasonal employees, as well as 15 full time staff. They produce over 200 tonne of organic blueberries and now have 110 acres in blueberries. They have planted over 80,000 blueberry bushes on their orchard, growing over 20 different varieties. It takes approximately 4 years before a blueberry bush produces. Each bush is hand weeded several times a year. Their organic blueberries are sold all over the world, including Asia and Australia, as well as locally in New Zealand. They are sold under their Driscolls Organic, Irresistiblue and Monavale Blue labels. They also attend the Cambridge & Hamilton Farmers Markets every weekend during the harvest period. They have developed several secondary products from their organic blueberries including, Organic Blueberry Powder; Organic Blueberry & Apple Juice; Monavale Pressed Organic Blueberries (100% pure organic blueberry juice) and organic blueberry jam, spread, salad dressing, sauce & chutney.



In December 2009, Café Irresistible was opened, after a long held dream of the family, so that more people could enjoy the beauty of the area and see the orchard. Paul & Richard handcrafted all of the wooden tables within the cafe and there are many other unique features in the cafe, including wrought iron chandeliers, specially designed leadlight window, large wooden decks, wooden panelling, and an antique copper collection on display.

The café and orchard are situated centrally in the Waikato only 10 minutes out of Cambridge, 15 minutes from Te Awamutu and 25 minutes out of Hamilton. The cafe can cater for up to 60 guests. With high ceilings and a rustic, country feel, this cafe is a great place to visit, relax and enjoy a cup of coffee and a meal, overlooking the organic blueberry orchard.

The focus of the café is of course the delicious organic blueberries and organic blueberry products, as well as other products sourced organically or locally or both, where possible. There is a fantastic all-day menu as well as delicious cabinet options. The cafe has extensive views over the orchard, as well as stunning views towards Pirongia, Kakepuku and Maungatautari mountains. Huge decks and large windows give you the ability to sit and enjoy the views, whether you are inside or outside.

Now, a third generation family member, Marco & Kath's son, Oliver, has also joined the family business, after completing a Diploma in Horticulture and Horticulture Management at Lincoln University. Paul (now 75) and Mieke (now 72) are still actively involved in the business. ☼



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ONLY THE BEST FROM THE WILD WEST

Texting for the Elderly:

Texting can be difficult to master, especially for more senior people who grew up communicating through snail mail and phones that you twirled with your finger.

However Grandma and Grandpa are trying to be all cool now with their smartphones, but rarely do they really understand the subtleties of texting and often think what the heck does that mean when getting a message from the kids using Acronyms.

Here is an offering a handy set of text offerings and their meanings more suitable for our older smartphone users and to help older folks adopt more quickly to this newfangled thing called texting and get one over on the Grandkids at the same time.

Have fun !!

ATD: At The Doctor's

BFF: Best Friend's Funeral

BTW: Bring the Wheelchair

BYOT: Bring Your Own Teeth

CBM: Covered By Medical

CGU: Can't Get Up

CR: Can't Remember

CUATSC: See You At The Senior Center

DWI: Driving While Incontinent

FWBB: Friend with Beta Blockers

FWIW: Forgot Where I Was

FYI: Found Your Insulin

FYI: For Your Indigestion.

GGLKI: Gotta Go, Laxative Kicking In

GGPBL: Gotta Go, Pacemaker Battery Low

GHA: Got Heartburn Again

GOML: Get Off My Lawn

GTG: Got the Gout

HGBM: Had Good Bowel Movement

IMHO: Is My Hearing-Aid On?

LMDO: Laughing My Dentures Out

LOL: Living On Lipitor

MGAD: My Grandson's A Doctor

MILF: Meal I'd Like To Forget

OMG: Ouch, My Groin!

OMMR: On My Massage Recliner

OMSG: Oh My! Sorry, Gas.

PIMP: Pooped In My Pants

ROFL CGU: Rolling On The Floor Laughing, and Can't Get Up

RULKM: Are You Leaving Kids Money?

SGGP: Sorry, Gotta Go Poop

SUS: Speak Up, Sonny

TGIF: Thank Goodness It's Four (Four O'Clock - Early Bird Special)

TLC: Totally Lost Continence

TOT: Texting on Toilet

TTYL: Talk To You Louder

WAITT: Who Am I Talking To?

WIWYA: When I Was Your Age

WTF: Wet the Floor

WTP: Where's The Prunes?

WWNO: Walker Wheels Need Oil





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POP'S POW STORIES

PARMA HOSPITAL

Arrival and the cell

When I left Bari hospital I was on a stretcher, and so were my two ward mates Hugh Mateer and Dr Tremewan. Italian soldiers took us to the railway station along with prisoners from another ward. The carriage was almost entirely comprised of P.O.W.s on stretchers.

On the train there was a Franciscan monk in a brown habit. He could not speak English, but communicated to us by sign language. He insisted on offering us a cup of what he called 'café'. To please the old boy we took a cup, to find that it was about one tenth coffee and the rest cognac. He then had some of us transferred into the next carriage, which was a type of dining car. He locked the connecting door to the rest of the train, and then produced a plate of real macaroni, with an egg on top. This was an outstanding event, as we had not had a proper meal since we had been captured four months before.

Due to interruptions from troop trains, our train took a couple of days to get to Parma. About seven o'clock one morning the 'gentle friar' arrived with not one but two cups of 'café'. He seemed quite agitated, and we found out that we were to be shortly offloaded. We were then taken by army ambulance to the hospital in Parma. Upon our arrival, a British Guard's officer upon examining us exclaimed with surprise that 'the buggers are drunk!'

I was put in a cell as soon as I arrived at the hospital. This was my punishment for attacking the Italian colonel who was attempting to amputate my leg in Bari hospital. The other occupant of this cell was a Greek who was dying slowly and



obviously very painfully of gangrene. The only view of the outside world was a high window with five bars, which I must have counted in various combinations millions of times. I was very low after the months in Lybia and Bari, and was still being suspected of being a spy as I had been caught behind their lines. My Greek room mate screamed day and night, and the lights were left on day and night. I lost track of time during this imprisonment.

One day the door burst open and in marched some British officers, who had heard from one of the Italian soldiers where I was. They carried me into the ward they were in, and I was put in a bed strangely enough once again beside my mate from Bari hospital, Hugh Mateer. On the other side of me was a British air pilot, Bunny Keanes, who had been shot down, and had very severe burns to his face and hands.

Parma hospital was very different from Bari hospital. The doctors and nurses were civilized and very professional, and we received proper medical treatment. We also had access to regular Red Cross parcels.

CONTINUE READING PARMA HOSPITAL PAGE 52



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STORIES OF CAPTAIN JOHN RICHARDSON FROM HIS TIME AS A PRISONER OF WAR IN ITALY

POP'S POW STORIES PARMA HOSPITAL

The German officer and leaving Parma for Camp 82

Several months after being at Parma, a German officer walked into the ward. When he saw my dog tag on a board above my bed he asked me if I had been in Greece. I told him that I must have been, as I knew a few Greek words. My entire past had been erased from my memory. I could remember nothing about my childhood, or the country I had come from. At this point I still had no memory of recent events connected with the war, and did not even know my name.

To my great surprise, this German officer returned the next day, saying to me: "I know who you are. You are Captain John Richardson, Freddy troop, 26th battery, 4th Field Regiment, New Zealand division." When I asked him how he knew this, he told me that he had been an officer in the Panzer regiment directly opposite Freddy troop at Tempe Pass. Apparently they had been astounded when they finally overran our position, as they had 17,000 troops (which included mountain troops, artillery, tanks and paratroops) against our 600. This 600 had been made up of the 26th battery (approximately 350 men), plus an anti-tank unit, and a squadron of armoured cars. We had held Tempe Pass against this huge German offensive for two full days and a night, whilst being constantly shot at and machine-gunned; shelled by tanks, artillery and mortar and bombed by fighter aircraft and Stuka dive bombers.

As the German captain spoke I gradually began to regain my memory of this battle. I remembered I had lost all my guns, and quite a number of my men. I also remembered that I had never got back to what was left of my troop as I was straight away sent to assist in the evacuation of Allied troops from Porto Rafti.

A few days after this second meeting with this German officer, he arrived with a case of brandy, a Dunhill pipe and a pound of tobacco. He bowed low as he laid it all beside my bed, saying it was with the compliments of the Colonel of his Panzer regiment, which was at the time passing through Italy. I invited all the officers in the hospital to a party in my ward that night.

One day we were tipped off that there was to be a raid by the Fascist police. We collected all the articles we didn't want found such as knives, silk maps etc., and concealed them in

our bandages. We took Bunny's bandages off, which was a terrifying sight, to us as well as the police we were trying to spook. We then set up a phony game of bridge. The police searched very diligently taking every bed apart except for Bunny's. They couldn't stand the sight of him. We had money stashed inside a cigarette case, so when the police were distracted by lighting the cigarettes we had given them, we switched the case which had the money.

While I was in Parma hospital my memory about the war began to return. However I could not remember anything about New Zealand. Hugh Mateer who was in the bed beside me, had been a professor of Geography at Dublin University before the war. The thesis for his doctorate had been New Zealand, so he would talk to me from his knowledge of the country; the rivers and lakes, the geological structure and a general overview of the country. This served to vaguely remind me of my home country but gave no clues as to my personal life. Hugh and I became very close friends, and we met up after the war. Our friendship was such that when he died in Scotland in 1993, although I was the other side of the world in New Zealand, I felt the moment he died.

I was in Parma hospital for about seven months. In all Parma was very reasonable, and we were not troubled much by the Italians. This lasted until the day I was interrogated by the Fascist police who told me that I was being court-martialed for attacking the Colonel in Bari hospital (who had been attempting to amputate my leg without anesthetic). My punishment was to be reduced to the ranks and sent off to some unknown camp. I told them that only the King of England could take my commission from me. Nevertheless a few days later I was carted off to the railway station with four other soldiers. I was given some trousers and a blood stained shirt and some boots that were too small.

By this stage I could walk a little with the assistance of a crutch.

On the station platform a guard of about 30 Italian soldiers formed a half circle around us. The train was behind us and the guards were screening us, facing the large crowd of interested locals who had turned up. One of my fellow prisoners, a red haired Australian sergeant called Blue,





Capt. John Richardson 1939

whispered to me, "Let's fool this mob, and back onto the train". After alerting the other three men of our plan, we all began inching our way slowly backwards, towards the open doors of the train.

As soon as we got inside, we scattered quickly in different directions throughout the train. I found a nearly empty compartment and sat down between two old Italians. I then put a newspaper over my face and pretended to be asleep. After about 10 minutes there was a huge commotion and everyone was ordered off the train. We didn't look like prisoners as we were dressed in ordinary clothing, so everyone on the train had to be searched and were ordered to produce their papers. Later we discovered that the entire garrison of the town (about 500 men), had been turned out to search the town for us.

It took them about an hour to find all five of us. They had to call on the local police (the Carboneri) to assist them in checking everyone's papers. As we did not of course have the necessary papers we were eventually discovered. The Italian Lieutenant was beside himself with rage by the time we were all rounded up. He kept waving his pistol around threatening to shoot me, (I was the only officer). I told him he couldn't shoot me because he was only a Tenenta (a Lieutenant), so I outranked him by being a Captain.

There were further delays, due to having to attach another carriage at the end of the train to contain us. Apparently we had thrown out the entire Italian railway system, involving passengers and troop movement, for that day. We were placed in the end carriage with 30-armed guards; 15 guards at each end of the carriage, who had their sub-machine guns trained on us for the entire trip. We had been in hospital for at least 10 months, and none of us could walk very well!

We were eventually off loaded at Firenze (Florence), and our guard was nearly doubled to 50 men who escorted us the short distance to a smaller suburban train on another platform. We were loaded onto this with our original guard complete with sub-machine guns and travelled for another hour. Finally we were let out beside the train track in the middle of nowhere. There was no train station in sight. I asked the lieutenant how far we were expected to walk. His reply was very vague, so I told the men that we weren't going to budge, as we were the 'walking wounded'. When the lieutenant realised that we weren't going to move he organised a farm-cart.

Our Italian guards had been carrying our Red Cross parcels for us, so we opened them and shared them with the astonished farmer.

The Strange story of the South African youth

One day while I was still in Parma Hospital, one of the Italian doctors told me of the plight of this child, who was about 16 and was not even a soldier, but a servant of one of the South African officers. The South Africans had their native servants carry their kits for them, and often walk in front of them going into battle.

This young man had been badly injured with a phosphorus bullet lodged in his stomach.

He was in the soldier's ward, which was downstairs from the officer's ward.

I gathered together some British officers; two Guards officers, an air force squadron leader and a submarine captain and about five of us went down to his ward.

I sat besides him and held his hand (as I still couldn't stand much), and my friends, who were all tough soldiers, decided to pray. We prayed simply, "Please God do not let this boy suffer any longer. Let him rest in peace."

A few days later the Italian doctor told us that a miracle had happened that they could not explain.

This young man's wounds had started to heal, which was impossible if you have seen what such a wound is like. Within a few days he was completely healed.



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BROKEN FRIDGE

A man comes home and sees a note on the refrigerator from his wife. She wrote, "This isn't working. I'm at my mother's." The man opens the fridge, the light turns on, and he says to himself, "What the hell? The fridge is working fine!"

KEEP IT GOING

Wife complains to her husband: "Just look at that couple down the road, how lovely they are. He keeps holding her hand, kissing her, holding the door for her, why can't you do the same?"

The husband: "Are you mad? I barely know that woman!"

MEETING NEW PEOPLE

I was sitting in a bar one day and two really large women came in, talking in an interesting accent.

So I said, "Cool accent, are you two ladies from Ireland?"

One of them snarled at me, "It's Wales, dumb!"

So I corrected myself, "Oh, right, so are you two whales from Ireland?"

That's about as far as I remember.

HUNTING IN THE WOODS

Two guys are out hunting in the woods when one of them collapses. He doesn't appear to be breathing, his eyes are glazed over. The other man pulls out his phone with trembling fingers and calls 111. He gasps, "My friend is dead! What can I do?"

The operator says "Please stay calm. I will help you. First of all, let's make sure he's dead."

There's a silence, then a gun shot. The guy gets back on the phone and says "OK, now what?"

OUT OF TIME

Doctor: "I'm sorry but you suffer from a terminal illness and have only 10 to live."

Patient: "What do you mean, 10? 10 what? Months? Weeks?!"

Doctor: "Nine"

SECRET TO A GOOD MARRIAGE

The secret to a long marriage is that we take time to go to a restaurant two times a week. A little candlelight, dinner, soft music and dancing. She goes on Tuesdays. I go on Fridays.

THE LIE DETECTOR

A father buys a lie detector that makes a loud beep whenever somebody tells a lie.

The son comes home in the afternoon. Father asks him, "So, you were at school today, right?"

Son: "Yeah."

Detector: "Beep."

Son: "OK, OK, I was in a cinema."

Detector: "Beep."

Son: "Alright, I went for a beer with my friends."

Father: "What?! At your age, I wouldn't touch alcohol!"

Detector: "Beep."

Mother laughs: "Ha ha ha, well, he really is your son!"

Detector: "Beep."



BON APPÉTIT

Pulled Pork with Spiced Carrot & Fennel Salad

Ingredients

This pork dish is traditionally a barbecued joint, which becomes so meltingly tender you can pull it apart with a fork. Here it is slow cooked and served with a crunchy salad.

1.9kg shoulder of pork off the bone (about 2.1kg on the bone), rind scored

Salt and freshly ground black pepper

For the rub

2 tablespoons olive oil
2 tablespoons runny honey
1 tablespoon pomegranate molasses
1 tablespoon fennel seeds
1 tablespoon paprika
1 garlic clove, crushed
2 onions, thickly sliced

For the spiced carrot & fennel salad

2 heads fennel, outer layer removed and trimmed
550g carrots, peeled and ends cut

125g radishes, trimmed and finely sliced
1 red chilli, deseeded and finely chopped
2 teaspoons black onion seeds
2 tablespoons grainy mustard
3 teaspoons white-wine vinegar
1 teaspoon caster sugar
3 tablespoons cold-pressed rapeseed oil

To serve

Roast potato wedges and sour cream

Method

1. Remove the crackling rind and rub the meat with a little salt and pepper. Mix together the remaining rub ingredients except the onions and spread over the meat. Cover and chill, preferably overnight, keeping the rind separate.
2. Bring the meat to room temperature about 30-40 minutes before cooking. Heat the oven to 150°C fan bake.
3. Lay the onions in a roasting tin and place the pork on top. Pour in 300ml water. Cover the meat with the crackling rind and cover the tin with aluminum foil. Cook for 4 hours.
4. For the salad, finely slice the fennel and



carrots on a mandoline or coarsely grate if you do not have one. Mix together in a bowl and stir in the radishes, chilli and onion seeds. In a small bowl whisk together the mustard, vinegar, sugar and oil. Pour over the vegetables and mix well. Season with salt and freshly ground black pepper.

5. When the meat has had 4 hours cooking, remove from the oven. Heat the grill to high. Lift off the crackling, place on a baking tray and cook under the grill for about 5 minutes until puffed and crispy. Remove and break into pieces to serve with the pork. Place the pork on a serving plate and pull the meat into ribbons. Serve with the salad and potato wedges with sour cream.

seasons
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Indian Tikka Lamb Kebabs

Ingredients

650g (1lb 5oz) lamb leg steaks, cut into 2cm (3/4in) cubes
3tbsp tikka paste
120g (4oz) plain yoghurt
3tbsp lemon or lime juice
2tbsp roughly chopped fresh coriander
12 wooden skewers (soaked in water)
4 Indian naan breads, to serve

Method

1. Thread the lamb cubes onto the skewers and place in a large ceramic dish. Combine the tikka paste, plain yoghurt, lemon or lime juice, and half the coriander. Pour the mixture over the lamb and set aside for 10 minutes.
2. Heat a griddle pan or a large heavy-based frying pan until hot. Cook the lamb for about 4 minutes on each side, turning once, until cooked and slightly charred. Don't overcrowd the pan, so do this in stages, if necessary.
3. Let the lamb rest in a warm place while you heat the bread. Put the bread onto the griddle pan and cook until coloured and



heated through. Serve the lamb kebabs accompanied with the naan bread and garnished with the remaining coriander.

Lemon Caramel Profiteroles

Ingredients

For the choux buns

Oil, for greasing
55g plain flour
55g butter, diced
2 small eggs, beaten

For the lemon cream:

250ml double cream
Finely grated zest of 1 lemon
3 tbsp lemon curd

For the caramel

115g white sugar

Method

1. For the choux, heat the oven to 220°C/fan oven 200°C/mark 7. Oil two baking sheets. Sift the flour with a pinch of salt into a bowl.
2. Put the butter and 150ml water in a small pan. Bring to a brisk boil as soon as the butter has melted, take off the heat and add in the

flour. Beat vigorously with a wooden spoon for a couple of minutes over a low heat until the mixture is smooth and glossy and leaves the side of the saucepan.

3. Remove from the heat. Cool for 10 minutes before beating in the eggs, a little at a time. Stop beating once the dough is smooth and glossy, but stiff enough to hold its shape. Using a piping bag or tablespoon, place 30 tablespoon-size blobs on to the baking sheet, spacing them well apart. Bake for 20-25 minutes, or until golden brown and crisp. Using a skewer, quickly pierce each choux bun and return to the switched off oven for 5 minutes, leaving the door slightly open. Transfer to a wire rack and leave until cold.
4. For the lemon cream, whip the cream in a large bowl, until it forms soft peaks. Fold in the lemon zest and curd. Spoon into a piping bag with a small nozzle and fill the choux buns with the cream.
5. If you want to serve a pile of profiteroles, arrange them on the serving plate before making the caramel. If serving individually, leave the profiteroles on a wire rack and place



a sheet of greaseproof paper or foil under it to catch the caramel drips.

6. Put the sugar and 4 tbsp water in a small, heavy-bottomed saucepan over a low heat until the sugar has dissolved. Then increase the heat and boil rapidly - without stirring - until it turns into a golden caramel. It will continue to darken after it is off the heat, so take it off shortly before you think it is the right colour. Using a dry teaspoon, spoon hot caramel over the top of each profiterole or pour over the pile. Leave the caramel to cool and harden before serving. (Don't refrigerate as the caramel goes soft.)

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November 2017

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Fri

Sat

IMPORTANT DATES:

			01	02 Bike the Bridge 3:30pm - 6:30pm Perry Bridge, Hamilton Waikato ALL AGES FREE	03 Maaori Arts & Crafts Puti Puti / Flax Flowers 12pm - 3pm Waikato Museum 1 Grantham St, Hamilton FREE ADMISSION	04 Fireworks Extravaganza 6:30pm ASB Stadium, Baypark, Bay of Plenty Seniors: \$10 Adults: \$23
05 Gourmet in the Gardens Starts 4pm Rhododendron Garden Hamilton Gardens FREE	06	07	08	09	10 Mayors Music Matinee Creative Waikato 1pm - 1:50pm 131 Alexander Street, Hamilton FREE ADMISSION	11
12 Walk 2 D'Feet Motor Neuron Disease open 9am walk starts at 10am Innes Common, Hamilton Fergusson Park, Tga REGISTER & GET YOUR TSHIRT AT WWW.EVERDAYHERO.CO.NZ	13	14 High Tea for Breast Cancer 10am The Falls Cafe, 140 McLaren Falls Road, McLaren Falls Park, Omanawa \$30	15	16	17 Waikato Stock & Saloon Car Club Open Night Gates open 5:00pm Racing from 7:00pm Huntly Placemakers Speedway 93 Mcvie Rd, Huntly	18 Saturday Night Fever 8:00pm ASB Arena, Baypark Tauranga From \$79.90
19 Gourmet in the Gardens Starts 4pm Rhododendron Garden Hamilton Gardens FREE	20	21	22	23	24 Christmas @ Clarence St 7:30pm Clarence Street Theatre Full Package From \$69 WWW.HAMILTONTHEATRES.CO.NZ	25
26 Gourmet in the Gardens Starts 4pm Rhododendron Garden Hamilton Gardens FREE	27	28 Cambridge Repertory Society presents Death & Taxes Comedy Gaslight Theatre Alpha Street, Cambridge	29	30		

SCORPIO OCT 23 - NOV 21 You just can't really rush things along right now. You need to hurry up and wait, which may be a drag - but at least it's a drag you're sharing with everyone else. In the meantime, you can do your homework on the one big issue that's been occupying your thoughts lately.

QUOTE OF THE MONTH

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.."



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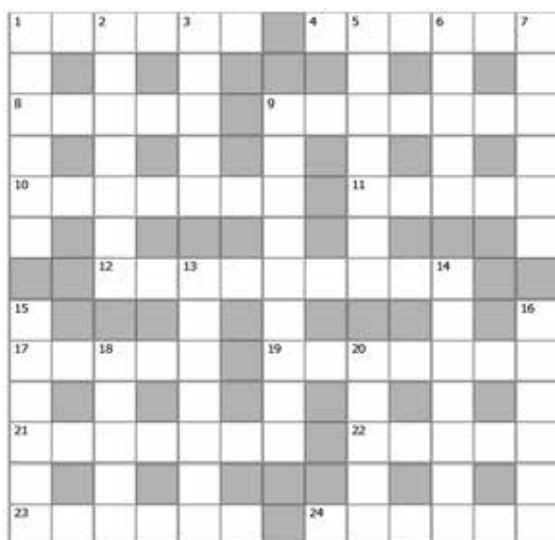
*\$88.92/week based on Swift GL manual, Jimney JX manual, Ignis GLX auto and Baleno GLX manual (SSP \$19,990 plus orc), nil deposit, 3.9% interest rate and 5 year term. Payments include on-road costs, a \$369 documentation fee and \$10.35 PPSR fee. Total amount payable: \$23,208.12. Offer available until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

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

Quickie Crossword



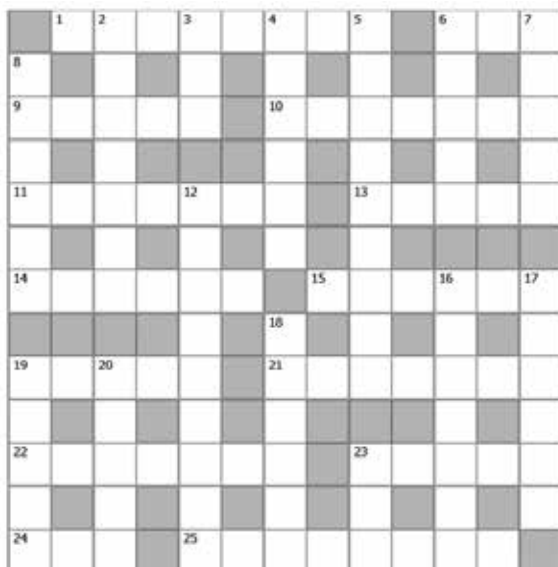
Across

- 1 Accepted practice (6)
- 4 Educational establishment (6)
- 8 Divide (5)
- 9 Sleep (7)
- 10 Pungent gas (7)
- 11 Lucifer (5)
- 12 US state (3,6)
- 17 Shakespearean lover (5)
- 19 Esteem (7)
- 21 Scotland's largest city (7)
- 22 Tantrum (5)
- 23 Prose compositions (6)
- 24 Outspoken (6)

Down

- 1 Free-and-easy (6)
- 2 Wise king (7)
- 3 Frequently (5)
- 5 Sea trips (7)
- 6 Path of a planet (5)
- 7 Upper part of the windpipe (6)
- 9 Ragged figure (9)
- 13 Incorrectly (7)
- 14 Gave way (7)
- 15 Capital of the Czech Republic (6)
- 16 Remained (6)
- 18 Wherewithal (5)
- 20 Colour of old photographs (5)

Cryptic Crossword



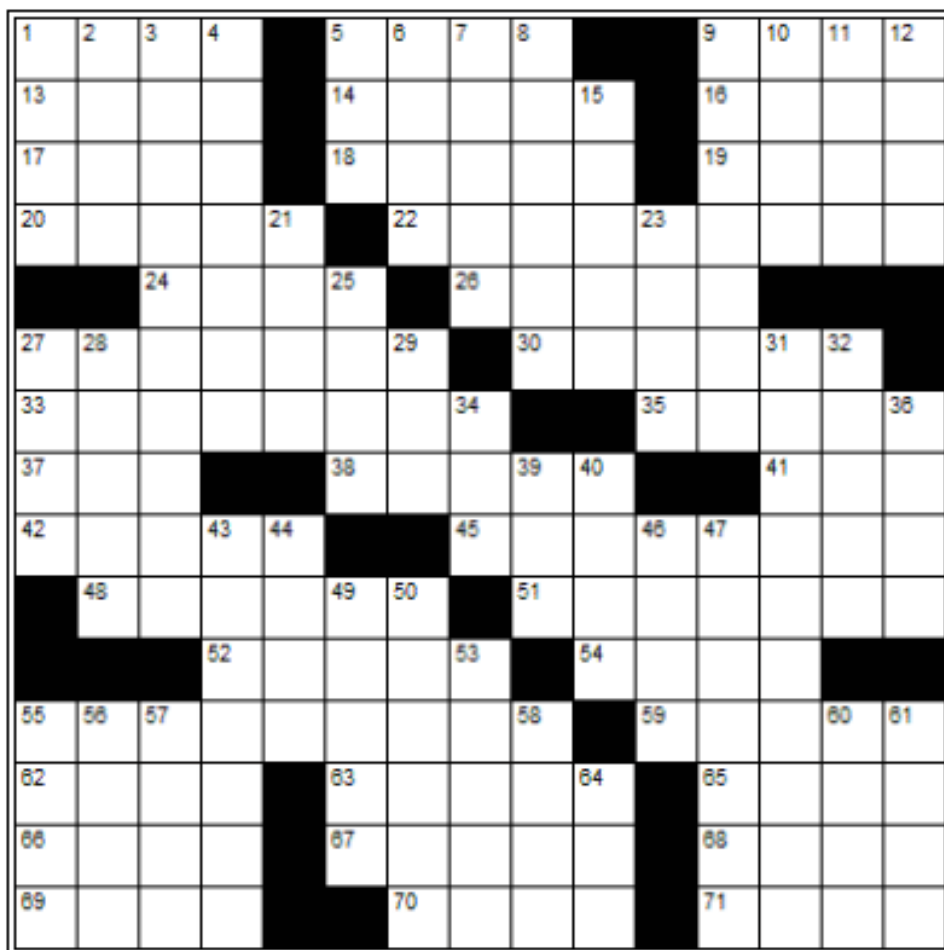
Across

- 1 Set free or let out again? (8)
- 6 Be successful in swindle (3)
- 9 Publication for children? (5)
- 10 Titled Turk this month in opposition (7)
- 11 A bone can keep breaking! (7)
- 13 Gather in the morning on a steamship (5)
- 14 A hat for the country? (6)
- 15 The rest of Spain? (6)
- 19 A basket an Indian has left behind (5)
- 21 Stable men let Ross get upset (7)
- 22 Bizarre form of heater (7)
- 23 A Greek poet's pigeon? (5)
- 24 Fellow coming back to give silent assent (3)
- 25 Royalist going crazy on his own? (8)

Down

- 2 Oriental festival on the first of November (7)
- 3 The day before a girl is found (3)
- 4 Rascal going to island for prawns (6)
- 5 Playwright admits art involvement (9)
- 6 Stick with a fishy name? (5)
- 7 Paper money produced by musician (5)
- 8 Get to know a sort of small truck (4,2)
- 12 Lilacs Mae gathered - or some other flowers (9)
- 16 Fast bowler going round front of transatlantic ship (7)
- 17 Take in first two letters before brothers turn up (6)
- 18 Enclosure for fuel entered by Rolls-Royce (6)
- 19 Copper embargo for islander? (5)
- 20 Animal from eastern country (5)
- 23 A successful blow? (3)

Giant Crossword



Across

1. F F F F
5. Nursemaid
9. Kick
13. Encircle
14. Plunges
16. Dwarf buffalo
17. Midway between white and black
18. Sound of contempt
19. Shower
20. Aroma
22. Prehistoric animals
24. Partiality
26. 10 cent coins
27. An ardent early supporter
30. Poise
33. Apparel
35. Pizazz
37. Cap
38. Russian emperors
41. Slime
42. Submit
45. Perquisites
48. Least wet
51. Venture to say
52. Distend
54. An international trade agreement
55. Debilitates
59. Waste matter
62. Impoverished
63. Gladden
65. Angel's headwear
66. Ancient Peruvian
67. Thorny flowers
68. French for "State"
69. Cover with plaster
70. Cried
71. D D D D

Down

1. Hens make them
2. Strong and sure
3. Pillager
4. Hairdresser
5. Commercials
6. Subconscious
7. Steer clear of
8. Rupture in smooth muscle tissue
9. Sunshade
10. Two-toed sloth
11. French for "Black"
12. Bronzes
15. Put one's foot down
21. Strip of wood
23. Consciousness
25. Narrow opening
27. Sore
28. Tartan
29. N N N N
31. Judge
32. Flora and fauna
34. Chitchat
36. Optimistic
39. Crimson
40. Catch
43. Progressive
44. Expunge
46. Historical periods
47. Retrieved
49. Not drunk
50. Animal oil
53. Make fun of
55. Sweeping story
56. Not a single one
57. Central points
58. Stair
60. Wings
61. Kettles
64. Eastern Standard Time

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

Giant Sudoku

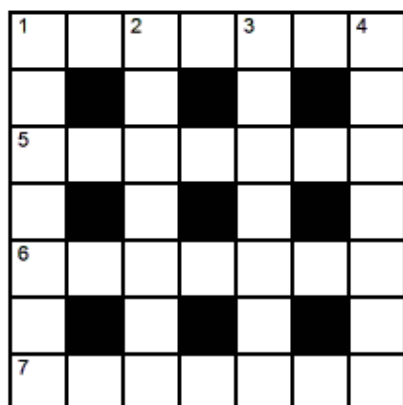
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23	10						18		6		16			17	1		13			3	19	12					
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	4		17		3		24		8	20	23	11	10	25	22				12	13	2	18	6				
		7	16			6	17	2	21		18				19			8						4			
18	9	25	1	2	11			13	22	4		21		5		23	7			15		3			8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

Mastermind

- 01 Which of these bones lies highest on the Human Body? Femur, Fibula, Tibia, Patella
- 02 How many points are scored for a dropped goal in rugby league?
- 03 Which former US boxer is referred to as the 'Poet laureate of boxing'?
- 04 A group of which fish is called a Lap?
- 05 What is the name of the Captain, played by Tim McInnerny, in the UK television series 'Blackadder Goes Forth'?
- 06 Which of these is the name of a real bone found in the human skull? Maxilla, Lazilla, Faxilla, Daxilla?
- 07 Which of these is a real airport found in Bosnia? Lucky Baja, Lanja Buka, Bucky Laja, Banja Luka?

Mini Crosswords

Mini Crossword 01



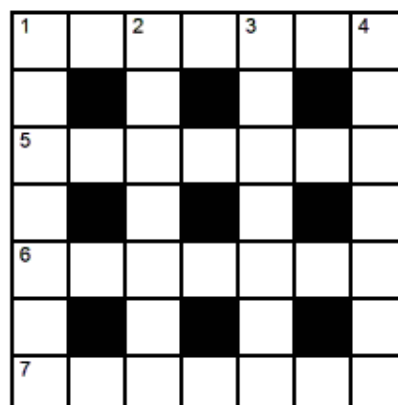
Across

1. Musical passage
5. Daydream
6. Squeeze out
7. Interminable

Down

1. Retinue
2. Dedicated
3. Foster
4. Everlasting

Mini Crossword 02



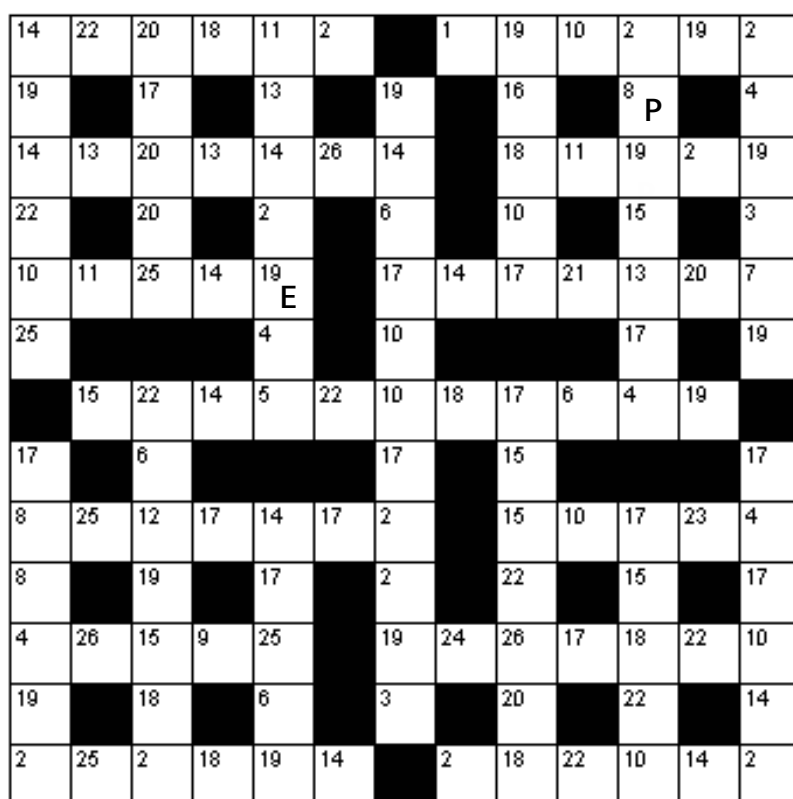
Across

1. Angry
5. Segment
6. Occurring at the beginning
7. No longer in existence

Down

1. Merry
2. Mark or stamp as paid
3. Belief or sentiment
4. Vest

Code Word

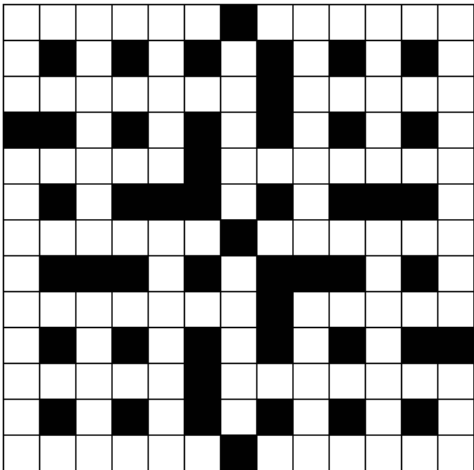


Each number in the grid represents a letter of the alphabet. The letters T, A and N have been given to you. Use these clues to help you decipher the code.

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

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

Word Fit



3 letter words

ACE
TWO

5 letter words

BEACH
CHEAP
EPOCH
GAMUT
GAZED
INNER
LANES
NYLON
SLEEP
ZEBRA

6 letter words

AMAZED
ASSERT
COMBAT
LOOKED
STUDIO
TRACED

RAMPANT
RISOTTO

9 letter words

BALLERINA
DEPOSITED

7 letter words

AVOCADO
BUZZARD
ECLIPSE
ECOLOGY
EMPEROR
OCTOPUS

Word Change

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

hoots
south

house
gorge

Hub Word

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



Answers

Answers to the October Puzzles:

Quickie Crossword



Cryptic Crossword



Word Fit



Giant Crossword



Giant Sudoku



Mini Crossword 01



Mini Crossword 02



Mastermind

- 01 York
- 02 24
- 03 Canada
- 04 Star
- 05 Page
- 06 Wine
- 07 1977

Word Change

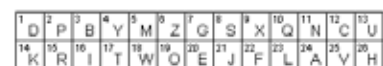
- chili racer rough
- chill races cough
- shill racks couch
- still rocks pouch
- stall socks poach

Hub Word

9-letter word - NAVIGATOR

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

Code Word



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Have you considered the benefits of a prepaid funeral?

Prearranging a funeral can mean many things.

Seddon Park Funeral Home & Sadliers Funeral Services offer an opportunity for you to make funeral arrangements and decisions now, with an option to prepay.

Prepaid funds are held in an independent trust and are applied for by the company under the terms of the trust deed.

The Cornerstone Prepaid Funeral Trust has an agreement with Seddon Park Funeral Home & Sadliers Funeral Services to put into place a prearranged funeral at the time of making the prepayment.



Cornerstone Prepaid Funeral Trust

FREQUENTLY ASKED QUESTIONS

Can I see the trust deed?

You may certainly peruse the trust deed to set your mind at ease.

What is the maximum that I can prepay?

\$10,000.

Is this an investment that earns interest?

No, this is a pre-paid funeral account. You are buying a funeral for the future at today's price.

Is this an insurance policy?

No, it is a prepaid funeral account which is not inflated by insurance commissions.

What happens if prices increase?

The casket and professional services fees are

inflation-proofed. These costs will not increase. Disbursements (e.g. flowers, catering, newspaper notices, etc) cannot be inflation-proofed. These are charged at the current rate at the time of the funeral.

Can I be sure that my money is safe?

The funds are securely held in The Cornerstone Prepaid Funeral Trust which is independently administered. The trust funds are invested in term deposits at the ANZ Bank.

What if I move away?

The funds can be transferred if you move away from the Waikato.

Can someone else cash in my prepaid funeral?

The funds will only be released on receipt of a death certificate in the name of the person for whom the prepaid funeral was purchased.

Can I tailor my own funeral to suit my needs?

Yes you may. Just talk to one of our funeral directors and they will guide you.

The cost of a funeral is divided into three parts: professional services, casket, and disbursements. If you are tailor-making your own funeral we would have an allowance for disbursements (which is not inflation-proofed).

Come in and talk with Seddon Park Funeral Home's friendly staff about preplanning and prepaying for your funeral requirements.



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