

FREE COPY

seasons

magazine

Life Beyond 50

October 2017 • Waikato/Bay of Plenty

Cambridge Tree Trust
Planting for the Future

Getting Back in the Groove
Back to Life

Kingsley Field

*It's a busy old world
out there - Join in!*





Euro treasures uncovered for solo travellers

Hosted tours of European hot spots have been unveiled for House of Travel in the Waikato Solo Travellers Club members.

House of Travel's own Anne Mellor is escorting Treasures of Croatia next June and Mediterranean Discovery in September.

The 18-night fly/stay/cruise package to Croatia includes a 7-night islands cruise and concludes with two nights in Vienna.

Ann Mellor's Mediterranean tour takes in Italy, Greece, Croatia, Albania, Sicily, Sardinia, Spain and France in a 19-night fly/stay/cruise package.

Highlights include two nights in Venice and a seven-night cruise around the gorgeous Mediterranean.

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 European cruises is 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

Explore the world with like-minded solo travellers.



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

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

Membership benefits include...

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

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

The best holidays are created together.

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

HOUSE OF TRAVEL

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



Contents

- 03 Contents
- 04 CEO Note
- 06 It's a busy old world out there - Join in!
- 09 Hon Tim Macindoe MP for Hamilton West
- 11 Simon Bridges MP for Tauranga
- 13 Message from the Minister of Senior Citizens
- 14 Helmets on, visors down-The Golden Oldies are back in town
- 17 Education Session with Age Concern
- 19 50+ Getting back in the groove
- 25 In my humble opinion - Jenny Magee
- 30 Cambridge Tree Trust
- 45 Reader Submissions
- 53 Laughter is the Best Medicine
- 54 Wild West Worcester Saucesational Recipes
- 57 October 2017 Calendar
- 58 Trusted Tradies & Services
- 61 Puzzle Pages



Want to become a subscriber?

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

*postage and packaging costs only

Name: _____

Address: _____

Phone: _____ Email: _____ No. of Issues: _____

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

Email your enquiry to admin@seasonsmag.co.nz or visit our website www.seasonsmag.co.nz

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



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

September 2017

Hamilton: Grant 021 213 0319 Seasons Office 07 847 4602

Tauranga: Grant 021 213 0319

ISSN 2382-2481

email: admin@seasonsmag.co.nz web: www.seasonsmag.co.nz

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

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

Legal Disclaimer

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

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



CEO Mijda Jamieson

Welcome to October,

Finally warmer weather is predicted for October and I am really looking forward to warming up in the sunshine expected, and getting my gardens and lawns looking spruce!

As daylight saving has begun, please remember that it is very important for

those keen gardeners and outdoorsy and sporty people to become SunSmart and prevent skin cancer such as melanoma, which means using sun protection when you are outdoors, particularly between 10am and 4pm when the sun's rays are most fierce.

I also know that the count down days to Christmas has now begun, as my grandchildren have promptly reminded me, can you believe it is nearly that time of the year again! In saying this, I learnt a little lesson recently about delaying or putting things off until a later time, which caught me off-guard, so I would like to say: "Don't put off for tomorrow the things you need to do today!" So start your Christmas planning and/or shopping now and be ahead, before time catches up!

On Sunday 1st October is The International Day of Older Persons which will be celebrated with Age Concern Hamilton

on Friday 6th October. This year's theme is "Stepping into the Future: Tapping the Talents, Contributions and Participation of the Older Persons in our Society", bringing in an awareness of the older generation in our communities, their need to still be able to participate and contribute in their families and societies in general. So please remember to be kind to the older generation, look after your elders and help them wherever you can.

The month of October is Breast Cancer Month. Please support your nearest Pink Ribbon Street Appeal in your local area on 13th and 14th October, two days of kiwi generosity.

For those of you currently thinking about or looking to get back into the workforce/upskilling or even learning a new craft, this month's edition has many articles and advice on how and where you can do this, and information available to assist you.

Please also do try out the great recipes supplied this month, the sauces used are fantastic! Have a chuckle at the jokes and enjoy your crossword puzzles which are always a challenge.

A quick note to our wonderful advertisers to also ensure booking for November & December, as our space is limited due to being a saddle-stitch publication, so please be quick.

Till next month

Mijda

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

www.waikatokia.co.nz

The 2017
SPORTAGE
LX AWD DIESEL

SRRP
\$33,990 + ORC*

RRP \$41,990 + ORC

Features include:

- Economic 2.0L Diesel engine
- All wheel drive
- 17" Alloy wheels
- Remote keyless entry
- Reversing camera with parking sensors
- Apple Carplay™ & Android Auto™
- Auto light control
- LED daytime running lights
- 7" touch screen stereo system
- Cruise Control
- Hill-Start Assist

3 YEARS Free Scheduled Servicing (OR UP TO 45,000KMS)

5 YEAR Warranty Programme (UP TO 100,000KMS)

5 YEAR Roadside Assist

ANCAP Safety 5 stars 2016

Visit our virtual showroom at www.waikatokia.co.nz

KIA



Waikato Kia | Cnr the Boulevard & Kahu Crescent, Hamilton - 07 846 6181
After Hours: Mark Gothorp 021 822 622, Jacob Rozeboom 022 033 2103,
Rob Clifton 021 846 181 Gary Steward 021 995 355

The Power to Surprise

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

christmas at clarence st



Lyrica

24, 25 November 2 shows only

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

Come and enjoy a night of good food, great entertainment and a chance to let your hair down. Gorgeous old school glamour comes to life in typical style and flair that 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

Comedy@Christmas

14, 15, 16 December 3 shows only

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

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

"Rado and Raybon Save the World"

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

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

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

CLARENCE ST
THEATRE

Fully stocked bar with bar packages available. For further details contact:
Darlene at christmas@clarencetheatre.co.nz phone 07 834 1023
www.clarencetheatre.co.nz

BOOK NOW AT
TICKETEK



IT'S A BUSY OLD WORLD OUT THERE - JOIN IN!

It's different when you live in the country.

The views are longer, and the scenery is varied, and the weather, when it decides to be rotten, is seriously rotten and when it's good, it is magnificent. Sunrises have long vistas out across rolling countryside that is painted with dark patches of trees and hedges and the colour gradually seeps into the land, turning it from black to grey and then to the realities of the multiple greens that make up most of New Zealand. And from the big window in front of my work-desk there are tiny white dots sprinkled across some paddocks that move slowly and eventually show themselves to be sheep. In some cases there are even smaller white dots beside them which sometimes frisk, as little lambs do. There are other, larger blobs too, of black and white, closer in, which materialise from the murk of dawn as big, raw-boned Friesian dairy cows belonging to the farmer who runs a tidy operation on the land around our home. Further away there are solid black chunks of polled Angus cattle and in one large paddocks the compact rusty-brown blocks of a red deer herd.

During the day there is always something going on out there – big machinery doing cultivation; stock moving from paddock to paddock; hawks and magpies and turkeys and pheasants creating their own specialised passing parades; all manner of different things happening. In the evenings, there is a flat golden light that sends tree shadows a hundred metres across the land, and has the grass shimmering softly in the gloaming breeze, and highlights the melodic blackbirds on the uppermost twigs of tall trees, and everything looks mellow and soft and gentle. Or, in the winter, the land everywhere can become one vast white sheet, smothered in glistening frost that has frozen the tops of water-troughs and puddles; or visibility can be down to a hundred metres or less as yet another of the great fogs, for which the Waikato is justifiably famed, settles silently across everything; or, as in late summer, the land is parched and blotched with scruffy old weeds and tired, overweight seedheads.

Being a dairy farming kid myself from way back, it's enjoyable to watch all these subtle things that happen across the land, and also to see how things work these days. Some things change; some things stay the same. The machinery and the farming techniques are different – bigger, smarter, faster, perhaps more efficient. The animals, the land, the weather all stay the same. So do the people who work the land. At this time of year they wear raincoats, leggings, and long gumboots,

and woollen or fleece hats down over their ears and they're not afraid of the mud, the rain and the stinging cold. They're tough and hardy, and acutely aware that no matter what the weather, they have a duty of care for their animals at all times.

Today has been one of those rotten weather days, and I have watched the men slogging through the mud and hunching their heads and shoulders into the sweeping showers of chill, drenching rain. They have work to do and valuable stock to take look after and if the weather is rotten, so be it. They walk among their animals, and call them, and the animals all respond and come to them as they open up another new well-grassed section of the paddock.

Just now we have a small herd of mothers-in-waiting camped beyond the railings round our house. They're on pretty short commons, the farmer break-fencing them in tight blocks across a paddock he has been saving for the purpose. But with the rotten weather over the past few days, it's tough going for the new-born calves who find themselves deposited unceremoniously into a sea of sodden mud amid a frigid, bare landscape.

I'm almost guilty about it all as I daily watch their plight from behind double-glazed windows, with the heat-pumps churning out blasts of warmth and me dressed in moleskins, merino thermals, heavy wool socks and a snug brushed-cotton shirt.

But somehow, the cows and their new-born calves simply endure. We've watched on a number of occasions as a cow hesitantly peels away from the rest of the little herd, plods heavily across the muddy paddock to a far, lonely section of barberry hedge that provides scant shelter and waits, fidgeting, restless, nervously alert, as her time comes. Then, after a few intense minutes, the calf successfully arrives, front feet and head first, to slump ignominiously into the mud. Within seconds there are tender motherly lickings and desperate urgings to the little sodden new-born to get up and move. It is a mother-instinct that is probably a million years old and more – get the baby up and mobile as soon as possible, because there may be predators and other lurking dangers. Even now, in the modern world of human gentility and comfort, many of our apparently domesticated birds and animals – dogs, cats, cattle, sheep, deer, goats, horses, llama, even the chooks – all retain a strong sense of self-preservation, and it's interesting to watch such basic instincts in action.

When provoked, or frightened, or at breeding times, all of them will fight – some to the death – to retain their place on earth or to ensure their progeny survives. The reality is, it's a tough old world out there beyond the veneer of human civilisation. And just now, in the middle of this cold, soggy, September spring, there's plenty of the struggle-to-survive going on. As well as the new-born calves wobbling precariously up out of the mud to nuzzle against a mother's warm udder and tiny lambs doing the same, a whole range of birds are working through tough times, diligently hunting from daylight to dark to find food enough to survive the energy-sapping cold temperatures.

And with a winter and spring such as we have had this year, with the seemingly-endless rain and chill winds, life on the land has certainly been difficult, both for the animals and for the people who live and work there every day. Yet extraordinarily, most of those men and women who choose to do that sort of work wouldn't dream of swapping it for a city job. They clamber out of warm beds often an hour and more before dawn, work hard in milking sheds or on early lambing beats for two or three hours, arrive home for breakfast often chilled to the bone and drenched, an hour later are back out into whatever the elements care to throw at them – stock need to be fed no matter what the weather, fresh dry hay is hot porridge, brown sugar and cream to a mob of heavily-pregnant dairy or beef cows or on-the-drop ewes. Often the farmer is not back home in the evening before dark. And it's not just Monday to Friday either – the animals are out there seven days a week, so the farmers must be too.

This business of work is something that becomes ingrained in many of these people on the land. Of course, it does with others too, and it usually doesn't stop when they give up the hard-yards stuff and retire to a lifestyle a little less rigorous. Many people keep "doing things" almost every day in their so-called retirement. They get involved in their local Men's Shed group, or a women's writing group, or go swimming four mornings a week, or volunteer to help others in need, or get stuck into conservation work – plantings and pest destruction and clearing weeds. Or they join tramping groups or take up cycling or stamp collecting; or they unpack cartons of century-old family letters, diaries, photographs, births, deaths and marriage certificates, school reports and military records, and make a serious start on that long-promised family history.

Having things to do and actively going out and finding them, is an essential part of getting into our senior years. Once one makes a start, it's easy, and it provides so much fun. It's a driving reason to get up and moving every day – there's a goal or friends to be met; there's interesting things to discover; there's a big world out there, full of enjoyment. It's all so very good for the heart and the soul and the body.

Here's me now into my 70s, and I've got things planned that will keep me happily busy up to the end of next year at least. One of them will, I hope, be writing further columns for Seasons Magazine. They're always fun.



Kingsley Field

The thought of moving house overwhelming?

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



Find us on
Facebook
www.facebook.com

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

email **info@movemanagers.co.nz**
website **www.movemanagers.co.nz**

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



FAIRVIEW™

Part of the family for over 50 years



JOIN THE

2Tribe

NEW
Mazda2



The New Mazda2 is the stylish small car making a bold statement. High quality surrounds you with sophisticated comfort, while seamless connectivity integrates your smartphone so you're always in touch. Check out the New Mazda2 today and discover how imagination drives us.

zoom-zoom



mazda

FAIRVIEW MOTORS MAZDA, 2011, 2012, 2013 & 2014 MAZDA DEALER OF THE YEAR

Now, what can **FAIRVIEW** do for you?

473 Te Rapa Rd. | **HAMILTON** | P 07 849 9838 | fairviewmotors.co.nz

64 Firth St. | **MATAMATA** | P 07 888 7127 | fairviewmotors.co.nz

95 Victoria St. | **CAMBRIDGE** | P 07 827 7005 | fairviewmotors.co.nz

132 Kihikihī Rd. | **TE AWAMUTU** | P 07 871 3079 | fairviewmotors.co.nz



mazda

zoom-zoom

Hon Tim Macindoe

MP for Hamilton West



Foster Hope

Every child deserves to have a safe and caring home environment. Sadly, for many children home is not the safe place it should be and their wellbeing can be at significant risk of harm. In these circumstances, the children need to be removed for their own safety. Fortunately many receive vital support and comfort from an organisation called Foster Hope.

In 2010, Louise Allnutt wanted to help caregivers with practical, immediate support when a child is brought to them, which can happen at any time of the day or night, by providing the children with a backpack to ease their way and symbolise community support for them and their carers.

Initially the organisation was known as Kits2kids but grew into Foster Hope, which is now a registered national charity with branches all over New Zealand, including the Waikato. Foster Hope believes that every child in care deserves to know that their community cares about them.

Backpacks include the essential items that children might need in the first few nights of being in a new home. These include toiletries, pyjamas, a book, a teddy, a notebook/diary and anything else special that has been donated and is suitable to be given to children from birth to 16 years of age.

The Waikato branch was established in 2015 by Waikato Co-Ordinator Mirjam Sole. "We have begun to build relationships with the Ministry of Vulnerable Children, Oranga Tamariki, and have strong relationships with their branches around the Waikato, Bay of Plenty and Coromandel," she says.

Since 2015, the Waikato branch of Foster Hope has provided over 1000 back packs for children. "These have all been filled with donated items and packed by volunteers," explains Mirjam. "Most recently we have received some very generous funding which has enabled us to provide experiences for the children that they otherwise would not have had - for example, a fishing trip in the Thames harbour."

All the items that make up the packs are donated, and include used, clean soft toys and books, new toothbrushes, toothpaste, underwear, pyjamas and deodorant. A full list of items required can be found at www.fosterhope.org.nz



"We also value time donated by our volunteers to organise the donations, pack and distribute the backpacks," says Mirjam. "Most recently we have also been blessed with handmade quilts from the NZ Quilting Association, handmade blankets and knitting including beanies and booties."

Foster Hope holds an annual Pyjama Drive, where brand new summer or winter pyjamas are donated. "Many of these children have never had a brand new pair of pj's of their very own and knowing that someone has shopped especially for them is a huge boost to their self-esteem," explains Mirjam. "Anything we can do to help them feel loved and valued is a huge part of what we do."

Foster Hope collects unwrapped new Christmas gifts to give to New Zealand children from newborn to 17 years who will be in foster care or crisis accommodation during the festive season, which is a peak time for child protection agencies. "Our aim is to bring a little bit of sunshine and hope to our most vulnerable children, when often hope is lost and grief and depression invade their little lives," says Mirjam.

Foster Hope also has a goal of collecting 5000 pairs of brand new underwear for children aged 2 years to 18 years.

"When a child moves to a new home they don't always come with many clothes and it can take a little while before the clothing grant arrives. We have a wonderful group of volunteers who fill shopping bags with a range of items for a specific age," says Mirjam.

"We accept new and very good condition clothes which have been recently washed and are from smoke-free homes, but we prefer the undies and knickers to be brand new."

If you would like to donate, volunteer or make something for a Foster Hope backpack, please go to the website, or for more information email fosterhopewaikato@gmail.com.



Weight Loss at Body Buzz



When Daisy lost weight her parents didn't recognise her.

When I decided to lose weight I was 131 kg. People would say "go to the gym" but I was too shy. I felt I needed support and some privacy so Body Buzz sounded more appealing to me. The vibration training machines made exercise easy and because it only took 12 minutes I could do it whenever I had an opportunity. I lost a lot of weight and started to look different. When I flew home for Christmas my parents were waiting for me at the airport. As I was walking through arrivals I realised they hadn't recognised me so just for a laugh I continued to walk straight past, then I turned back to surprise them.

More energy and more shopping

One of the things I like to do now is shop for clothes. I used to be a size 22 and they were usually found at the back of the shop. Now I am checking out the size 14's at the front of the shop with my friends. I never used to have any energy but now I'm quite active and enjoy mowing the lawns and going for walks. I quite openly tell people I used to be fat and I never want to go back there again. There are some amazing weight loss testimonials on the Body Buzz website. Some people look so different when they lose weight they don't even look the same person any more.

Free Consultations

Check out the video testimonials of local people on our website www.bodybuzz.co.nz. Call Body Buzz today and arrange a time for your Free Consultation. Then take home a DVD packed full of helpful information (free for a limited time).

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

body buzz

weight loss & health studio

OPEN 24 HOURS AND AIR CONDITIONED

16 Market St
Te Awamutu
07 871 8558

16A Vialou St
Hamilton
07 834 2271

bodybuzzteawamutu@gmail.com

bodybuzzhamilton@gmail.com

Check out our other testimonials on www.bodybuzz.co.nz

Weight Loss Lies - SPOT REDUCTION

**THIS MYTH WILL NEVER DIE SO LONG AS
SOMEBODY IS MAKING MONEY FROM IT.**

It goes like this: 'If I train my ab's and thighs they'll get smaller...and somehow the fat around them will magically disappear.'

Let's take a sane look at the "spot reduction" myth. Firstly, what is spot reduction? Suppose you are starting to grow a bulge around your waist just above the belt on your jeans. You watch an info commercial and they are advertising a special new abdominal machine that will work your ab muscles in just the right way so that your annoying fat bulge will shrink away and disappear before your eyes. This is the spot reduction con! They are trying (and succeeding) in making you believe that you need to work the muscles in the same spot as where the fat is, then the fat in that area, will be burned off. Hence the words, spot reduction.

It's important for personal trainers to keep this myth alive also.

"OK so you want to lose those wobbly bits under your arms? I'll show you this new arm exercise that will tighten it all up." It sounds very convincing, doesn't it? As if training the muscles in your arms are going to do something to the fat that surrounds those muscles. But wait, that's not all, this personal trainer has special exercises that no-one else knows about and if you pay \$60 an hour he will show them to you. I can tell you that in the 20 years I've been in this industry I've never seen spot reduction work. Why? Because once you understand how fat loss works you'll know it's impossible to lose fat in only one area of your body.

You will probably know this from your own experience.

When you lose weight, your wrists get smaller and you must tighten your watch strap or it will flop around. Your face gets leaner and smaller. You lose the fat around your neck and under your chin. Your jaw is defined and you look younger. Now tell me...did you do any wrist exercises to lose the fat around your wrist? Did you do any neck exercises to lose the fat around your neck? The truth is when you lose weight you burn fat from everywhere on your body no matter which muscles you train. Your arms, thighs and waist all get smaller at a similar rate. Sometimes the thigh measurement drops before the waist measurement but eventually everything pretty much ends up the same percentage smaller...and you are looking good.

So how do you lose that bulge?

Well first you need to get your nutrition sorted and when your body is ready for it, add in some muscle strengthening exercises to help the whole thing along (vibration training and weight training are the best). Notice I didn't tell you to go walking or jogging or do any other so called "fat burning" exercises. Sorry - another myth (check out the Cardio Myth on the Body Buzz website).

Body Buzz

16A Vialou Street, Hamilton

ph: 834 2271

www.bodybuzz.co.nz | bodybuzzhamilton@gmail.com

Simon Bridges

MP for Tauranga



Cancer Care

There's few worse things than suffering from cancer or watching a family member or friend go through that heart-breaking ordeal.

Cancer is one of our country's biggest causes of death and most New Zealanders will have some experiences of it, either personally or through a relative or friend. It is so important to have good support networks around you during that time, which is why I am so grateful for the work of the Cancer Society.

During August the Cancer Society held a month-long fundraising campaign, which included the street collection on Daffodil Day, August 25. It makes me proud that here in Tauranga more than \$80,000 was raised which goes to the Waikato/Bay of Plenty branch of the Cancer Society.

More than \$8570 was raised in Mount Maunganui and over \$1600 was also collected in Te Puke.

During Daffodil Day I was able to volunteer an hour of my time to help out with the street collection in Red Square. It was great to see how many people supported the charity. For the hour that I was there, we had a steady stream of people donating, which was heart-warming to see.



Waikato/Bay of Plenty Cancer Society fundraising manager Catriona Findlay said they were grateful to everyone who supported Daffodil Day by making a donation or by offering their time to organise or help collect. She says the money raised goes towards a variety of projects, from funding research and providing free support, to helping Kiwis reduce their risk through education and advocacy.

It is great to know that every dollar raised here in the Bay gets to stay in the region to make a difference to our local community. The Cancer Society said funds raised during its iconic Daffodil Day fundraiser, which launched nationwide in 1991, will help one in three New Zealanders affected by cancer.

It was also on Daffodil Day that I was able to check out Tauranga's newly opened Canopy Cancer Care clinic. This is a leading private clinic for cancer patients. There are two clinics already in Auckland, and with the growth in Tauranga and the rest of the Bay, the organisation has opened up a new treatment clinic here.

It was fascinating to hear about the work they do for cancer patients. The team specialises in the care of patients requiring cancer treatment with chemotherapy, immunotherapy, antibody therapy, hormone therapy and more targeted therapies.

The Canopy vision is to offer New Zealanders the option of world class cancer care, delivered locally.

It is great that cancer patients in Tauranga now have this sort of access to private treatment at a state of the art facility.

With one in three of us being affected some way by cancer, it is so important that we have services like that of the Cancer Society and also those of private clinics, to help people during this tough time. I congratulate those on the hard work they do to help and support people during such a difficult time.

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.



Worried about Hair Loss?

Do something about it.



srshairclinic.co.nz

Book your ½ price Consultation.

AUCKLAND HAMILTON TAURANGA WELLINGTON

Anglesea Clinic
Gate 2, 7 Thackeray St
HAMILTON

73 Sixteenth Ave
Tauranga South
TAURANGA

0800 348 616

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

Planning for an ageing society

Craggy-faced Rolling Stone Keith Richards was one of the party hard and “hope I die before I get old” rockers who survived against the odds. He’s changed his tune about ageing admitting recently “‘Getting older is a fascinating thing, the older you get, the older you want to get’. We may not all have Keith’s stamina or share his idea of a good time but we’re living longer and need to factor in plenty of stimulation in an enjoyable environment.

Within the next twenty years a quarter of our population – around 1.3 million Kiwis – will be aged over 65 and by 2050, 170,000 will have dementia. We need to plan carefully and already the models of dementia care and facilities are improving and the aged care workforce is more stable now, following the Government’s \$2 billion pay equity settlement which gave 55,000 workers an average \$5,000 extra annually.

In future more of us would like to have the option of staying in our own homes as long as possible, with trained staff visiting regularly to help us with the practicalities. We do need to think, however, about the risk of people becoming socially isolated and lonely and consider how to prevent vulnerable Seniors being abused.

The 24/7 free and confidential helpline I introduced in July as Minister for Seniors is part of our refocused Elder Abuse Response Services (EARS) and it’s receiving a steady stream of calls seeking advice and help. The new services are focused on early awareness and intervention to achieve positive outcomes to protect vulnerable older New Zealanders from physical, emotional, sexual and financial abuse.

New Zealanders lost more than \$12m to scammers in 2016 but a lot of financial abuse goes unreported because victims, particularly older victims, are embarrassed to tell their families. Warning signs of a scam include being asked for your bank account, credit card and PIN details; being pressured to



make a quick decision or being told to keep the offer a secret. Remember, if a deal seems too good to be true, it probably is and could be a scam.

If you want some advice and information phone **0800 EA NOT OK – 0800 32 668 65**. Many callers have been concerned about financial abuse and with around three-quarters of abusers being family members it can be very difficult to prove and discuss openly. I’ve been in discussions with the Commission for Financial Capability about running seminars warning seniors about the tell-tale signs with practical advice about how to keep your assets safe. There are tips on protecting your money at www.superseniors.msd.govt.nz, click to subscribe to the newsletter.

Several communities across New Zealand are looking at options to do things differently to ensure older people are able to participate at a meaningful level in society as they age and be part of an ‘age-friendly’ society.

The Hamilton City Age-friendly Steering Group led by Dame Peggy Koopman-Boyden has been developing an age-friendly plan for the city in conjunction with community stakeholders and the Council with input from my Office for Seniors. The draft plan will be finalised by the end of the year. In Tauranga the City Council led the development of their Age-Friendly City Strategy 2013-2023. It’s what comes out of these plans that will help older people feel valued and able to participate.

It’s good to see there are initiatives already happening in Waikato including things like introducing Seniors to new technology so they can continue to get pleasure from reading books. Hamilton City Libraries staff visits to rest homes to help residents learn about the various digital and online reading options.

Elder Abuse – It’s not OK.

0800 32 668 65 (EA NOT OK)



HELMETS ON, VISORS DOWN

the golden oldies are back in town

You know when you get into the third shed crammed with old racing gear you're dealing with people who have an obsession - such is the case with Waikato Golden Oldies stock car fans Pete Andrew and Billy Peat. The Hamilton pair are members of the Waikato Stock and Saloon Car Club and have something like 80 years of racing experience between them.

The Waikato Golden Oldies have about 30 members and 18 active cars. Members have to be 50 years old or over and can't have held a speedway competition licence or raced competitively for two years. The cars use period 'flat chassis', steel bodies and period power plants of the sort used in racing before 1985.

Waikato Golden Oldies president Pete, 59, got his start in stocks at the Mercury Bay Speedway in what was called 'jallop racing'. "They were paddock bashers really. A couple of years later I built my first production saloon, an old Mark 4 Cortina called the Pink Pig."

In the tyre business since he was 15, Pete set up his own tyre shop in Whitianga and decided to "join the big boys" - the Waikato club based at Huntly. His first car was a six-cylinder Nissan H30 Skyline which he found in a workshop at Te Poi and set up with the help of well-known racing family Alan and Shaun Wade of Te Kowhai.

This was followed by a Toyota Celica 2 litre. He then had to grapple with health problems, sold the business in Whitianga and moved back to Hamilton but continued racing in cars belonging to Alan Wade including the former NZ No1 car formerly driven by four-times NZ champion Kevin Free.

While working for a tyre company based in Whangarei he found an old 'stock' lying in a field at Doubtless Bay, an early 80's flat chassis fitted with a 3.3 Vauxhall Cresta engine driving through a HQ Holden gearbox. "I approached the owner who was determined he was going to restore it and race it one day. Next time I was up there I saw him again and this time he'd had a talk with the missus and decided to sell it. We loaded it up on the back of a logging truck and it took us three and a half hours to get back to Whangarei".

The car was in pretty poor condition and had a 'plastic' or fibreglass body. It hit the track in February 2015 with its maiden trip to the standard stocks team champs in Gisborne. Just recently an appropriate steel body was found at Waipapa Wreckers and the balance of the donor car sold for \$11.70 - it's steel scrap value. It has since been stripped out of absolutely everything, narrowed and shortened. The engine was refreshed by Giseldo (Gus) Lisignoli at the Engine Shop in Frankton.



Since a decision last year by the sport's governing body Speedway New Zealand, the Golden Oldies race to the same rules as the mini-stocks, which means no contact. This doesn't mean there's always no contact, especially with racers who have spent decades shoving each other around the track, there's still a few bumps and lumps. "But we're not out there to race these days. It's a demonstration run, no contact, the majority of the drivers are in their 50s and 60s. We don't go out to line someone up."

"Speedway is a diverse and social sport often including generations of families and dedication which will see racers travel the length of the North Island to attend a meet". I've had a ball. I've travelled all over the North Island. It's very social. Some of us get together every second week for a pot luck meal. The Golden Oldies are very much the way speedway was 30 years ago. There are always lots of people in the pits. You'd come in from a run with something bent or broken and before you could climb out there's 10 guys all over it. Someone will be jacking the car up and somebody will be underneath. That's the passion and the dedication and everyone is there to have a good time."

Every year we get new members. The hardest thing to find is the pre '85 cars that people haven't already cut up, you can build a replica so long as the original is not running already. When I got into the Golden Oldies I didn't really want to race competitively any more. I just want to run it and take it home, wash it, and put it in the shed.

"We can still race contact on 'black tracks' - tracks that aren't Speedway NZ sanctioned, Waharoa is the closest to Hamilton."

Billy Peat, known as a 'Swampy', also 59, started as a 'drum boy' at the old Forest lake stadium in Hamilton, got the 'disease' and started racing saloons with his brother at Bay Park in the mid 1970s.

He bought a car with racing partner Chris Briton. Racing through nine seasons he built one of the first 'tank' chassis. Marriage, kids and mortgages got in the way before he returned to racing in a '71 Valiant charger coupe powered by a 265 six cylinder and three-speed gearbox.

More recently Billy's daughter Jessica and son Logan have both taken up the sport. Both are current racers in standard stocks with the Auckland club.

Billy has bought his old stock back and is in the throes of restoring it to its former glory. Currently powered by a 4 litre Rover V8 he plans to re-install a period 225 Chrysler slant six. "In a way they're making the sport harder. In stocks you can use the bumper and run someone into the wall. Now it's more about being gentlemen. But there's no point having a car sitting in the shed. You have to get it out on the track and enjoy it."

Billy started life as a panel beater and continues in the trade on his own projects, helping other people out and building hot rods in Cambridge.

The Waikato Golden Oldies have their own Facebook page and will open the 2017-18 season on Friday November 11 in Rotorua and can be seen at Huntly Placemakers Speedway on Friday November 17.

The Waikato Stock and Saloon Car Club opens its season at Huntly Placemakers Speedway, with an evening of racing including super stocks, stock cars, saloons, mini stocks, mini sprints and a fireworks spectacular. Gates open at 5pm, racing from 7pm. The season will conclude with Speed Fest on 14th April 2018.





Hamilton moving closer to becoming an Age Friendly City

Hamilton is well on the way to becoming the first Age Friendly City in New Zealand.

The Age Friendly Global Network was established by the World Health Organisation and has more than 300 cities and communities around the world accredited as being Age Friendly. There are currently none in New Zealand.

A steering group set up in 2016 has been working to add Hamilton to the international network. Dame Peggy Koopman-Boyden, who chairs the steering group, says the time is right for a greater focus on older people in city planning.

“New Zealand is experiencing population ageing and Hamilton is no exception,” she says. “Getting all our groups and agencies who deliver services for older people working together is common sense, and will result in improvements in the city that older people will enjoy.”

Joining the network requires designing an Age Friendly Plan for Hamilton, and the steering group has spent a lot of time talking with many of the agencies working with or providing services for older people.

“A successful plan will also have lots of groups working together to achieve better outcomes for Hamilton’s older residents,” Dame Peggy says. “The plan is currently being finalised, but contains more than 30 actions for completion, in areas such as information and communication, transport, safety and social respect and inclusion.”

Many agencies are partners to the project, including Age Concern, Waikato DHB, Rauawaawa Kaumatua Charitable Trust and Hamilton City Council. The project has also been supported at a national level by the Office of Seniors.

“The steering group is looking forward to sharing the final Age Friendly Plan with Hamiltonians in early 2018,” she says.

During conversations with older residents, one of the most consistent pieces of feedback received was that many people do not know what is already available for them in the city already.

Age Concern Hamilton and Hamilton City Council saw an opportunity to gather some of these groups together, and at the same time celebrate International Day of the Older Person.

Events will be held on Friday 6 October 2017, at the Celebrating Age Centre, 30 Victoria Street, Hamilton, 9:30am-1:30pm. This will include a walk to the Cenotaph at Memorial Park, and Expo-display featuring many service providers in Hamilton, as well as entertainment and lunch. Groups such as the Waikato DHB, Waikato Regional Council, Hamilton City Libraries and Seasons Magazine will be in attendance to give attendees a better understanding of what is already available for them.

“Getting all our groups and agencies who deliver services for older people working together is common sense, and will result in improvements in the city that older people will enjoy.”

For Dame Peggy, this is a great example of a city building on what is already in place and creating an even more age friendly city over time.

“Hamilton it is already a great city for older residents in many ways. Showing older Hamiltonians what is available to them right now is an important step in the age friendly journey, and we hope that in time, having a plan will make Hamilton an even better place for older people to live than it is now.”

Email: info@hcc.govt.nz

Phone: 07 838 66 99



EDUCATION SESSIONS

Every Friday morning at Age Concern Hamilton, we hold an education session with a fascinating guest speaker who gives a valuable presentation that adds to our audience knowledge.

We have just got to share our darling Doris's 99th birthday with the group. Doris is a living testament to the concept of lifelong education, as are the other regular attendees.

If you have an interest in coming along to these presentations, please make contact with Age Concern to pick up an education programme.

Did you know that physical exercise makes your brain work better too, especially memory and learning? This includes regular walking and may include the regular exercise classes held at the Celebrating Age Centre in Hamilton.

We have just passed Adult Learner's week which is an UNESCO initiative supported in 40 countries including New Zealand for nearly 20 years, which celebrates the efforts, achievements and contributions of adult learners too. Essentially, sharing experiences right through to formal study are all examples of how we learn throughout our lifetime, and there is no limit to the age one can continue learning.

Hamilton City Council have also invested in lifelong learning, so be sure to read their article elsewhere in this edition and participate in their activities.

Best wishes for your next month's interaction and learning.

Brent Nielsen | Executive Officer | Age Concern Hamilton

Celebrating Age Centre | 30 Victoria Street, Hamilton 3204

www.ageconcern.org.nz



Doris at walk with Age Concern for International Day for Older People 2016



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

All services are free to older people.

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

07 838 2266

postmaster@ageconcern.gen.nz

www.ageconcern.gen.nz



*THOSE WHO WERE SEEN DANCING WERE
THOUGHT TO BE INSANE BY THOSE WHO
COULD NOT HEAR THE MUSIC*



hear^{me}
specialist hearing services ltd

For Specialist Services in HEARING LOSS & HEARING AIDS

Call 0800 432763 - Auckland & Waikato

SATISFACTION GUARANTEED OR YOUR MONEY BACK

5 YEAR WARRANTY ON PREMIUM HEARING AIDS

FREE UPGRADE NOW
PREMIUM HEARING AIDS FOR MID-RANGE PRICES
LIMITED APPOINTMENTS AVAILABLE.
QUALITY 2017 BRANDS.



**FOAM CUT TO SIZE TO
MEET YOUR NEEDS**

**GET YOUR PREMIUM MEMBERSHIP TODAY
A FIRST FOR NEW ZEALAND
NEVER WAIT FOR A SALE AGAIN**

**OVER
5000
PRODUCTS INSTORE**



WHILE STOCKS LAST!

**PAYLESS
PRODUCTS**

OPEN 7 DAYS A WEEK
07 850 9970
674A TE RAPA ROAD, HAMILTON
@PAYLESSPRODUCTS | WWW.PAYLESSPRODUCTS.CO.NZ



50+ GETTING BACK IN THE GROOVE

Upskilling - Back to work - Volunteering - Getting out there

Back to Life

Generally there are many and varied reasons for those that have retired or over the 50+ age group that make the decision to go back to work, or take up upskilling themselves later in life, for one of the following reasons (not necessarily in this order):

- 1) The paycheck
- 2) The social aspect
- 3) Have a purpose to get up and about
- 4) Stay physically active
- 5) Keep the mind sharp

There can be many other reasons for re-entering the workforce or taking up further learning or re-educating, such as the stay-at-home mothers/wives who have raised their children to adolescence and now find they have available time on their hands that they never had in the past, or now have an idea for a business they wish to start to secure their future.

Others in our fast moving world just wish to have the skills to be able to communicate with family and friends that today tend to be spread across nations, by learning to use new technology that is the heart of communication, such as computer basics to use e-mail/Skype and a myriad of other new devices.

On the other hand, many of this emerging demographic are also wishing to use their skill set to do something for not for profit organisations, allowing them to utilize the life skills learnt to help others but also to get to know people and learn something from other people even from a younger generation.

However some of the latter may not need to work, but desperately want to stay up-to-date and feel useful and challenged, making for a more fulfilled lifestyle and genuinely wish to give back to the community.



Returning to the workforce or to studies however can, in many cases, be a daunting prospect, with interviews and putting together a CV, or even just the prospect of being amongst other people that they don't know after some time of being within their own circle of friends.

However, changes in society have come about to bring people to the realisation of taking the step or leap back into the world. This is now a fast growing movement and the good news is that there are many opportunities for our 50+ age group to achieve their goals in areas of work, upskilling courses, even just social interaction through crafts or working for the community via volunteer work.

Seasons Magazine has this month been exploring some of the organisations and groups that have opportunities for those wanting to jump back into the thick of things for whatever reason and explore the exciting opportunities that exist out there today.

Please read further over the next few pages and get some ideas and opportunities that you may not have known are available at little or no cost.

Also a few small articles about people who are already taking these steps for their future life.

Grant

"Some people want it to happen, some wish it would happen, others make it happen."

- Michael Jordan

Shona Kelsen's family didn't bat an eyelid when they found out what was on her bucket list because they know she's always been up for a challenge.

"They're never surprised at what I do," she says.

Since retiring, the 73-year-old Taranaki woman has gone from strength to strength and is gaining new skills – and friends – at one of New Zealand's largest tertiary organisations, Te Wānanga o Aotearoa.

Shona took on the language challenge after successfully learning to weave with the organisation.

"I'd achieved my Diploma in Raranga Māori Art (weaving) but I felt there was something missing," she says.

"I wanted to be able to speak the reo and link that together. I knew it would be a challenge, but I think it's vital to keep the language alive. It's a taonga."

Shona first enrolled at Te Wānanga o Aotearoa eight years ago after retiring from a long and fulfilling career as an obstetrics nurse.

The initial connection was made when she picked up a leaflet advertising weaving courses while she was waiting to see the doctor.

"Being retired, I was looking for something different and I like doing things with my hands so I went along and enrolled. It was so exciting," she says.



"I think at my age the ability to retain information is my biggest challenge, but I'm a determined person and I'll achieve it no matter how long it takes."

For someone who had never contemplated the art form before – let alone seen a flax kete up close – there was no looking back.

"With my weaving, I'm always striving to improve," she says.

"I think at my age the ability to retain information is my biggest challenge, but I'm a determined person and I'll achieve it no matter how long it takes."

After completing her diploma, Shona – a mother of four, grandmother of eight and great-grandmother of three – then enrolled on the Level 2 Certificate in Te Ara Reo Māori programme.

She's not a fluent speaker yet but ultimately, she's aiming at reaching a place where she'll have a "feeling of being at one" with te reo Māori. However, she has already learned more than she could have hoped.

"I've learned the warmth and tikanga of the culture and I think it will fulfil me for the rest of my life. Everyday I'm excited and enthused about what I'm doing. I feel very much at peace."

That excitement and enthusiasm is just one of the benefits for mature aged people who continue to educate themselves.

"As you know, if you don't exercise your brain it becomes stagnant," Shona says.

"You feed your body; you should feed your brain too."

Shona says many people tend to stay at home more after they have retired, as it takes more effort to go out, but it was important to make the effort.

"I'm a person that likes to be active all the time and I find learning te reo and doing my mahi (work) is stimulating. I like to be around people who are stimulating and I find the wānanga really stimulating, all the time. You can sit down and die or get active and make the most of the time you have left."

At Te Wānanga o Aotearoa, more than half the 30,000 plus students who choose to enrol each year are aged over 40 and its courses run both during the day and the evenings, providing different study options for busy students.

Te Wānanga o Aotearoa delivers courses from more than 80 locations nationwide, along with several Home-Based Learning programmes in subject areas such as te reo Māori and financial management.

Part of the attraction of Te Wānanga o Aotearoa for older students is the ability to learn new skills in areas that have often taken a backseat during a successful working career.

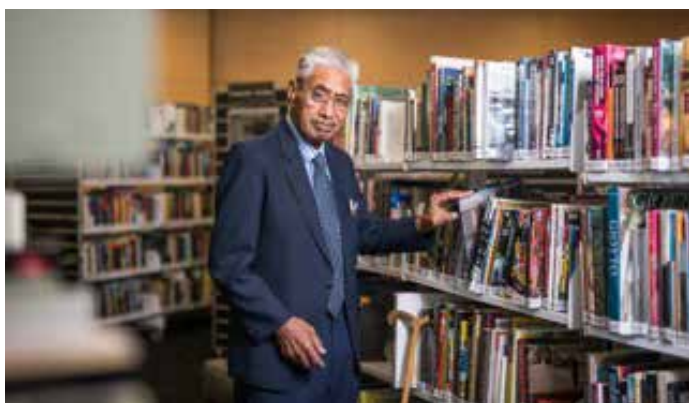
Skills such as carving, weaving, speaking te reo Maori or simply learning more about Māori culture are extremely popular with both Māori and non-Māori students of all ages.

However, Te Wānanga o Aotearoa also offers programmes in areas such as the arts, computing, social services, health and fitness, and education.

Shona says while she loves learning te reo Māori, if she has one regret, it's not finding out about Te Wānanga o Aotearoa years ago.

"I really do think this is something I could have done much earlier in my life but you go on different hikoī (journeys) and perhaps it wasn't the time but it's my time now."

For more information about Te Wānanga o Aotearoa visit www.twoa.ac.nz or call 0800-355-553



Age no barrier to success

Douglas Newton is a familiar face on the Māngere campus of Te Wānanga o Aotearoa (TWOA), but the 73-year-old only ended up there because he got kicked out of home.

"I was happily retired, sitting at the kitchen table with a cup of tea," he says.

"My wife said to me 'get out and go do something' so I got in the car and drove around wondering what the heck I was going to do."

What he did was find TWOA and enrol to study environmental management and "I got addicted".

"Every day I was coming in to do research. Then I was approached to do Arataki Manu Kōrero level five and for me, it's been a journey of my own development."

Douglas – Ngāti Raukawa - joined the Army when he left school and served in Vietnam. On his return from active service, he worked for the Ministry of Works building dams on the Waikato River before heading south to work on the Clyde Dam in Central Otago.

He returned to Auckland in 1996 and worked as superintendent of the Ellerslie underground transmission tunnel until his retirement.

But he's not slowing down and intends studying towards a master's degree in Indigenous Knowledge.

"You learn, you think and then you create," he says.



Sound check for soundman

It took two strokes and a cardiac condition to remind Antonio Tutapu he needed to listen to his heart.

After a decade of long hours working on the roads, Antonio - aka Toots - took the first step towards his future when he walked in to Te Wānanga o Aotearoa and asked about music programmes.

"I wanted to follow my passion and my love of music," he says.

"Ever since I was a little kid, all I wanted to do was live sound," says Toots.

Antonio enrolled on the Certificate of Māori Performing Arts - Music programme in 2015 after completing a Certificate in the Art programme the year before.

Now, instead of managing motorway sites, he's in charge of the sound at stage shows and is loving every minute.

"I love it so much. I love the aroha Te Wānanga o Aotearoa gave me. They made me feel so comfortable, I just felt at ease - not sticking out like a sore thumb."

"Going back to study was the best thing I ever did," he smiles widely.

"I'm back to the crazy hours, but at least it's for something that I love."

Learning never stops at...

Hamilton City Libraries

TE OHOMAURI O KIRIKIROA

For many people, the digital world can be daunting.

Apps, laptops, software packages and the “wild west” of the internet can be intimidating for people unfamiliar with digital technology and the lie of the online land.

Improving people's understanding and appreciation of digital technology – and the joy it can bring – is the main driver behind Hamilton City Libraries' range of community outreach services.

“At Hamilton City Libraries we nurture and support curiosity and learning within our communities,” says Lifelong Learning Librarian Renee Morrison. “Libraries have become much more than a book depository and you don't have to come in to the library to make the most of what we offer.

“Just by visiting Hamilton City Libraries website, www.hamiltonlibraries.co.nz you can gain access to more than 10,000 eBooks, eAudio books, and eMagazines. Browse our website and checkout our online databases, such as Pressreader, where you can read the latest newspapers from New Zealand and around the world. All you need is your library card and passcode and it's all free!”

Renee says recent experience with the libraries Digital Roadshow has emphasised the value of community outreach programmes we offer.

Digital Roadshow, as its name suggests, takes modern digital and online technology to retirement villages and care facilities across the city, introducing residents to what are known as “e-Resources” – tablet devices, smart phones and laptops, eReaders and eBooks.

“Digital Roadshow has proven to be one of our most well-received outreach programmes,” Renee says.

“The premise for the Digital Roadshow programme is really simple – we want to break down those perceived barriers people often encounter when it comes to modern technology.

“A lot of our customers have never encountered what the online world can offer: they're possibly even a little intimidated by the prospect of something they don't know.

“There's a whole world online which is available for free and for those customers who perhaps have mobility issues, being able to tap into literature and news from a digital device is a welcome addition to their lifestyle and reading habits.”

Renee says the Digital Roadshow is a basic introduction to the online world: sessions cover basics like browsing the internet (using both Windows and Apple operating systems), how to access the libraries service's electronic resources, and how to identify and make good use of a device that suits their needs.

“Everyone is different and so are their needs,” Renee says. “We've had some very positive encounters with residents who've been thrilled to learn something helpful such as how to boost the text size on a document or enlarge content so they can read it easily.”

Once up and running having been part of the Digital Roadshow's introductory approach, many customers want to develop their skills and feel more comfortable exploring the online world and asking questions.

This is when the libraries' computer mentor service becomes vital: it's staffed by volunteers, many of who come from IT backgrounds or are new to Hamilton and want to make a contribution to their community.

“Acting as IT ‘trouble-shooters’, our computer mentors will help with a diverse range of digital tasks, from basics such as setting up email or social media accounts to more complex tasks such as fixing a device's digital glitches, creating a CV or helping with a job application,” Renee says.

“Again, it's about breaking down barriers, demystifying modern technology and helping learn regardless of the stage of life they are in.”

The one-on-one opportunity to work with a computer mentor is often a more comfortable situation for a customer who is still coming to grips with what they can do online – and the pitfalls they need to avoid

“In the past 12 months our computer mentors have helped more than 620 people,” Renee says. “You can book a computer mentor by phoning one of our libraries or through frontline staff by visiting any one of our Hamilton City Library branches.”

Stepping into the online world with the help of libraries staff is a chance for some people to reminisce about their own lives and experiences and learn about the city's past – particularly through the libraries' Hamilton Heritage Collections site.

Hamilton Heritage Collection is an extensive archive of material ranging from booklets, leaflets and posters through to archived newspapers and photographs. It's a constantly growing collection, which at last count had swelled to nearly 1900 items.

“People get a real thrill from the Heritage Collection – they can identify places and stories they're familiar with, and may have even contributed to,” Renee says.



"They can browse through the collections using keyword searches and refine their search by decade, subject, location and format."

Exploring family histories are also a common pastime for many, and the libraries offers deep insight into local genealogy through its Ancestry and Find My Past subscription websites, available to access at any branch.

"As people age they often become more reflective on who they are and where their family has come from – our online channels are an easy way for them to explore those family histories," Renee says.

Not all customers want to venture into the online world: some simply want to try a new practical pastime, or revisit a physical skill they haven't indulged in for many years.

The libraries' Kit Collection offers a range of hands-on equipment for customers to take advantage of, ranging from sewing machines to cake-making equipment, tool kits, telescopes and even musical instruments.

"The kit collection is all about taking the time to learn something new or to dust off an existing skill, maybe even gain a new hobby," Renee says.

"Many of our customers are on fixed incomes and so splashing out on a bunch of new stuff to try something isn't a realistic option for them. If they can pay a small fee – just \$1, for two weeks – they can experiment and decide what they want to pursue."

Are you interested in dance, choir, crafts, SLAM, or speech craft? Perhaps you would like to learn a new language or

maybe you have a passion for writing. We have free adult education classes at various library branches no bookings required, and all are welcome. To find out more check out our websites event calendar on the Libraries webpage- www.hamiltonlibraries.co.nz

Are you unable to visit your local library? If you're confined to your home or have difficulty getting about, we can provide a free service direct to your door. Our homebound service visits you regularly with your selection. If you're interested in this service, phone Manukau, our Homebound Co-ordinator, on 838 6844 and a suitable time will be arranged to visit and assess whether you are eligible for this service. All of Hamilton City Libraries' services are listed on the libraries' website, and information is available from all of its six branches.

"We strive to offer something for everyone," Renee says. "We really pride ourselves on giving people the opportunity to continue their learning throughout their lives".

"The feedback from our customers is very positive – they thrive on the learning aspect and also enjoy the interaction with our friendly team. For some of them, particularly those who live alone, it's the highlight of the week and something they look forward to.

"For our team members delivering these outreach services, that's a big part of the job satisfaction – making a small and positive difference to lives and people in our community."

Customers are encouraged to click online or visit their local library to discover the possibilities.

www.hamiltonlibraries.co.nz

Make the Most of Time and Talents

When retirement is on the fringe of our thinking, it can be an exciting time to consider doing something new and stimulating from which we might earn a few dollars and at the same time be somewhat taken out of our comfort zone.

There are quite a few "upskilling" courses to attend and groups to belong to, but some of us like to create in our own time and in the comfort of our own space, using skills that have had to lie dormant while in full-time paid employment.

One of my many interests is making stitched and beaded cards. I have over 30 different designs with Christmas, New Zealand and baby themes and other more general patterns for birthdays and thankyou cards, etc. Some of my designs are inspired by ideas from internet sites and adapted, but quite a few are completely original and rarely are two cards the same. The method is time consuming, but the satisfaction of completing a piece of "artwork", albeit small, that other people like, is sufficient reward for the time required to make the cards.

As well, I dabble in silk painting using the salt method to create colourful patterns and I use small pieces of the silk for cards with a cut out butterfly design.

The completion of the cards can be done in a confined space and I ensure that material costs are minimal so there is a little profit from the few cards I sell. They are on sale through three shops at the moment, Arts Post, Me and Mrs Jones at Mason's Garden Centre Ohaupo, and Nurtured. I am also happy to sell privately.

Another positive is that through my craft I have met some wonderful people and I feel it is a real privilege to have extended my circle of friends in this way. Taking the first step can be the most difficult one but I feel it is important to have a purpose for what we do with our time.

Delwyn White • Readers Submission



tyre tracks

"I WILL KEEP GOING TILL I DROP!"

It's a growing trend in retirees around NZ and Dave Baird is no exception. With 55 years' experience in the tyre industry and just into his 70's, Dave at age 65 dropped tools looking to retire, but within weeks he realised how much he missed working and the comradeship and satisfaction that came with the job.

Talking with Dave's boss and owner of Tyre Tracks, Mark Lowther, he was emphatic how Dave is someone his whole team looks up to, and they will all tell you he is the service's biggest asset with his experience, endurance and reliability, not to mention only having had a handful of days off in the 15 years he has worked with Tyre Tracks in Hamilton.

Dave also picks up new technology advances as fast as the other younger team members and shows passion to achieve with every working moment.

He is also a member of a local bowls club for the last 48 years and is looking forward to this year's season.

Dave says: "I will keep going till I drop!"

Come on in and see him for any tyre needs you have.

- Dave Baird



- Tyres
- Mag wheels
- Batteries

tyre tracks
www.tyretracks.co.nz

**WHERE QUALITY TYRES
COST YOU LESS**

- Wheel Alignments
- Tyre Rotation
- Puncture repair

0800 43 88 973

www.tyretracks.co.nz

Cnr Kent & Hall Streets, Hamilton

Do you suffer from Knee Osteoarthritis?

Knee Osteoarthritis (OA) is one of the leading causes of disability affecting New Zealand's ever increasing and ageing population. OA is essentially a degenerative condition resulting in wear and tear in the joints, particularly the weight bearing joints, such as the hips and knees. Options for "treating" knee OA are few and far between, largely managed by pain medication and eventually surgery if and when the condition becomes severe enough.

A brand new and exciting option is the use of the latest knee bracing technology in the form of an Unloading Knee Brace which, by using a 3-point loading system, acts to take the pressure off the affected compartment of the involved knee in order to reduce the pain and inflammation associated with Knee OA.

The main benefits of the brace being the ability to be more active with reduced pain thus allowing the muscles around the knee to strengthen. This gives the knee more support and stability, and delays the progression of joint degeneration.

A growing number of people are claiming their lives back from the use of an unloading brace and are often, when used



correctly, able to prevent the need for surgery further down the line, thereby filling a void in the system between initial diagnosis and knee replacement surgery.

**Chiropractors
on Fraser**



Dr Marlon Thoreson

M. Tech: Chiropractic (RSA)
CHIROPRACTOR

66 Fraser Street, Tauranga
Tel: (07) 578 4507
Email: marlon@cof.net.nz
www.chiropractorsonfraser.co.nz

Benefits of using an Unloading Brace:

- Reduced pain
- Increased activity
- Decreased reliance on pain medication
- Improved knee function



As a special offer to you, the readers of Seasons Magazine, please contact Dr. Marlon Thoreson at Chiropractors on Fraser for a free initial consultation and further information regarding a more confident and comfortable lifestyle for you or your loved one.

In My Humble Opinion

This seems to be a sillier season than most for expressing opinions, although by the time you read this article, the shouting will largely be over and we'll be settling for another three year cycle.

Alongside the policies and politics, sits the right to freedom of expression and it is indeed interesting to watch how responsibly that is used, and whose agenda it serves. However, this is not a political column and I'm far more curious about what we pay attention to.

It's a noisy world, with information, advice and opinions coming at us from all angles. And yes, the irony of being a columnist is not lost on me!

Speaking to a group recently, I mentioned that I no longer have a television or buy a newspaper. The response was immediate - so how do you know what's going on in the world? Others agreed that the internet offers a far wider range of opportunities to learn and stay in touch with the world. And that's my point. Our views are shaped by what we feed our brains with.

Getting information is easy, while getting useful information is more difficult. While Google's mission is to organize the world's information and make it universally accessible and useful, we have access to a gazillion times (that's a technical term) more information than we can ever use. It's a wonderful time to be curious, as there are ready answers everywhere, but instant answers aren't everything. I fear that we are forgetting how to figure things out on our own, with quick bites of information only scratching the surface of what could be a far deeper itch.

My son-in-law is a mine of information, a source of eclectic facts that he accumulates and cross-pollinates to come up with interesting insights. His wife calls him a 'cosmic knowledge fish' - a strange creature who knows about all sorts of things. It means that our conversations take twists and turns and can end up far from where we started. I value these discussions because he makes me think. It's a real joy.

For many years, I facilitated a monthly Friday morning discussion in Age Concern Hamilton's education programme. The purpose was to provide a place to engage with ideas, new and old, in a different way. For many of the attendees, this was one of very few opportunities to express opinions and discuss ideas. The cloak of invisibility that often accompanies age seems to extend to the holding of opinions that matter. When we stop feeling heard, our world shrinks and confidence in having something useful to contribute changes on all levels.



So what can you do to keep being part of the conversation?

Get curious: where do you get your information? Do you keep feeding from the same news bowl, simply reinforcing your view of the world? Or do you draw from a wide range of reputable sources both on and offline?

Be a sceptic, not a cynic: Yes, everyone has an agenda and no, you don't need to agree with them all - but listen for what's underneath. As one who believes that people are basically good, I've learned to look for what really matters to people. It's not always evident in their words, but once you listen between the lines we have far more in common than we recognise. Just different ways to express it.

Practice conversation as an art form: Who do you have really good conversations with? The ones that range widely and give you the space to test out your thinking without judgment. Eleanor Roosevelt famously said 'Great minds discuss ideas; average minds discuss events; small minds discuss people.' We all discuss people and events - that's why it's called small talk. Big talk simply inflates egos, while great talk is bold and challenges thinking. If you are constantly engaging with small talkers, then it's Groundhog Day, with repeated conversations that are entirely and tediously predictable. Time to shake off that stinking thinking. Start with a different question and change the outcome.

As we get older, it seems fewer people are interested in what we think, but what if staying relevant is a choice, a decision. Our best thinking might have got us here, but that's as far as it goes. The flexibility that we need to age well is far more than the ability to tie up shoelaces. It's the mental agility to filter and accommodate ideas and to offer a perspective worth listening to. Now there's a 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





LASER EYE CENTRE

WE BRING YOUR WORLD INTO FOCUS

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

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

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

With our technology we can treat

- Distance vision
- Reading Vision
- Astigmatism
- Presbyopia

Some customer reviews:

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



Three easy steps to life changing vision

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

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



Proudly serving Waikato for over 20 years

CALL 0800 SEE 2020 (0800 733 2020)

VISIT: WWW.LASEREYECENTRE.CO.NZ

HAMILTON
22 Thackery St
Hamilton 3204

TAURANGA
76 Tenth Ave
Tauranga 3110

PUKEKOHE
63 Seddon St
Pukekohe 2120

ROTORUA
71 Fairy Springs Rd
Rotorua 3015

TAUPO
11 Tamamutu St
Taupo 3377

NEW PLYMOUTH
17 Weymouth St
New Plymouth 4310



Do you still feel connected to your community or do you feel that things are changing so fast that you can't keep up?

At our age we are older and wiser, not necessarily by education but by our life's experiences. I think it is vitally important that we make every effort to stay in touch with the younger generations so as to be able to pass on some of that wisdom which may be a skill, a craft or ability or an interest in something special. It may even be qualities, such as good time keeping, budgeting, confidence or problem solving.

There are two ways (outside family and friends) to distribute these attributes and they are to volunteer for anything in the community or be employed.

I was watching the Young Leaders Debate the other night and one of them spoke about the isolation caused by unsuitable housing and lack of jobs. I found it interesting that both ends of our lives are beset by the same needs/problems. Hibernating in a warm, comfy retirement village is not always the answer for everyone. It does not always give a good balance to your life and there is little opportunity to pass on your life's skills or learn new things yourself.

I am fortunate enough to be working past retirement age. After I retired from my business working life I secured a job looking after the elderly in their homes 3 days a week. Although it is an effort sometimes to leap out of bed early to go to work, I welcome the feeling of purpose and the need for discipline to get out; dressed and alert and on time. It also gives me the opportunity to interact with older folk who are

less well off than myself physically, although some mornings I feel it's the creak leading the creak!! I in turn learn from their experiences and I'm also lucky to have met their younger family members who enable me to keep in touch with current trends, ideas and of course technology.

Volunteering - there are now so many opportunities for people of all ages and abilities to help in one of the charity Op shops. This could be anything from sorting clothes, operating the till, to fund raising - unlimited really.

I do think there is a serious need for us all to make an effort to stay connected with our communities and neighbourhoods. Families are often not living close by when we need them but communities and work colleagues can be amazing when you need a hand or even just a wave across the road can give that feeling of belonging.

Historic Village, 17th Ave, Tga

P O Box 841, Tga 3140

Ph 571 2558 Email tgagreypower@gmail.com



We are offering ½ price membership to Seasons Magazine readers who would like to join during the month of October. This gives Tauranga & WBOP 6 months membership for only \$10 single or \$17.50 for a couple.

You will receive a membership card valid to 31/3/2018 plus the December & February Grey Power magazine. To join online, go to the website and add 'seasons mag' to the comments box.

If posting and are unable to download a membership form, just send us your name address and phone number with your cheque and a note to say you are a Seasons Magazine reader!

www.greypowertauranga.org.nz

Join Grey Power Electricity Today!

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



A Low Price Upfront



Transparent Billing



No Long Term Contracts*

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



Price Protection on your Energy Rate*



Support Grey Power



www.facebook.com/GreyPowerElectricity/

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



0800 473 976



www.greypowerelectricity.co.nz



I would like to find out more about Grey Power Electricity

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

Your Name:

Your

Phone Number:

Your Address:

Best time to call:

AM

PM

Email Address:

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

☐

Electricity

☐

Natural Gas

☐

LPG

GHOSTS OF A PRINTER'S PAST

Any time you pick up a book, magazine or historic newspaper from more than 30 years ago, it was probably printed with the help of a Mergenthaler Linotype machine.

When John Allen was made redundant from the Waikato Times nine years ago he continued his interest in the technology is now one of the few people in New Zealand familiar with mechanical-era printing machinery.

John had his introduction to the printing industry through his dad Eric 'Nick' who started as a Waikato Times printer in 1936 and did 43 years serving thunderous machinery in the basement of the company's offices in Victoria St Hamilton. "When I was a kid dad worked six days a week. I would go in on Saturday mornings to help him clean and prepare the press - a machine that even then was more than 70 years old. The noise of the press running was unbearable. Dad wouldn't wear ear muffs because the sounds the machine made allowed him and the other printers to know what was going on. Of course, he was as deaf as a post."

John also has had a lifelong fascination with radio technology but when a hoped for apprenticeship with a Hamilton East radio repair shop failed to eventuate he took the next option and applied to train as a Linotype mechanic. Linotypes were the big mechanical typesetting machines used in most commercial printing houses and newspapers around New Zealand at the time.

Because John had been helping his dad out, he was a familiar face to the Waikato Times Linotype operators who knew him as 'Nick's son'. So John started as an apprentice Linotype mechanic with the Waikato Times in 1967 for the princely sum of 6 pounds (\$12) a week and attended block training courses at the printing school at Orakei in Auckland.

The Linotype machine was a 'line casting' machine used in printing sold by the Mergenthaler Linotype Company. It was a hot metal typesetting system that cast lines of metal type for individual uses. Linotype became the mainstay of typesetting for newspapers, magazines and book printing from the late 19th century to the 1980s.



In their day Linotypes were a major technological advance. For four hundred years, since the invention in Europe of movable type or metal (lead) letters were set together in words, sentences and paragraphs by hand, this was a time-consuming and labour-intensive system.

The Mergenthaler Linotype invention solved the problem by melting the metal in a pot, in a process known as 'hot metal' the Linotype operator would type out the entire text - for instance part of a daily newspaper, which would be converted into lines of lead type and assembled automatically into blocks of text ready to be printed.

Through a variety of improvements, the fantastically complex machines were used in newspaper printing for almost a century. The Waikato Times phased them out and went to new technology in 1978 when the company moved from Victoria St to its new headquarters in Te Rapa. In those days, so far out of town the staff referred to it as 'Moon Base Alpha'.



Helped by his technical background in radio, John retrained in electronics and went on as a technician looking after various electronic and digital systems used by the newspaper until he was made redundant in 2008. However, the end of Linotype did not reduce his fascination with the machines once described by inventor Thomas Edison as 'the eighth wonder of the world'.



John has a collection of six of them, several in working condition, weighing between 1.5 and 2.5 tonnes, in his suburban garage. These include examples which were used by the Waikato Times and others from what was the print shop at the Tauranga Historic Village and other publications around the North Island. "One was owned by the tutor at the printing school. When he died his son gave it to me - delivered to my garage door at no charge." The last machine John acquired came during the big clean out of the Waikato Times store in Te Rapa prior to the company moving its operation to its current location in central Hamilton in 2015.



Nationally, there are several groups, mostly made up of pensioners with background in the printing industry, who have made collections of antique printing equipment. Some are still in working order.

"I go down to the printing museum at Mangaroa near Wellington to help them out with their line-casting



machines. They also have one of the few type foundries left in this part of the world still casting handset type." John also helps out with the machines at the Pioneer Village in Stratford which he visited in September.

"There is still a bit of a community of people using the Linotype and four-line casting machines. I'm probably the only Linotype mechanic in the North Island still working on the machines. The Greymouth Star has gone back to using a Linotype for certain commercial printing purposes because it can be used to give a deep impression on the paper. Something modern printing techniques can't do".

"When I go I don't know what will happen to these (machines), they'll probably end up as scrap."

Geoff Lewis



SLOVENIA & CROATIA BY LAND & SEA

23 nights | 22 June - 14 May 2018



A Dalmatian odyssey aboard a deluxe small ship is the perfect way to explore the small island ports of Croatia. Combine this with an exploration of the alpine areas of Slovenia, the stunning coastal villages and historic towns of Croatia and Mostar and Sarajevo in Bosnia-Herzegovina. Locally produced wine and regional foods are a feature of this trip. Only a few spaces left.



2018 TOUR BROCHURE OUT NOW

0800 853 276 | cnltours@hotmail.co.nz

CALDER & LAWSON TOURS

Journeys

Travel & Learn

Walking & Cycling

www.calderandlawsonstours.co.nz

CAMBRIDGE TREE TRUST

Planting for the Future

It's amazing what older people get up to.

Every Tuesday a group of mostly Cambridge pensioners get together and spend the morning heaving mulch, digging holes and planting trees. A motivated and well-ordered bunch, they know what they're there to do and quickly take up their allotted tasks.

They are all members of the Cambridge Tree Trust, which has its own plant nursery in the town on land leased from the Waipa District Council. The council also assists with spraying equipment, hand tools and quantities of mulch and potting mix.

The Trust's home base also has a barn which includes a kitchen, tool shed and a general gathering place where the happy planters retreat to enjoy a cuppa and a chin-wag following their exertions. On the walls are a roll of honour and gallery of awards won by the Trust over the years, historic photographs showing the barren aspect of Cambridge more than 120 years ago and a sign warning 'You don't have to be mad to work here, but it helps.'

The Cambridge Tree Trust had its beginning in 1991, at a time of local Government reform, when Cambridge and Waipa were amalgamated. Local resident Lola Silcock, now deceased, was concerned that the amalgamation might result in the neglect of Cambridge parks and reserves.



As it turned out the organisation she and many others have developed has blossomed, bloomed and shot skywards in more ways than one. Trust Chairman, Don Willoughby said most of the plantings were confined to what was the area of the Cambridge Borough, but within that there is plenty of scope including 26 kilometres of riverside tracks. Over the years members have cleared acres of scrub, gorse and blackberry.

Most of the plantings are native varieties including pseudopanax, pittosporum, lancewoods, many filler sedges and grasses, and in particular trees that provide berries and nectar for the native birdlife. However, the group is also aware of the substantial heritage of large European trees planted more than 100 years ago by early settlers in the area and how that needs to be maintained and developed.

Don is a retired teacher with a lifetime's interest in athletics. Among the Trust's non-native plantings are 'arboretums' or 'tree-museums' covering a range of different varieties of maples and oaks. Among the oaks are the progeny of a seedling brought back by champion Kiwi runner Jack Lovelock from the 1936 Berlin Olympics.

"The oak arboretum was established in 2002 with different types of oak trees from all over the world. We have a big heritage in English oaks. The early settlers had the foresight to ring the town with a green belt. They were thinking ahead of their time. But now some of those trees are around 140 years old and need to be replaced."

Among the projects undertaken outside Cambridge is the Maungakawa Restoration also known as the Sanatorium Hill Restoration Project. Maungakawa or Sanatorium Hill is about 4 km to the east of Cambridge and commands outstanding views over the Waikato. Once the site of a 'sanatorium', an

"We'll probably plant about 5000 this year. It depends on what areas are available. We're always on the look-out for new areas"

Trust members have been responsible for planting more than 200,000 seedlings with the best year so far putting around 10,500 in the ground

early treatment facility for people suffering from tuberculosis, it is today a regional reserve surrounded by a large area of burgeoning native bush.

With the support of local land owners and the Tui 2000 pest control project, the Maungakawa Restoration is an off-shoot of the Trust's core activities and aims to restore the natural habitat and cultural heritage of the site. Winter is the planting season and with recent cool wet conditions, still has a few more weeks to go. Since its inception the Trust members have



been responsible for planting more than 200,000 seedlings with the best year so far putting around 10,500 in the ground. But the work doesn't stop. Summer is weeding time.

"We'll probably plant about 5000 this year. It depends on what areas are available. We're always on the look-out for new areas," Don said. The Trust has about 90 paid-up members who come from a wide variety of backgrounds, One, Joan Mc Cathie is well known to generations of Fraser High School students in Hamilton while Trust vice-chairman David Phillipps, is a former Auckland accountant retired to Cambridge.

The Trust gains its funding from a small annual membership fee and application to charitable organisations for grants. It has an educational function as well hosting school groups and teaching young people the values and practicalities of planting trees.



Geoff Lewis

www.treetrust.org.nz

SPRUCE UP FOR SUMMER

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

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



EXTERIOR CLEANING SPECIALISTS



**FREE NO
OBLIGATION
QUOTE!**

Why Softwash?

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

278a Kahikatea Drive, Hamilton

0800 GO SOFTWASH
0800 46 7638

www.softwash.co.nz
reception@softwash.co.nz

P: 07 848 1700
M: 021 389 918

ALLISEE

Supremacy



TABBERT



AVIDA Motorhomes & Caravans

Discover your dreams



JURGENS CARAVANS



Auto Leisure
AND **Marine** GROUP

10 UDY PLACE, TE RAPA, HAMILTON
P: 07 850 5512 M: 021 850 551
WWW.ALMGROUP.CO.NZ



LETS GO TO SPACE!

Many people have likened the Space Centre to Dr Who's Tardis, due to the fact there is way more inside than what you might expect when viewed from the outside!

Te Awamutu Space Centre is an educational attraction suitable for all ages. Visitors can experience the world of space and astronomy through displays and interactive activities. The centrepiece exhibit is a small but fascinating collection of artifacts from various space programmes. You'll also find informative displays about the Universe, the history of space exploration and scientific research. You can use the interactive screens to see what's in the night sky, tour the Solar System, create your own orbital systems and more. In addition, on fine days there is the opportunity to view the sun safely with the solar telescope.

Dave Owen, or "Space Dave" as he has become known, started the space centre as a hobby at home in his garage. Three years ago he decided to expand and move into bigger premises, and was very lucky to secure the old Presbyterian Church Hall which is situated beside State Highway 3 at Kihikihi (5km south of Te Awamutu).

Dave has always been intrigued by space and enjoys sharing his passion with anyone who will listen. He has been teaching astronomy for many years, and with the facilities at the Space Centre he is now able to accommodate a wide array of groups from pre-schools to retirement homes.

Grandparents often have their grandchildren to stay during the holidays and want something they can do together. Te Awamutu Space Centre fits the bill perfectly as you can visit in any weather and all the activities can be enjoyed by children and adults alike. One of the popular activities is the virtual reality (VR) headset which puts you in a "virtual spaceship" and takes you on a tour of our solar system. For the more adventurous, you can pay a small fee and explore the International Space Station (ISS), moving around just like the astronauts do.

Many visitors arrive with no interest in space but most go away quite excited and "blown away" by what they have learnt. The Space Centre's recent certificate of excellence from Trip Advisor pays testament to this. Debbie J from Newton Abbot, in the UK commented on TripAdvisor "My Dad happened to mention that he had been here and had really enjoyed it, so my adult daughter and I decided to pay a visit. It was brilliant. Compared to other activities we have done in the last couple of weeks this was excellent value especially for a family. There were areas aimed at children and areas for older visitors, there were lots of interesting facts and figures but definitely not geeky. I loved it and would highly recommend a visit. You don't have to be knowledgeable about space to appreciate and enjoy it. I would definitely visit again, it is somewhere that deserves to be supported."

For more details and opening times for the Space Centre visit www.spacecentre.nz.

It is also worth mentioning that if you visit on the first Sunday of the month you can go to the Kihikihi Police House and Temple View Cottage, which are historic examples of life in Kihikihi some 100 years ago. If you would like some more ideas for things to do in and around Te Awamutu, a helpful place to start is www.teawamutu.nz.

ATTENTION GRANDPARENTS

Here is an
**Ideal School Holiday
Activity**

**For you and your
Grandkids**

**FUN
EDUCATIONAL
INTERACTIVE**

**10am - 4pm daily
During School Holidays
-Rain, Hail or Shine**

**SPECIAL OFFER
\$5.00 OFF
YOUR TOTAL ENTRY***

**Simply Mention You
Saw This Advert**

**Offer valid until 31st October 2017
*Conditions Apply: spacecentre.nz/terms**

TE AWAMUTU
SPACECENTRE

Ph 07 870 1966

info@spacecentre.nz

www.spacecentre.nz

Hamilton Eye Clinic

Waikato's Specialist Eye Centre and Eye Surgery Facility



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



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



HAMILTON EYE CLINIC

07 834 0006

130 Grantham Street, Hamilton
www.hamiltoneyeclinic.co.nz

TOTALREHAB

ARE YOU WANTING TO INCREASE YOUR **INDEPENDENCE** & EXPLORE YOUR **MOBILITY** OPTIONS?

Total Rehab Plus can assist you in getting the **most out of life**

Our **Qualified Occupational Therapists** strive to find the best solution to meet your needs.

We offer In home assessments that will advise you of the essentials needed for independent living.

We provide An extensive range of quality mobility scooters, wheelchairs, walkers, liftout chairs, bathroom equipment and accessories for daily living.

We have a special discount for **SuperGold** cardholders. **Farmers card** is also accepted. Delivery and maintenance options are available for your convenience.

For your equipment requirements visit our showroom or call for an appointment for us to come to you.

179 Thames St, Morrinsville
07 889 6451 | 0800 889 645

www.totalrehabplus.co.nz



The logo for Citizens Advice Bureau features the text "Citizens Advice Bureau" in white on a dark grey speech bubble. To the right is a yellow speech bubble containing a stylized yellow bird or flame-like icon.

The following are some of the ways in which Cab has helped people:

Car Problem

A client bought an imported car for \$13,000 from a dealer. After a year, when it was in for its annual WOF, the mechanic noticed a lot of rust and suspension problems. This involved the client in costly repairs. It was apparent that the car should not have got a warrant in the first place. The CAB Interviewer provided the client with information about her rights under the law and advised her to take the matter to the Motor Vehicle Disputes Tribunal. She did this and the Tribunal ruled that the rust damage should be fixed by the dealer.

Finance Company Loan

A client was repaying a personal loan to a finance company, and thought he had repaid it, but was told that there were default payments outstanding. He hadn't realised that the penalty fees had not been covered in his payments. The finance company charged a \$35 fee for each day a payment was late with daily interest on that fee. The late fees alone plus interest were over \$2,000 for a loan of just over \$1,000. The CAB Interviewer helped the client to negotiate for the fees to be waived, as they had not been adequately explained to the client.

Rent Increases

A client had been advised by her landlord that her rent was being increased the following week. She wanted to know her rights. The Bureau Interviewer explained that a landlord was required to give 60 days' written notice of a rent increase. The client was given help to contact her landlord to inform him of his obligations under the Residential Tenancies Act.

Wages Owning

A client had not received his last two weeks' wages and when he contacted his employer and talked about going to mediation the employer stated there was no employment agreement and that he would simply claim that he has paid everything the client was owed. The Bureau Interviewer helped the client gather the information he needed to make a complaint to a Labour Inspector and helped him make the complaint.

Citizens Advice Bureau Hamilton, 55 Victoria Street, offers advice and assistance to anyone who phones or walks in with a problem or seeks information. It is staffed by a team of trained volunteers from Monday to Friday 9 a.m. to 5 p.m. All enquiries are treated confidentially. On a typical day, Hamilton interviewers can deal with numerous enquiries on a huge range of topics. Some are easy and quickly dealt with, e.g. the postal address of Auckland Hospital, or the location of childcare centres. However, most are more complex. Separation and child custody issues, employment contracts and conditions, tenancy problems, budgeting and counselling services, wills, overhanging trees and noisy neighbours are only some of the enquiries that interviewers help clients with every day. The Bureau also offers the services of a free lawyer at a clinic twice a week, trained advocates for helping clients deal with government departments such as Work and Income, and specialist consumer advisers.

Empowering Consumers

"There is a lot of misinformation among consumers about such things as the offer of a warranty on goods," according to a Consumer Adviser who has been with the Hamilton CAB for 22 years. "A retailer often tells a customer that a product only has a 12-month warranty and if they bring it back after thirteen months because it's faulty, the retailer will then tell them it is out of warranty. In fact, the law says that any type of goods, be it a fridge, furniture or a pair of socks, must be 'durable'. How long it should last, depends on the type of product and how much is paid for it, regardless of a warranty".

He sees his role as a CAB Consumer Adviser as helping redress the imbalance of knowledge between retailer and consumer. The salesperson's aim was to make money by persuading customers to buy goods. Consumers often did not have the knowledge or confidence to challenge what a salesperson might say about their rights relating to faulty goods. The Consumer Advisers give clients information as to their rights under the law. "We also help them to take the practical steps to solve the problem, such as helping them write a letter with the correct format and all the appropriate information." This was often enough to encourage the retailer to replace the faulty product or refund the money paid for it. If not, the Adviser can assist the client to take the matter to the Disputes Tribunal.

55 Victoria Street, PO Box 19 020, Hamilton 3244

Office 07 8390808 | Fax 07 834 1284

Email: hamilton@cab.org.nz | www.cab.org.nz



HOME SHOW SPRING SPECIALS - INSTORE ONLY



Sundance Spas

A warm water massage can be a restorative, therapeutic experience. Since ancient times, people around the world have recognised the healing properties of hot water. Today, many people gain the benefits of a modern spa that combines hydrotherapy with hot water. The best spas, like those made by Sundance, can promote health and wellness in a person's everyday life. Whether it be the stresses of upskilling and retraining yourself for a new challenge, or being physically active in a new job, or just a hard day at work. With a combination of comfortable seating design,

high-performance jets and optimum jet placement, Sundance moves water in new ways, delivering the following positive spa benefits:

- Reduced stress.
- Better sleep.
- Relief from muscle soreness.
- Alleviate the symptoms of arthritis and back pain.

At the end of the day just sit in a Sundance spa, adjust the jet flow, and feel amazing results: a sense of calm and comfort, pain relief, rejuvenation and increased energy.

You too can Relax, Renew & Rejuvenate in a Sundance Spa from Maurice's - Come and see us for a Great Spa Deal.

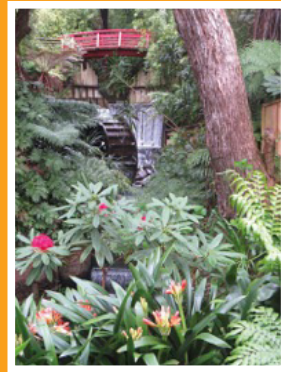
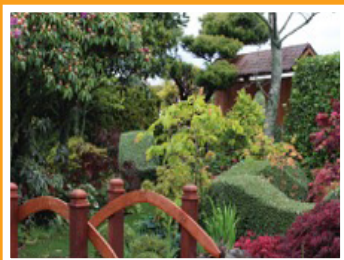


MAURICE'S POOLS & SPAS LTD

4 Manchester Place, Te Rapa
Hamilton
07 850 6106

25 Albert Street
Cambridge
07 827 8600

www.maurices.co.nz



Taranaki Fringe Garden Festival

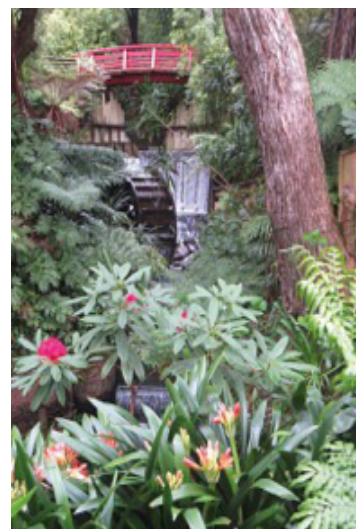
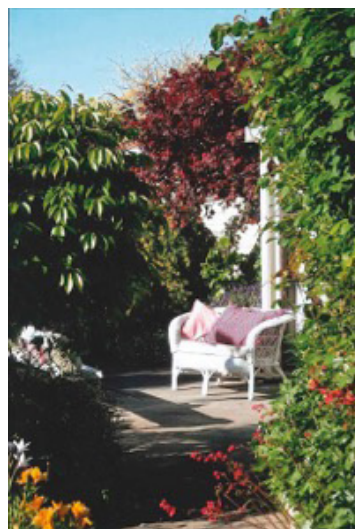
When gardeners are not working in their own garden they love to look at other people's gardens. There are many annual festivals in New Zealand to feed this interest and among them is the Taranaki Fringe Garden Festival, now in its 13th year.

Cottage gardens, native gardens, highly structured or rambling and informal, whatever your taste in gardens, there is something for everyone. Promoted as 'Real Gardens for Real People' visitors can get ideas for their own gardens, ask questions and get advice from the garden owners.

Among the 63 gardens and places of interest for visitors to see there are 13 new private gardens, two returning after a break and five public gardens entered. The new entries are spread around the region in Stratford, Inglewood, New Plymouth, Waitara and Okato. It is good to have fresh gardens and ideas for the regular festival visitors but they also like to revisit gardens they have seen in past years to see what changes have been made and how the plants have grown.

The festival runs from Friday 27 October to Sunday 5 November. There is no need to buy tickets or book, just turn up the gate with \$2 entry per person.

Copies of the comprehensive brochure will be distributed extensively around the Taranaki province and to I-site centres throughout New Zealand and many garden centres. Alternatively you can download your copy from our website on www.taranakigardens.co.nz which has full listings of all our Taranaki Fringe Garden Festival gardens. Full details of each garden or place of interest, time of opening, contact details and detailed maps are in the brochure so visitors can plan their route to take in several gardens in each area.



Real Gardens for Real People Taranaki Fringe Garden Festival

**27th October to
5th November 2017**



Festival programme available at most Garden Centres (NZ wide) and most I-SITES (except Auckland) or download a copy from our website.

www.taranakigardens.co.nz



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



WWW.TARANAKIGARDENS.CO.NZ

[FACEBOOK | TARANAKIFRINGEGARDENFESTIVAL](https://www.facebook.com/TaranakiFringeGardenFestival)

OCTOBER SPECIALS



- **FREE** Denture Health Check & Consultation
- **FREE** Month supply of Caldent Denture cleaner
- **FREE** Denture Brush.

All FREE with your Denture Health Check & Consultation.

EXTRACTIONS AND DENTURES ALL ARRANGED HERE!
WINZ LOWEST PRICED DENTURES!

Lost or Broken your Dentures?

We manufacture our own dentures and offer urgent repairs

T's & C's apply

BOOK YOUR FREE CONSULTATION TODAY

HAMILTON • CAMBRIDGE • TE AWAMUTU • ROTORUA
BAYFAIR • THAMES • PAEROA • WAIHI

0800 11 23 24

www.clinico.co.nz



CLINICO
Denture & Hearing
(Since 1972)

NOT "GHOST BUSTERS" BUT "WEED BUSTERS"

Getting rid of unwelcome invaders in the Waikato!

Have you ever thought that weed busting could be an enjoyable and satisfying social activity? Well, it is definitely that for the team of volunteers (mostly in the 50+ category) that make up the Waikato Weed busting Squad (WWS). The squad was formed in response to the call for a "War on Weeds" in protected natural areas.

Weedy plants are one of the greatest threats to New Zealand's parks and natural areas as they smother and replace the native plants that belong in that habitat. Natural areas are a complex 'web of life' community which provide food, shelter and a living space to a wide range of NZ creatures.

Many of these weeds are ornamental plants that have 'jumped the fence' from cultivated areas and because of good growing conditions, managed to do well in the wild. There are over 24,000 introduced plant species growing in our country and some of these have become serious weed pests. Examples are privet, ragwort, pampas, and woolly nightshade.

In the Waikato there are still a number of Kahikatea Forest remnants on farms. In the past these were often grazed but in more recent years many have been fenced off by owners who want to conserve them. Some landowners have secured long term protection by covenant -for these areas by registering them with the Queen Elizabeth II National Trust.



Understandably it is not easy to 'keep on top of' invasive weeds in large areas as their seeds are often spread by birds or wind-blown. For landowners, having an enthusiastic group of weed busters helping with the weed problem can make a real difference when it comes to protecting or restoring natural areas.

WWS works with the QEII Trust to help clear weeds from various covenanted sites across the Waikato Basin. "We are a mobile squad with the flexibility to visit different sites to assist landowners with weed control," says Jude Tisdall, the co-



ordinator for the group. "Weeding takes place two mornings a month Mondays and Thursdays, to suit members' availability. The work involves hand weeding, cutting and pasting with gel herbicide or spraying – whatever people are comfortable doing; tools are provided. There are usually eight to ten weed busters at each session and members car pool wherever possible".

In winter the group often helps with planting native plants in the newly cleared areas, which is particularly rewarding.

The Waikato Weed busting Squad members enjoy the camaraderie, the satisfaction of seeing the results of team effort and knowing they are making a difference in terms of restoring indigenous biodiversity.

The Squad always welcomes new people and members say it's a great opportunity to visit unknown bush sites which you wouldn't normally be able to access.

If you feel like you'd like to lend a hand, be part of our active, friendly group and visit some beautiful bush reserves around the Waikato Basin, please contact Jude Tisdall on 021 947 815 for more information.

Contact: Waikato Weed busters Squad

Jude Tisdall - Phone 021 947 815



OCTOBER IS "BOOK A CRUISE MONTH"

What kind of cruise "floats your boat"?

Is your idea of bliss being pampered in a luxury ship in a stunning part of the world - or having an interactive experience with local wildlife? Perhaps a leisurely cruise along a river in Europe - or an ocean cruise? There are many ways to enjoy your perfect cruise.....

LUXURY CRUISING

Outstanding service, stunning ships and extraordinary itineraries. An unforgettable experience in some of the world's most stunning destinations.

EXPEDITION CRUISING

Chasing the Northern Lights, exploring Antarctica, discovering the wonders of ancient cities... Adventure cruises will take you off the beaten track!



OCTOBER IS CRUISE SALE MONTH!

BENEFITS INCLUDE:

On board credits
Reduced deposits

Discounted Travel insurance

Call us now!



RIVER CRUISING

The most leisurely way to explore the world along inland waterways enjoying the scenery and often docking in the centre of cities and towns.

OCEAN CRUISING

A traditional, elegant cruise holiday experience, with experiences on board designed for those looking for quality and sophistication.

- We pride ourselves in providing our clients with the best customer care.
- We strive to obtain the best value holiday to match your budget.

07 574 1150

[f @dreamtravelandcruise](#)
43 Girven Road | Mt Maunganui



**UP TO 12 MONTHS INTEREST
FREE, NO REPAYMENTS FOR
12 MONTHS.**

**T&CS APPLY. SEE US FOR
YOUR OPTIONS
WWW.QCARD.CO.NZ**

ENJOY GREATER MOBILITY

Live the life you choose this Spring & Summer

Have you recently acquired a short-term disability or health issue that is affecting your quality of life?

Do you want to stay active and enjoy doing the things you love?

We have an extensive range of mobility equipment to help you from our exclusive range of:

Neo mobility scooter



The Alinker walking bike



Nip Glide Walker



Phone us today 0800 008 011, call into one of our four stores or visit our online store

www.lifeunlimitedstore.co.nz

Life Unlimited Charitable Trust Hamilton . Tauranga . Rotorua . Gisborne

Rotorua physio praises Alinker walking bike



A Rotorua physiotherapist has given a glowing review of The Alinker non-motorised walking bike without pedals launched in New Zealand last month.

Kirsty Walker, a former pro road rider who worked with High Performance NZ at the London Olympics, says the Alinker is the first mobility device in the market that

gives a true perception of enablement vs disablement.

"People with physical impairment rapidly lose muscle strength which in turn has a rapid cascading effect of loss of balance, function and independence.

"Up until now the best solution for these people to keep them safe was for them to use a mobility walker.

"This can be a heart breaking step for many especially for those that are young as the visual perception of a "zimmer frame" is you're disabled and old."

Walker works at QE Health Wellness and Spa in Rotorua. The leading residential rehabilitation facility recently acquired two Alinkers from Life Unlimited general manager Enterprise William Hughes after the bike's inventor Barbara Alink visited the spa and was impressed by what she saw.

The Alinkers will be used by a wide range of QE Health's patients.

Walker says the Alinker's stable design means that those with balance issues are still safe.

"It is self-propelled meaning it can be used to increase leg strength and improve overall physical condition and it can be used to cover distances similar to what an able bodied person would walk hence becoming a tool for increased independence.

"It's also a great exercise device for those with arthritic joints. Generally in those with arthritis, load bearing impact exercise capacity is limited due to the stress through the damaged joint.

"Traditionally as physios we look toward water based exercise or stationary bikes for those with arthritic joints. The Alinker adds a new rehab option for this population as it is low impact but allows them to integrate their rehabilitation into everyday life such as using the Alinker to get to the shop and back versus trying to find the time to get to the gym or the pool," she said.



TEAM EFFORT: Cyclist Nic Brockelbank whizzes past Eltje Malzbender, her coach Michael Bland, John Blake and Alinker inventor Barbara Alink at Cambridge's Avantidrome.

A Cambridge woman who was the victim of a hit and run cycling accident, has become an inspiration to many as she overcomes the obstacles of everyday life and continues her journey to independence.

Eltje Malzbender's life has recently been made easier with the help of the Alinker walking bike. Read how on the Life Unlimited Store website www.lifeunlimitedstore.co.nz or see page 59 for her full story



2017-18 Fully Escorted Tours

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

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

Taranaki Garden Festival

27th October – 30th October

Rotorua Garden Festival

10th November – 13th November

Chatham Islands

11th November – 16th November

Norfolk Island

18th November – 25th November

Kapiti Island & Wellington

24th November – 28th November

Coromandel Explorer

4th December – 6th December

Taranaki for Christmas

23rd December – 27th December

Waiheke Island

16th January – 19th January

Taranaki Festival of Lights

24th January – 26th January

Rangitikei Historic Homes

30th January – 2nd February

Call us on **0800 66 44 14** to request a brochure or visit our website for more information **www.scottsdaletours.co.nz**

Scottsdale Tours
FULLY ESCORTED TOURS SINCE 1978



Matangi Home PC Support

REGARDING RANDOM CALLS OFFERING TO FIX YOUR COMPUTER

**Hi, this is Matt,
your local freelance
computer repair bloke**

I've noticed a rise in the number of clients telling me they've had a random call from someone with a foreign accent (Indian or American usually) telling them they've got a security or other kind of issue with their computer. This is obviously a scam and you should know how the whole thing works:

They call you (sometimes bouncing their call through a NZ landline number) and tell you there's a problem with your computer.

If you capitulate, they tell you to do a bunch of things on your computer, which gives them access.

They then access your computer and do some stuff on screen, while in the background installing a program which they can use to control your computer at a later point.

They tell you they can fix the problem, but it'll cost a certain amount of money.

If you don't pay, they'll bombard you with calls telling you the problem is still there and they need to fix it.

If you ignore this, they use the program they installed in the background to lock your computer so you can't use it - typically after a month or so.

Luckily, if you have gone along with their instructions at some point, the problem is easily solvable. Just give me a bell.

\$50 P/H

NO CALLOUT FEE, 20 YEAR'S EXPERIENCE

INFO@HOMEPCSUPPORT.CO.NZ

WWW.HOMEPCSUPPORT.CO.NZ



Matangi Home PC Support

**Repair, cleanup and security
\$50 per hour service**

*Waikato and Rotorua,
20 years experience.
No Travel Fee*

Phone Matt on 0211348576

IF NOT, HERE'S THE BEST WAY TO DEAL WITH THESE CRITTERS:

- 1. Record the phone call or take down their phone number if you can.**
- 2. Don't do anything they say.**
- 3. If you want to, you can string them along for a minute or so, but after that, tell them you know they're a fraud and hang up on them.**
- 4. Don't answer any more calls from them. They may call on multiple numbers, but keep hanging up. Eventually they will get the message.**
- 5. Report the incident to your phone service provider, or to Spark**
<https://store.spark.co.nz/forms/s/phone-scam-report>

If you've called someone for computer support, obviously that's a different story. But unsolicited calls about your computer are always scams. Antivirus packages don't protect against this sort of activity, though they can be useful in preventing other kinds of attacks. If you're uncertain about the security of your computer, we can organise a callout. I operate in Waikato predominantly, and once a month in Rotorua.

Remember: if unsure, hang up!

Cheers,

Matt B

Ph: 0211348576



Impressive to say the least

Seasons Magazine Directors were in the past few weeks invited to attend the final touches to a NZ unique art piece that was the brainchild of Alison Gray and brought to fruition with the support of her team the 'Crochet Crew' / Te Kapua Crocheters.

This large crocheted art piece installation will be suspended near the children's playground at the Hamilton Lake Domain in October 2017.

This 10m x 2.3 m piece of truly stunning crochet art is made up of individually made squares, 33 x 33 cm and 210 pieces in total being 4 months in the making by individual team members, but coming together to form a beautifully crafted sail-like art piece.. In my opinion it would bring many flocking to see this raised near the end of October as weather permits, near the childrens playground at the Hamilton Lake Domain.

Alison relays that she was inspired by the Choi & Shine crochet projects in Singapore and Amsterdam and was motivated by the way in which they gathered a large group of people working together to achieve stunning visual effects and of course crochet being one of her favourite things, it sparked the 'maker' in her and she quickly gathered the people around her to get this project off the ground.

Alison also wants everyone to know that she is very grateful to Donaghy's (A supplier of farm twine) as they offered to donate 5 spools (5 km) of tomato/pepper twine for the project. This twine is UV resistant but also composts readily.

After talking with Joy Wright who has extensive experience in gathering community groups and working with volunteer teams on theatrical productions, The Crochet Crew were called on Neighbourly and Facebook as well as word of mouth. Amongst that group was Sylvie Bolstad of Art Makers who offered the space for making such a large art piece and the project instantly blossomed: materials, location and community members were quickly gathered. It was amazing how the community support for this project rapidly formed.

Most of the team were based in Hamilton, but crochet squares were also created by ex-Hamilton people as far away as Sydney Australia, Waiheke Island and Okaihau in the far North.

Some of the highlights of a project like this was the gathering together of people of all ages and stages of life and backgrounds, linked by their love of crochet or community projects, with ages ranging from their 20's to in their 70's . It was wonderful to see people who hadn't crocheted in years picking up a crochet hook again for such a worthwhile project.



Some of the group worked with patterns to develop their squares, others free-formed theirs. The only requirement was a consistent 33 x33 cm crochet square when stretched. They needed 210 completed squares to fit the site specific project.

"Some of the challenges were the agricultural string

which was difficult to work with in the beginning. It took a while to adjust to using such a coarse and unforgiving material. As well, it became more difficult to handle due to the weight of the whole piece as the squares started to be joined together. As a group we helped each other to solve the problems as they arose."

Hamilton City Council was approached about a site for 'The Crochet Crew'/Te Kapua to be displayed. They were very enthusiastic and supportive during the whole process, and suggested the Hamilton Domain Lake site. The arborists from the Green Spaces Team will suspend the art piece between 6 pine trees.

Sponsors included South Hamilton Bunnings who provided the metal rings that support the shade sail.

All of the team submitted through Facebook their passionate and heartfelt joy in being able to participate in this project. We listed just a few of these comments below but due to the number of these great comments we were not able to list them all.

Here is the talented crew:

Team Leaders for this project: Coordinator Alison Gray and Administrator Joy Wright.

Team Members: Anne Purnell, Alison Gray, Faith Thomas, Fiona Ransfield, Catherine Cowley, Joanna Bolton, Marie Carlson, Barbara Holt, Jennifer Ma'u, Penney Cameron, Lesley Demler, Elaine McIntosh, Diana Hadley, Maggie Campbell, Rebecca Gudsell, Alison Whelan, Joy Wright, Vicki Buchanan, Jeanette Campbell, Carol Jarman, Debra Leong, Raewyn Pennell, Rachel Dekel-Warshal, Lesley-Ann Boshoff, Patricia Annabell, Deborah Keep, Tracey, Wilson, Sylvie Bolstad, Sharon Martin, Josephine Maplesden, Cheryl Dibley, Rae McCormick, Sarah Oettli, Adele Mathews, Elizabeth Savage, Maria Eaton, Trudy Field, Tina Lynn, Karla Lindsay, Gail Bergman, Val Rolfe .

Team comments about the experience:

Joy Wright: I love the way we huddle together in little groups to work on the 'Crochet Crew' / Te Kapua, and often in the funniest of positions. And while we are doing that we are happily chatting, laughing and interacting with people who are completely new to our lives, but all driven by the desire to make something wonderful for our community to enjoy.

Marie Carison: I feel a great sense of belonging, even when at home crocheting my squares. I know others are doing the same. I love the beep on my phone letting me know someone has uploaded a finished square. This project has given me a lot of joy and stress relief from running a business. Seeing everyone's smiling faces when we get together is such an uplifting experience, knowing that they are enjoying it too.

Elaine Macintosh: I have often thought I would like to learn how to crochet, so this was a great opportunity and I was sure that anything organised by Alison would be fun! I am

a retired teacher from Hamilton Girls' High School, currently doing relief teaching. I am 73 and live in Dinsdale.

Fiona Mansfield: I love how a bunch of strangers have come together to make something for our community to enjoy. We all have different backgrounds, jobs etc, but have a passion for our craft. I like that by doing this I am giving back to the community somehow.

I jumped at the opportunity to join so I could meet new people and give back at the same time.

Seasons Magazine would like to thank Alison for the invite to bring this fantastic artwork to the attention of the public and also showing others how working together on something for many to enjoy can bring people from all walks of life together for fun, laughter and not to mention passing on or gaining new friends and skills along the way.

Big congrats to Alison and the 'Crochet Crew' / Te Kapua Crocheters team for a fun job well done!



UNITED YOUTH ORCHESTRA

Music Director: Yoshi Tatsumi

Romantic Masterpieces

Wagner | Massenet | Lehar | Elgar | Schubert

SOLOIST: CHELSEA LIN - VIOLIN

GALLAGHER ACADEMY OF PERFORMING ARTS,
UNIVERSITY OF WAIKATO

SUNDAY 29 OCTOBER 2017 - 3 PM

www.orchestras.org.nz

Entry by koha

Supported by



FREE UPGRADE SPECIAL

PREMIUM HEARING AIDS FOR MID-RANGE PRICES

Quality 2017 brands



**Satisfaction guaranteed
or your money back**

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

Mr Litchfield does not have sales targets for audiologists to achieve, they are free to give honest advice and take time to care for each individual hearing loss.

hearme does not charge for aftersale care appointments for the life of the hearing aids and can also help with **EXISTING** hearing aids purchased in NZ (excluding online purchases).



hearme
specialist hearing services ltd



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

0800 hearme (0800 432763)
www.hearme.co.nz

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



seasons
magazine *Life Beyond 50*

Readers Submissions

October 2017



What will we eat ?

We're told that one day all we'll need is a pill
But most likely that's a won't not a will.
Imagine sitting looking at our plate with a stare
And not having anything with family and friends to share.

If we believe all that's said and is written
We could never enjoy the pork crackling once bitten,
Or for breakfast have toast with butter and sweet spread,
As fat, sugar and salt are not good, it's said.

Without some treats how boring it would be,
So it's great we're allowed sweet honey from the manuka tree,
Goji berries, olive oil, kale and turmeric we should buy
And from dark chocolate and nuts we don't need to shy.

How did we ever survive with just coffee and tea
And a ginger nut dunked in to make it soggy,
While now all must have bottled water from which to take sips
Sometimes only enough to just moisten the lips.

For most of us there's nothing nicer than fried onion smell
And a rich casserole in the slow cooker to tell
That a hearty meal is near ready to be served,
Which after a hard day's work is well deserved.

In our mouths there are probably teeth with a crack
And gaps where some are missing hopefully at the back,
Or maybe care has to be taken with seeds under a plate
To avoid sore gums before it's too late.

As we get older our tastes tend to change
And the contents of our supermarket trolleys cover less range,
But how thankful we must surely be
To be able to relish a wonderful variety.

Delwyn White • Readers Submission



BRING A FRIEND FOR AN EYE TEST
GET BOTH FOR THE PRICE OF ONE

07 575 6057

9 PRINCE AVENUE, MT MAUNGANUI

WWW.FISCHEREYECARE.CO.NZ

RECEPTION@FISCHEREYECARE.CO.NZ

[@FISCHEREYECARE](https://www.instagram.com/FISCHEREYECARE)

FF
FISCHER-FISCHER
OPTOMETRISTS

FREE
i-Profiler Check
Latest in
Technology



WANT TO EARN SOME EXTRA \$\$\$



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

021 213 0309

OR ENQUIRE AT

ADMIN@SEASONSMAG.CO.NZ

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

seasons
magazine *Life Beyond 50*



SEARCH FOR THIS APP
SEASONS MAGAZINE



GO TO GOOGLE PLAY ONLINE
AND DOWNLOAD IT NOW!



WAIKATO BREAST CANCER RESEARCH TRUST

PINKWALK

19 OCTOBER 2017
REGISTER NOW AT PINKWALK.CO.NZ

In the Waikato, over five women every week are diagnosed with breast cancer.

These women are your grandmothers, mothers, whaea, aunts, sisters, wives, partners, friends, neighbours and workmates.

75% of women diagnosed with breast cancer are aged 50+.

Breast cancer is not one single disease, there are a number of different sub-types.

Evidence based breast cancer research

The Waikato Breast Cancer Research Trust, through their clinical trials research and achievements, offer women better individual treatments and prevention strategies to live better and live longer. Their research means improved surgical procedures, radiotherapy treatment, reduced side effects, better communication and quality of life. The Trust collaborates with other New Zealand and international cancer research groups in the fight against breast cancer.

Get a group together - Family, Friends, Work-mates, Neighbours

- ✓ Fabulous spot prizes
- ✓ Win a mystery weekend away
- ✓ Prizes for Best Dressed women and men and decorated Pets

**SIGN UP FOR
THE PINK WALK -
THURSDAY 19TH
OCTOBER 2017.**

**INNES COMMON.
STARTING AT**

5.30PM



To find out how:
www.pinkwalk.co.nz



WAIKATO
BREAST CANCER
RESEARCH TRUST

To send a Donation:
www.wbcrt.org.nz
www.brightasabutton.co.nz

POP'S POW STORIES

STORIES FROM HIS TIME AS A PRISONER OF WAR IN ITALY

OF CAPTAIN JOHN RICHARDSON '136 E.D.

4TH FIELD REGIMENT 2 NZEF

WW2 1941- 1943



Capt. John Richardson 1939

Chapter One

BEING CAPTURED IN LIBYA

A new battery (the 46th Battery) was created from a combination of new recruits and the remnants of other batteries that had suffered heavy losses, such as my own Freddy troop.

My old friend from prewar days, John Snadden, was made the Major of this new battery and I was made Battery Captain, his second in command.

We were engaged initially in training the new recruits from New Zealand. John and I were both battle hardened and many of these new recruits had no military training at all.

Colonel Parkinson had been sent to another posting somewhere else in the war, which was a great blow to the men as we all had much respect and affection for him. He had endeared himself to the troops by always learning and remembering their names. He would ask them about their welfare; provisions, clothing, health etc. The men would have done anything for him. He was affectionately called "Uncle Ike".

Colonel Parkinson's replacement was Colonel Duff, who unfortunately commanded the respect of neither the troops nor his officers. He would belittle the officers in front of their troops over petty legalities. One of these was the possession of extra rifles, which the survivors of Crete had collected on their way out. He angered the battery captains so greatly that three of us decided to resign our commissions, and consequently informed the Colonel and asked that we be returned to New Zealand. We were all voluntary soldiers with by this time eleven years of experience.

This came to the attention of Brigadier Miles, who called us to his headquarters, which he cleared of all other personnel. He then asked us what was the trouble. We explained that we did not appreciate being belittled by this Commander in front of our men, and confirmed we wished to resign. This was just prior to the "Crusader" battle. Brigadier Miles was not at all amused and promised he would deal with the matter. He asked us to return to our batteries.

This unfortunately did not make for good will with Colonel Duff. As we were waiting to go into action and orders were being given to the assembled senior officers, I was ordered to take three trucks for stores back about 25 miles, and then proceed to Point 190. This order was received in dead silence,

as not only was this a junior officers job, Point 190 was about two miles ahead of the division in unknown enemy held territory. I attempted to remonstrate as I was a qualified navigator and my knowledge of the desert was well known. I was told that if I did not obey orders, I would be court martialled.

I took the trucks and drove the 25 miles back to get the stores, and navigated to Point 190, unaware that the whole division had meanwhile made a left turn in the opposite direction for another point in the desert. I had not been issued with a wireless.

I became aware that we were in trouble, so I reversed my small unit to attempt to retrace our last two miles. By this time it was nearly dark and we drove straight into the back of a German panzer unit. We attempted to drive straight through, but our truck was hit by a tank shell and destroyed. I was thrown out and over a hundred foot escarpment.

Early next morning as I was lying in the bottom of this escarpment with my back broken, I saw out of one eye some German soldiers picking their way down towards me. My training kicked in and I somehow managed to pull out my notebook and tear out the page with the radio codes written on it, and put it into my mouth and swallow it.

I was picked up and carried back up the escarpment by the four German soldiers, who had scrambled down to get me. I kept passing out, but I remember gaining consciousness long enough to hear the German doctor telling my captured troops in perfect English; "Your skipper has had his back broken. He won't last more than 3 days". The rest of my crew was captured as well as me, but I was the only one who had been seriously injured.

READ ON FOR CHAPTER TWO

HANK THE YANK, IN BARI HOSPITAL...

Chapter Two

HANK THE YANK, IN BARI HOSPITAL

I arrived in Bari hospital on the 20th December 1941, after being captured in the Libyan Desert on the 22nd November.

The night I was captured, my truck had been blown up by a German tank, and had rolled down an escarpment. I had a severely fractured lumbar spine, a broken right knee and left arm. Shrapnel was embedded in both hands, in the left side of my face, and my leg.

I had been put in a German truck and carted around the desert for the next five days. During this time the truck was dodging British tanks and aircraft. The young German soldiers were very short of water, but they shared with their prisoners what they had. It wasn't very palatable as it was drained out of the radiator tanks of smashed up trucks lying around the desert. I wasn't often very conscious but these soldiers would shake me awake to give me my ration. It was never very much but without it we wouldn't have survived the long hot days travelling through the desert.

When I was lifted onto the ground at Bardia, I saw the German General Schmidt walking past with Colonel Fraser, a kiwi artillery officer. He stopped when he saw me and told the general that I was a New Zealand officer. I was then placed in the German Field hospital until 16th December. General Schmidt came to see me to tell me that Bardia was about to be captured by the British, so I was being transferred to Bari hospital in Italy, by the hospital ship "Aquila". As I was being taken onto the ship on a stretcher, I was set upon by some Italian soldiers. I spotted the General and waved him over with my good hand and explained the Italian soldiers were kicking me. He was very angry and ordered a guard of German soldiers to take me onto the ship.

We were at sea for four days, and I experienced no ill treatment during this time. However when we arrived in Bari, and as I was being taken out of the ambulance, a gang of six black shirted Mussolini thugs turned up and started beating me. They kicked in my ribcage, doing extensive internal damage. All the good work done by the German doctors in treating my gun and shrapnel wounds was undone in minutes. Finally they were shoed away by a small nursing sister who appeared at the door of the hospital. Profusely bleeding by this time I was taken inside to a small six-bed ward. It was then I met "Hank the Yank" as I later used to call him.

I heard this rough Brooklyn voice address me, "Hey sonny, what have these wops been doing to you?" I couldn't answer him because I couldn't speak. My jaw had been dislocated. Hank disappeared and came back with a nurse, and together they tried to clean up my wounds.

Bari hospital was an unrelenting nightmare, but for Hank the Yank. He was a remarkable character. I learned that he was an Italian gangster who had been living in Brooklyn, New York, and had been deported back to Italy from America. He loathed the Italians, referring to them always as "Wops" in the most derogatory terms. He had been assigned to the lowly job of cleaner in this hospital built by Mussolini.



The main thing I had in common with the other five Allied officers in this ward was that we were all very badly injured. We were also starving. Our daily rations consisted of a small bowl of spaghetti and a very small piece of bread. In these conditions the ministrations of Hank the Yank shine out that hellhole all the more remarkably.

Every day he would feed me. I couldn't move at all, so he would roll me over onto my side and feed me my spaghetti with a spoon. A tin mug of wine was provided every day, as the water was undrinkable, so he would dip the bread in the wine before putting it into my mouth. Every so often he would roll me over and slip a sheet under me, then turn me over on my other side. This was so I wouldn't get bedsores. We received next to no medical attention from the hospital staff.

Hank gave the same treatment to all the men in our room. On a couple of occasions he would bring a mug of wine and insist we drank it. Underneath the top layer of wine was a raw egg, which he had stolen to give us strength. This treat would be given to each man in turn.

On Christmas day I remember he gave us each a cigarette, which would have been a huge sacrifice for him, as cigarettes were very hard to come by.

After about 2 months of being at Bari, Hank warned me that the doctors were going to amputate my leg. The man in the bed next to me was an Irish artillery captain called Hugh Mateer who had had an eye and an arm removed in extremely barbaric conditions, without anesthetic. When he heard they were attempting to remove my leg, Hugh warned me, "Whatever you do don't let them see you are frightened of them." Thanks to both Hugh's and Hank's warnings I got to keep my leg. That day, just prior to the doctor's appearance, Hank had slipped a urinal under the sheet, with a bit of a wink. When the doctor who was permanently drunk arrived, he began ranting and cursing at me, and was obviously about to initiate (without anesthetic of course) the amputation of the leg which had been broken at the knee. This leg was very swollen as it hadn't received any medical attention, but there was no need for it to be cut off. As the doctor was getting ready I beckoned him over to my bed. As he neared I produced the urinal and smashed him over the face shouting that no one was going to cut my leg off. There was immediate pandemonium. The two attendant guards attacked me with rifle butts, which re-dislocated my jaw and opened up yet once more all the old wounds on my face and hands. In the midst of this the one-jarred British Guardsman in the next bed to me leapt out of bed and grabbed the doctor by the throat, threatening to throttle him if the Italian guards didn't stop beating me. I was

hauled out of bed and dumped onto a stretcher and carted off to the dungeon.

A couple of days later, four very drunk Italian officers came in and began abusing me. They branded a fascist dagger and fist on my left arm, and then set to work

nailing my hands and feet to the bed with their bayonets. They were in the process of hammering them in when I walked Hank. He whipped a flick knife out of his pocket, and held it under the chin of the leader. I was sure he was going to cut his throat.

I couldn't understand Italian, but I had no doubt as to what he was saying to them. He took their bayonets from them, placed them on a ledge and jumped on them, breaking them. He said to me, "Let them explain that to their Superior Officers!". He then picked me up and carried me back to my bed in the hospital ward.

I was absolutely filthy; soiled and covered with lice. Hank disappeared and came back with a bar of soap, (which was normally unobtainable), and some rags he had pinched from somewhere in the hospital. He then painstakingly washed me from head to toe. He repeated this over the next three days until all the lice had gone.

The treatment I got from the hospital after this was entirely different. They even put my leg in plaster.

The only unpleasant incident in Bari after the dungeon, was having my bed kicked by one of the Italian guards. With a broken spine, this was very painful. Unfortunately for this particular guard, Hank had seen him and produced the stiletto again, and threatened to (as he explained to us) "....sleet his kidneys"

Particularly when he was angry, Hank's Brooklynjese became very thick. This guard was never seen again. In fact no guards were seen again in our room.

I remember on one occasion I was being interrogated by the Italians who for some reason believed I was an American Submarine Commander. They were convinced I was a spy. I was unaware that America had joined the war, and as I was suffering almost total amnesia I did not remember where I was from. Hank happened to be in the room at one stage and let out a tremendous snort, "He's no Yankee. He's no Limey neither!"

One day Hank advised us that the "bad boys" of the ward were going to be moved out of Bari hospital, because the Red Cross were about to do an inspection. The Italians were anxious to prevent them from interviewing us. The "bad boys" were myself, the Irish professor of Geography, and a Kiwi doctor with severe internal injuries. We were all totally bedridden.

On the 27th March 1942, Hank arrived in the ward and shook the three of us by the hand. As I lay on the stretcher about to be taken away he placed a hat on my chest. Under the hat was my watch (or what was left of it after the German doctors had dug it out of my arm), and my battered silver cigarette case. He told me with a wink that he had broken into the safe in the Colonel's office and had stolen it back for me. At the last minute he added a British army jackknife. I managed to hide this, usually in my bandaged leg, and kept it in my possession right throughout the rest of my time in the war, bringing it with me back to New Zealand.

When I was finally repatriated to Alexandria in 1943, via the hospital ship "Gradisca", I was interrogated by British Intelligence. I told them in some detail about Bari hospital, and that "Hank the Yank" had been responsible for saving several Allied officer's lives.

In 1946 when I was in England, I met up with Hugh Mateer who was then working with Intelligence. He told me that the British upon capturing Bari, had got Hank out of Italy and found him a good job in Africa.



KEEP YOUR EYES PEELED FOR CHAPTER THREE OF THIS WONDERFUL STORY WILL BE PRINTED IN OUR NOVEMBER EDITION.

NGARUAWAHIA



GOLF CLUB

592 SH1, Nga

07 824 8006

www.golfwaikato.co.nz

**Full
Membership
Special**

1st Oct 2017- 28th Feb 2019

\$740

**Childrens
After School
Programme**

30th Oct- 27th Nov 2017

\$20

**SW Civil LTD
Buisness
House Twilight**

9th Nov- 30th Nov 2017

TEAMS OF 3

\$60

**Summer
Membership
Special**

1st Oct 2017- 28th Feb 2018

\$219

**Ladies
'Learn to play'
Package**

INCLUDES TWO CLINICS

\$60

**Twilight
Golf
Every
Tuesday**

SPRING LOADED WITH NEW SEASON STYLES

CHECK OUT OUR
FULL RANGE IN
STORE AND
UPDATE YOUR
LOOK THIS
SPRING

BELL NEUHAUSER
& (MATTHEWS)
OPTOMETRISTS



Where Technology, Style and Versatility Meet

07 838 3454 | 456 Anglesea Street, Hamilton | www.bellneuhauser.co.nz

LAUGHTER IS THE BEST MEDICINE



DRUNK TEST...

A police officer pulls over this guy who's been weaving in and out of the lanes. He goes up to the guy's window and says, "Sir, I need you to blow into this breathalyser tube."

The man says, "Sorry officer, I can't do that. I am an asthmatic. If I do that, I'll have a really bad asthma attack."

"Okay, fine. I need you to come down to the station to give a blood sample."

"I can't do that either. I am a hemophiliac. If I do that, I'll bleed to death."

"Well then, we need a urine sample."

"I'm sorry officer, I can't do that either. I am also a diabetic. If I do that, I'll get really low blood sugar."

"All right, then I need you to come out here and walk this white line."

"I can't do that, officer."

"Why not?"

"Because I'm drunk."

HEARING BETTER NOW

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."

VACATIONER CALLS A SEASIDE HOTEL

A vacationer called a seaside hotel to ask its location. "It's only a stone's throw from the beach," he was told.

"But how will I recognise it?" asked the man.

Came the reply: "It's the one with all the broken windows."

THERE IS A BLIND MAN HERE TO SEE YOU

A nun in the convent walked into the bathroom where mother superior was taking a shower. "There is a blind man to see you," she says. "Well, if he is the blind man, then it does not matter if I'm in the shower. Send him in."

The blind man walks into the bathroom, and mother superior starts to tell him how much she appreciates him working at the convent for them. She goes on and on and 10 minutes later the man interrupts: "That's nice and all, ma'am, but you can put your clothes on now. Where do you want me to put these blinds?"

FREE DRINKS FOR EVERYONE

One night, a drunk comes stumbling into a bar and says to the bartender: "Drinks for all on me including you, bartender." So the bartender follows the man's orders and says: "That will be \$36.50 please." The drunk says he has no money so the bartender gives him a slap around and throws him out.

The next night the same drunk comes in again and orders a drink for everyone in the bar including the bartender. Again the bartender follows instructions and again the drunk says he has no money. So the bartender gives him a slap and throws him out.

On the third night he comes in, the drunk orders drinks for all except the bartender. "What, no drink for me?" replies the bartender. "Oh, no. You get violent when you drink."

START SUMMER SAUCESATIONALLY WITH WILD WEST WORCESTER

MARINADE - WILD WEST WIZZ UP

GREAT WITH BEEF, VENISON, PORK, CHICKEN

INGREDIENTS

¼ cup Wild West Worcester Spicy Sweet Blacksauce
¼ cup Soy Sauce
2 teaspoons Wild West Worcester Onion Relish
2 cloves garlic
1 teaspoon Brown Sugar
2 teaspoons Oil

METHOD

1. Combine marinade ingredients. Shake in jar or use blender
2. Add meat to snaplock bag, pour over marinade. Massage in to cover all meat
3. Marinate minimum 3 hours if possible

To add heat, use 2 teaspoons Wild West Worcester Hot Chilli Blacksauce

This recipe is great as a stir-fry sauce also

TOTALLY
SAUCESOME



WILD WEST WORCESTER FISH SMOKING & SAUCESOME FISH PIE

TO SMOKE FISH

Kahawai - Mullet - Trout - Salmon
¼ cup Wild West Worcester Spicy Sweet Blacksauce
Sea Salt
Smoker; personal preference

METHOD

1. Dry fish with paper towels to remove moisture
2. Salt fish liberally
3. Pour over Wild West Worcester Spicy Sweet Blacksauce
4. Place fish into smoker and leave for 4.5-5 hours (or to smoking preference)

You do not need to add any additional brown sugar to smoking 'brine' as the Wild West Worcester Sauce has enough sweetness

SMOKED FISH PIE

400g Smoked Fish
4 medium size potatoes, boiled
Parsley, chopped
½ cup cheese, grated

WHITE SAUCE / ROUX

3 tablespoons Butter
3 tablespoons Plain flour, sifted
3 teaspoons Wild West Worcester Spicy Sweet Blacksauce
(FOR EXTRA HEAT USE HOT CHILLI VERSION)

2 cups Milk
Salt and Pepper

METHOD

1. Preheat oven to 180°C. Next, cook the potatoes and mash together with a splash of milk, parsley, salt and pepper (to taste) and a little butter.
2. In a saucepan melt butter over a medium heat, then add diced onion and garlic. Blend in flour and cook for 3 minutes, stirring constantly.
3. Slowly add in milk until the sauce thickens, then add Wild West Worcester and season to taste.
4. Stir in Smoked Fish and place mixture in an ovenproof dish. Top with potato mash then with grated cheese. Bake for 35 minutes.



INSTANT
FLAVOUR
BOOST

Katie would love you to try!

For your FREE SAMPLE

stop by the website and hit the sample button www.wildwestworcester.co.nz



CALL NOW: (09) 945-5074

Based in Dargaville, Northland, New Zealand. Wild West Worcester is a family-orientated business, owned and operated by saucemaker extraordinaire Katie Le Noel. For over 30 years Katie has brewed her own version of 'Worcester' sauce, which passed down from an old family recipe, is so unique in flavor that its totally irresistible. While family and friends of the Le Noel's have been slapping Wild West Worcester on everything for many years, the secret sauce remained unknown to everyday New Zealanders.... until now that is.

'Nothing but the best from the Wild Wild West'



VENISON BACKSTRAP, WILD WEST WORCESTER SAUCE & PORT REDUCTION

WIH WILD WEST ONION RELISH CREME FRAICHE WHIP & POTATO MASH

INGREDIENTS

1kg Venison Backstrap (or Beef Fillet)
 ½ cup Ruahine Roaring Red Port
 ¼ cup Wild West Worcester Spicy Sweet Blacksauce
 ¼ cup Soy Sauce
 1 teaspoon Brown Sugar
 2 cloves Garlic
 1 cup Creme Fraiche
 4 tablespoons Wild West Worcester Onion Relish
 1 teaspoon Wholegrain Honey Mustard
 2 teaspoons Horseradish
 Salt & Pepper

METHOD

1. Combine Port, Wild West Spicy Sweet Blacksauce, Soy Sauce, Brown Sugar, Garlic with Venison Backstrap. Marinate 2 hours minimum, if possible, for flavour infusion
2. Remove Backstrap from marinade (retain), dry, season & pan-sear medium-rare; remove & rest
3. Pour retained marinade into pan and resting juices from Venison and reduce for Port - Wild West Worcester Jus
4. Combine Creme Fraiche, Wild West Worcester Onion Relish, Honey Wholegrain Mustard & Horseradish, season with salt & pepper
5. Potato Mash made to personal liking & serve dish with choice of side greens



THE WILD WEST WHOPPER BURGER

WHOPPER PATTIES

500g Mince
 1/2 Red onion, finely chopped
 2 teaspoon Wild West Worcester Onion Relish
 3 slices bread, finely chopped
 1 Egg
 1 tablespoon Garlic (crushed)
 ½ teaspoon Ground Cumin
 1 Kumara, grated
 3 tablespoon Wild West Worcester Original Spicy Sweet Blacksauce
 Salt and Pepper
 4 teaspoons Oil

WILD WEST WHOPPER FILLINGS

Lettuce, Bacon Rashers, Egg, Red Onion,
 Wild West Worcester Beetroot Relish

METHOD

1. Combine all ingredients with mince
2. Press mince mixture into patties (make larger than the burger buns to allow for shrinkage while cooking)
3. Heat frying pan with oil and cook patties until golden brown on each side. Remove from pan, rest.
4. Assemble with all your favourites burger fillings. We love ours with Lettuce, Bacon, Egg and Avocado and of course Wild West Worcester Beetroot Relish!

Find the Wild West Crew – October events:

Sika Show, Taupo
Waikato Home & Garden Show, Claudelands, Hamilton
Equidays, Mystery Creek, Hamilton
Hawkes Bay Royal A&P Show, Hastings



ORDER ONLINE: www.wildwestworcester.co.nz



Posturepedic®

bedpost

SEALY SALE

OUR MOST POPULAR POSTUREPEDIC NOW JUST

\$2499*



loveyourbed

BEDPOST TE RAPA

9 Maui Street, Te Rapa, Hamilton 3200

Ph 07 850 5272 | Web www.bedpost.co.nz

Em bedposthamilton@clear.net.nz

Mon - Fri 9am-5:30pm | Sat 9am-5pm | Sun 10am-5pm



WE ACCEPT THESE CARDS
12 Months Interest Free Available†

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

*Discount applies to normal ticketed price.

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



October 2017

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

| | | | | | | |
|--|-----------|---|---|---|--|--|
| 01 Pirongia Craft Day 9am - 3pm Main Street 798, Franklin Street Pirongia FREE <i>International day of Older Persons</i> | 02 | 03 Mary Poppins 7:30pm - 10:30pm Baycourt Community & Arts Centre 38 Durham Street, Tauranga Seniors: \$47.00 | 04 Mary Poppins 7:30pm - 10:30pm Baycourt Community & Arts Centre 38 Durham Street, Tauranga Seniors: \$47.00 | 05 Last Legs 7:30pm - 9:30pm Clarence Street Theatre 59 Clarence St, Hamilton Adult from \$56.50 Senior from \$51.50 | 06 Walk with Age Concern for International Day of Older Persons Start Time: 9:30am Celebrating Age Centre 30 Victoria Street Hamilton MORNING TEA FROM 10AM | 07 Last Legs 7:30pm - 9:30pm Clarence Street Theatre 59 Clarence St, Hamilton Adult from \$56.50 Senior from \$51.50 |
| 08 The Sound of Music 3pm - 5:30pm or 7pm - 9:30pm Clarence Street Theatre 59 Clarence St, Hamilton From \$69.90 | 09 | 10 | 11 | 12 | 13 Last Legs 7:30pm - 9:30pm Baycourt Community and Arts Centre 38 Durham Street, Tauranga BUY TICKETS - 0800 842 538 | 14 Playwriting Bootcamp with Roger Hall 10:00am - 12:00pm Baycourt Community and Arts Centre 38 Durham Street, Tauranga \$30 |
| 15 Last Legs 7:30pm - 9:30pm Baycourt Community & Arts Centre 38 Durham Street, Tauranga Buy Tickets - 0800 842 538 | 16 | 17 | 18 | 19 Musical Feast 12:00pm - 1:00pm Waikato Museum 1 Grantham Street Hamilton FREE | 20 | 21 4Seasons River Run/Walk 9am - 11:00pm Matakanohi Reserve Ann Street, Beerscourt Hamilton 5K WALK/RUN \$5 10K WALK/RUN \$10 |
| 22 Topp Twins HEADING FOR THE HILLS 7pm - 10pm Clarence Street Theatre 59 Clarence St, Hamilton BOOK TICKETS 0800 842 538 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | IMPORTANT DATES: October 1 st - International Day of Older Persons October 6 th - Walk with Age Concern Celebrating International Older Persons Day | | | |

LIBRA SEPT 22 - OCT 23

Having a good time is first on your agenda and you don't have a hard time finding peeps who want to party with you. Just remember that when it's time to work, study, or take care of other responsibilities, you need to call it quits and get back to real life.

QUOTE OF THE MONTH

"We may pass violets looking for roses. We may pass contentment looking for victory."



U-Sell

Park & Sell Yard

HAMILTON

VISIT U-SELL TODAY AT

797 TE RAPA RD, HAMILTON

www.u-sell.nz

07 211 7573

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

TRUSTED TRADIES AND SERVICES



Call Trudi for a coffee and
chat about the property
market - **her shout!**

☎ 07 837 3801 / 027 270 1608
@ trudi.gower@eves.co.nz

Licensed under
the REAA 2008



07 847 5407

MOB: 027 270 4855 | FAX: 07 847 5407
EMAIL: glen@pjspanelandpaint.co.nz

11-13 Grasslands Place, Frankton, Hamilton, 3204
PO Box 5548

Approved Structural Repair Centre:



HAMILTON AUTOMOTIVE REPAIRS
THE GENTLEMEN OF THE AUTOMOTIVE INDUSTRY

**YOUR COMPLETE AUTOMOTIVE
MAINTENANCE SERVICE**

FREE PICKUP & DELIVERY WITHIN CITY LIMITS

Mike Cox - Director
027 218 1733



Ph: 07 847 1865
www.hamiltonautomotive.co.nz
82 Killarney Road, Hamilton



Call your local Jim for more than
just mowing!

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

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

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



Phone for
a **FREE**
Quote!



ACC approved 'Strong & Stable' Classes
Facilitated by our Clinical Exercise Physiologist
4 week class concession \$50 for non members

07 838 3888
83 Tristram Street, Hamilton

www.empowergymforwomen.co.nz
reception@empowergymforwomen.co.nz



For All Your Landscaping
And Garden Needs

.....

16 Wickham St, Hamilton, 3204

07 847 8464 www.completelandscapes.co.nz

Eltje Malzbender's life has recently been made easier with the help of the Alinker walking bike

IT ALL STARTED early last year when cyclist and King Country-based physiotherapist Eltje Malzbender was left on the rural roadside near Waitomo, after being hit by a car.

She was taken to Waikato Hospital where she lay in a coma for two and a half months. After waking up she had no memory of the incident, but damage to the bike and the simple layout of the terrain where she was found indicated it was a hit-and-run.

The accident was not going to deter Eltje from her passion for cycling. After spending over a year in rehabilitation, she moved from Te Kuiti to Cambridge, where the flat terrain, wide footpaths and a residence close to town provided the ideal place to begin rebuilding her life.

The accident left Eltje with serious neurological damage which affected her balance and coordination, but she continues to improve her ability and gain more mobility with each day helped by The Alinker non-motorised walking bike, an excellent invention which enables her to become even more independent and mobile.

The Alinker walking bike has just been released in New Zealand following its launch in North America and the Netherlands. It was created by Dutch woman Barbara Alink originally for her 80 year old mother, who didn't want to live with the stigma of using a walking frame.

Now the incredible yet simple three-wheel walking bike enables people with all sorts of limitations, such as getting older, feeling chronic aches and pains and/or recovering from an injury. It is for people who want to stay active regardless of mobility challenges.

A number have been donated around New Zealand through a grant made possible from the Li Ka Shing Foundation including two to the QE Health Wellness & Spa in Rotorua.

The Alinker is available through Life Unlimited Charitable Trust – the exclusive dealer in New Zealand – through their Life Unlimited stores in Hamilton, Tauranga, Rotorua and Gisborne or online.

William Hughes, general manager, Enterprise, Life Unlimited said he was thrilled to have the exclusive New Zealand dealership for the Alinker.

“As a charitable trust, our goal is to make a difference in people's lives and support them to live the life they choose.

“The Alinker is challenging assumptions about people with disabilities and is striving to build a more inclusive community.

“Our involvement with Eltje is ongoing. She is a very strong ambassador for Life Unlimited and for The Alinker.”



\$45

EAR WAX REMOVAL

Plus receive a free hearing check.*

*Free hearing check is only available to people aged 18 years and over.

Ear wax is a natural occurring substance in healthy ears, but it's quite common for wax to build up in the ear canal. Ear suctioning uses a very gentle vacuum technique to safely remove wax.

If you have noticed deteriorating hearing, itching, fullness or a blocked feeling in your ears it's a good idea to have our ear nurse safely suction your ears. Bay Audiology has ear nurses conveniently located at clinics in:

**Hamilton
Cambridge**

**Te Awamutu
Morrinsville
Flagstaff**

**Tauranga
Mt Maunganui**

Book today!
0800 700 862



SUBMIT A STORY OR SHOW A RECEIPT OF YOUR PURCHASE FROM WILD WEST WORCESTER AND GO INTO THE DRAW TO WIN A SAUCESOME GIFT BASKET!



Take your pick



**NO
DEPOSIT**

\$89 **PER WEEK**

**OR JUST
\$19,990**

PLUS ORC



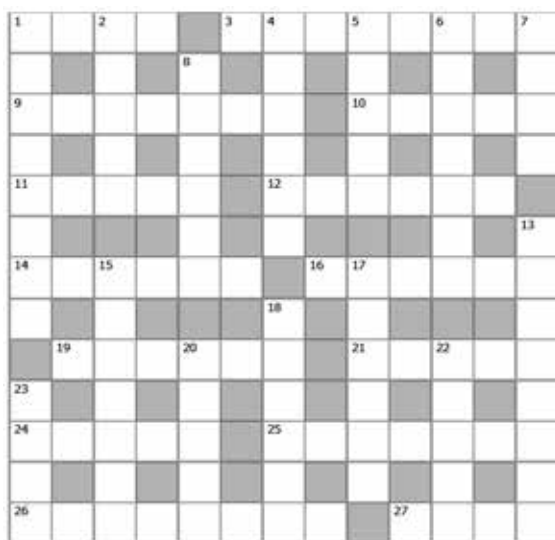
*\$88.92/week based on Swift GL manual, Jimney JX manual, Ignis GLX auto and Baleno GLX manual (SSP \$19,990 plus orc), nil deposit, 3.9% interest rate and 5 year term. Payments include on-road costs, a \$369 documentation fee and \$10.35 PPSR fee. Total amount payable: \$23,208.12. Offer available until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

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



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

Quickie Crossword



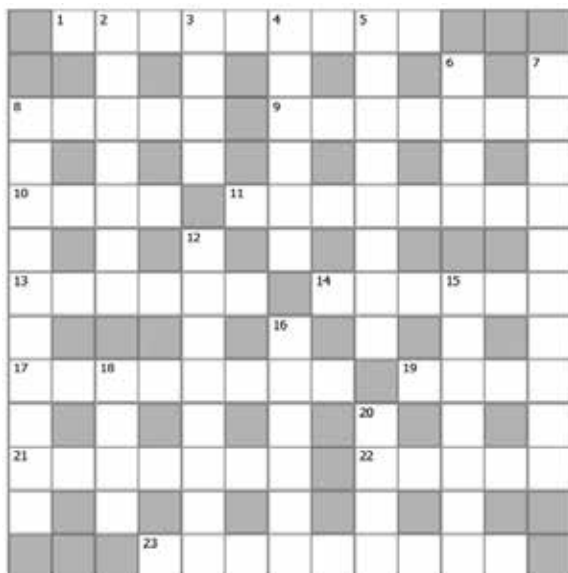
Across

- 1 Thin fog (4)
- 3 Daddy-long-legs (8)
- 9 Bounce back (7)
- 10 City of northern Italy (5)
- 11 Lifeless (5)
- 12 The capital of Portugal (6)
- 14 Hair colour (6)
- 16 Second sign of the zodiac (6)
- 19 Inequitable (6)
- 21 Jewelled headdress (5)
- 24 Hit hard (5)
- 25 Gaffe (4,3)
- 26 Until now (8)
- 27 Glance over (4)

Down

- 1 Sweet almond paste (8)
- 2 Dark brown fur (5)
- 4 Puzzling question (6)
- 5 Brief letters (5)
- 6 Zeal (7)
- 7 Tug (4)
- 8 Dairy product (6)
- 13 Hired killer (8)
- 15 Feast (7)
- 17 Round Table king (6)
- 18 Gain (6)
- 20 Plentiful (5)
- 22 Savoury jelly (5)
- 23 US state (4)

Cryptic Crossword



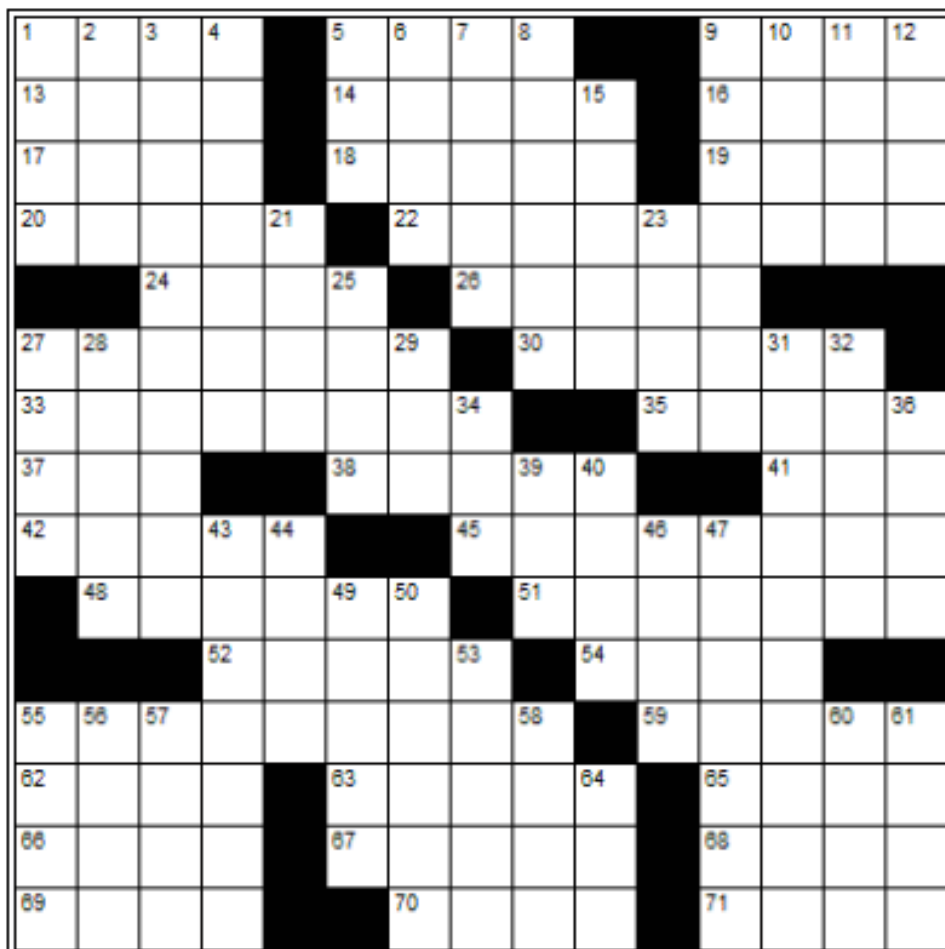
Across

- 1 Mad bikers frantic to get off (9)
- 8 Urge to use an iron (5)
- 9 Leo, for example, or a lady abroad (7)
- 10 Pole crossing a thoroughfare (4)
- 11 Precious object Nemo gets at sea (8)
- 13 Lock up one acquiring work experience (6)
- 14 Rock band or movie star (6)
- 17 Live nude shockingly exposed to public view (8)
- 19 Shape of zero value? (4)
- 21 New part ordered somewhere in Belgium (7)
- 22 More proficient in table rapping (5)
- 23 Wrought steel, as in key (9)

Down

- 2 Imprecise in former legislation (7)
- 3 Some conversed in Gaelic (4)
- 4 Hamper speculation about request (6)
- 5 Bognor extension? Test records kept here (8)
- 6 Crazy railway engine (4)
- 7 Cricketer with top hat under pressure (4,6)
- 8 Fastidious individual (10)
- 12 Tough guys breaking ribs? Sure! (8)
- 15 Short work of fiction — page of calendar girl? (7)
- 16 Pope resolved to meet the French nation (6)
- 18 Refuse to allow free vote (4)
- 20 Compassion, we hear, for male deer (4)

Giant Crossword



Across

1. Laugh
5. Charity
9. Rich soil
13. Module
14. Increase
16. Away from the wind
17. Snack
18. Snow house
19. No more than
20. Fence "doors"
22. Album
24. Tears
26. Electrical pioneer
27. Omission
30. Artist's workroom
33. Explanatory note
35. Squalid
37. Air movement device
38. G-string
41. Chief Executive Officer
42. A small cut
45. Wizard
48. Poor handwriting
51. Bishopric
52. French for "After"
54. Goad
55. Skewer
59. Similar
62. A building for skating
63. Filched
65. Comply with
66. Behold, in old Rome
67. Anxious
68. Delight
69. A doe or stag
70. Stink
71. Cravings

Down

1. Suspended
2. Dwarf buffalo
3. Melodramatic
4. Non-believer
5. French for "Friend"
6. Records
7. Swindle
8. Breathes noisily during sleep
9. A fast Brazilian dance
10. Margarine
11. Relating to aircraft
12. Docile
15. Browned bread
21. Whirl
23. Damson
25. Lampblack
27. F F F F
28. Advances (money)
29. Greatest possible
31. Beyond belief
32. S-shaped moldings
34. Dawn goddess
36. Bygone era
39. A gesture of assent
40. Handle
43. A thin crisp wafer
44. 11th Hebrew letter
46. Daughter of Zeus and Demeter
47. Environmental science
49. Seize
50. A piece of mail
53. Rock
55. Engendered
56. Type of cereal grass
57. A single time
58. If not
60. Avid
61. Visual organs
64. Startled cry

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

Giant Sudoku

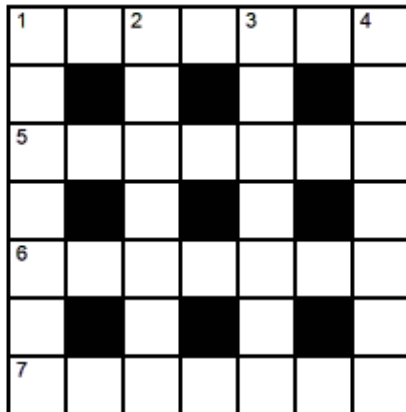
| | | | | | | | | | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 23 | | 20 | 8 | 15 | | 21 | 6 | 17 | | | | | | 24 | 19 | | | | 12 | | | | 2 |
| | | 14 | 3 | 11 | | 16 | 2 | | 13 | | | | 17 |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

Mastermind

- 01 English highwayman Dick Turpin was executed in 1739 in which city?
- 02 How many double letter squares are on a standard Scrabble board?
- 03 John George Diefenbaker was Prime Minister of which country from 1957 to 1963?
- 04 In astronomy, Pulsar, Binary, Dwarf and Red Giant are all types of what?
- 05 Which Tommy had a hit with "I'll Be Your Everything"? Rage, Sage, Page, Cage
- 06 What type of drink is claret?
- 07 During which year did the first Centenary Test cricket match take place between England and Australia?

Mini Crosswords

Mini Crossword 01



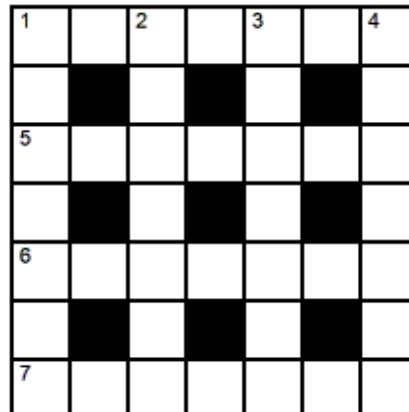
Across

1. Evensong
5. Expressing much in few words
6. Result
7. Medical procedure

Down

1. Asinine
2. Legislator
3. Part of a broadcast serial
4. Stage set

Mini Crossword 02



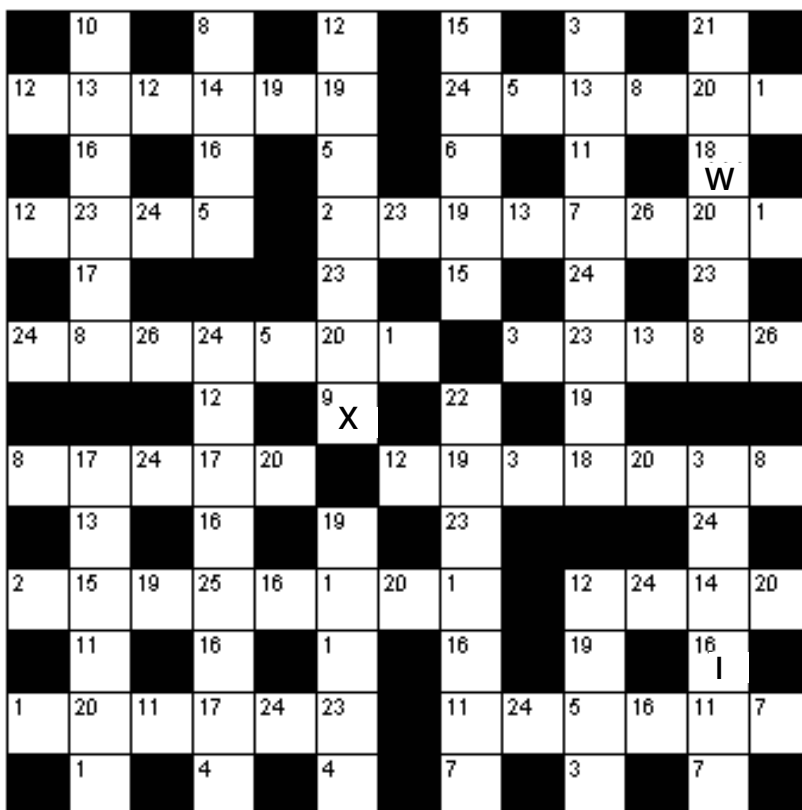
Across

1. Forceful and extreme
5. Officer
6. Territorial jurisdiction of a bishop
7. Idiom

Down

1. Resolved
2. Ancient jar
3. Circus swing
4. Permission

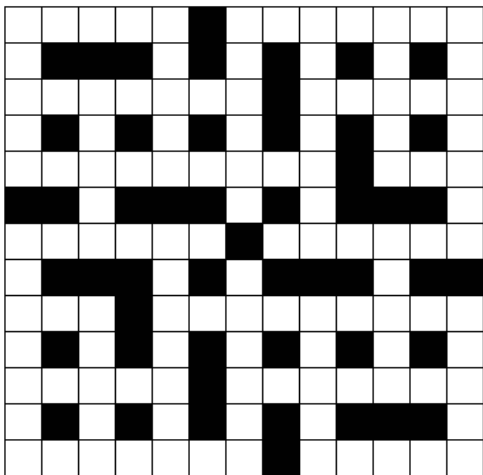
Code Word



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

Word Fit



3 letter words

ARC
DIM

5 letter words

BAGEL
CAVES
DISCO
INCUR
LAIRS
LLAMA
MAGIC
REACT
RODEO
SALON
ZEBRA
ZONES

6 letter words

ABSURD
AGREED
CYCLED
JAGUAR

7 letter words

AUDIBLE
BACKLOG
ENCODED
EXCUSES
JAVELIN
NOTICED
RUMBLED
VARIETY

9 letter words

ADVANTAGE
MAGNIFIED

Word Change

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

| |
|-------|
| chili |
| |
| |
| |
| stall |

| |
|-------|
| racer |
| |
| |
| |
| socks |

| |
|-------|
| rough |
| |
| |
| |
| poach |

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 September Puzzles:

Quickie Crossword



Cryptic Crossword



Word Fit



Giant Crossword



Giant Sudoku



Mini Crossword 01



Mini Crossword 02



Mastermind

- 01 Elephant
- 02 Baroque
- 03 Warhol
- 04 Edward Lear
- 05 Hawaii
- 06 Nine
- 07 Florida

Word Change

- grate pouch peace
- grade poach place
- glade peach plate
- blade peace slate
- blame

Hub Word

9-letter word - GLADIATOR

Some other words of five letters or more containing the hub letter **R**:
agora, altar, aorta, argal, argot, aroid, artal, atria, goral, grail, griot, groat,
laird (Scot), largo, radio, raita, ratio, riata, taira, tiara, trail, triad, trial,
adroit, aortal, argali, atrial, lariat, latria, radial, tailor.

Code Word



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




SEDDON PARK
FUNERAL HOME
Where we celebrate life

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

Meet the Needs for Your Loved One

Seddon Park Funeral Home understands that funeral customs and traditions are as old as human history and hugely important, so every culture is attended to with the greatest of care.

Funeral requirements differ from family to family. At Seddon Park, there is no such thing as a 'one-size-fits all' funeral.

Most cultures have three threads when dealing with death:

- A ceremony or ritual to mark the death
- A sacred place for the deceased
- A fitting memorial for a loved one

Around the world people conduct funeral services in different ways, but each is carried out with great reverence. Cultures have their own unique and time-honoured traditions, whether it's elaborate or simple, a small ceremony, or a grand gathering.

Many cultures place great importance on viewing the deceased. This can either be done at the funeral home, or at a place chosen by the family. It's a time for family and close friends to say goodbye privately. Some families prefer not to have a viewing, and Seddon Park is happy to care for their loved one until the time of the funeral.

Seddon Park Funeral Home staff work very hard to ensure needs are met. Staff will meet with the family to discuss the various options and requirements, including cultural requests and community obligations.

Over the years Seddon Park Funeral Home has been called on to facilitate funerals in many locations to meet the social, community and cultural needs of families. This is always done to the highest standard possible. While Seddon Park has its own purpose-built chapel and catering lounge, families can choose where they'll say farewell.

What happens after the funeral is just as important as the ceremony itself, and again, this is where culture and tradition play a huge part. For some a meal or gathering after the service is very important, while others prefer to have quiet time with immediate family. It is usually a time of renewing links with family and friends, and honouring a loved one in a more informal setting. It's a time for sharing memories, stories and acknowledging the bond between those feeling sadness at the loss of a friend or family member.

In some cultures a 'wake' is often an extended process and may involve some party aspects, including singing. This is seen as a celebration of a life. An Irish wake usually lasts three full days.

Seddon Park Funeral Home has an open door policy for anyone wanting to enquire about the options, costs and services offered. Every enquiry is kept totally confidential.

The experienced team at Seddon Park understands that the last thing needed during this emotional time is further problems. They know and understand the importance of having caring and considerate staff to walk alongside grieving families to make the process less difficult. Every detail is handled professionally and with great dignity.




SED DON PARK
FUNERAL HOME
Where we celebrate life

Incorporating
SADLIERS
FUNERAL
SERVICES



FOTON

ESCAPE

With The Foton

Adventurer



**SELF
CONTAINED**



**Internal
Shower & Toilet**



100W Solar Panel



Reversing Camera



Satellite TV

NOW ONLY

\$89,990 **DRIVE
AWAY**

FREE 24/7 Roadside Assistance

Complete with a 3 Year / 100,000kms Warranty

EBBETT FOTON

An Ebbett Group Dealership

Cnr Anglesea St & Thackeray St, Hamilton
07 838 0949 **Visit www.ebbettfoton.co.nz**