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September 2018 • Waikato/Bay of Plenty

Life Beyond 50

Kingsley Field

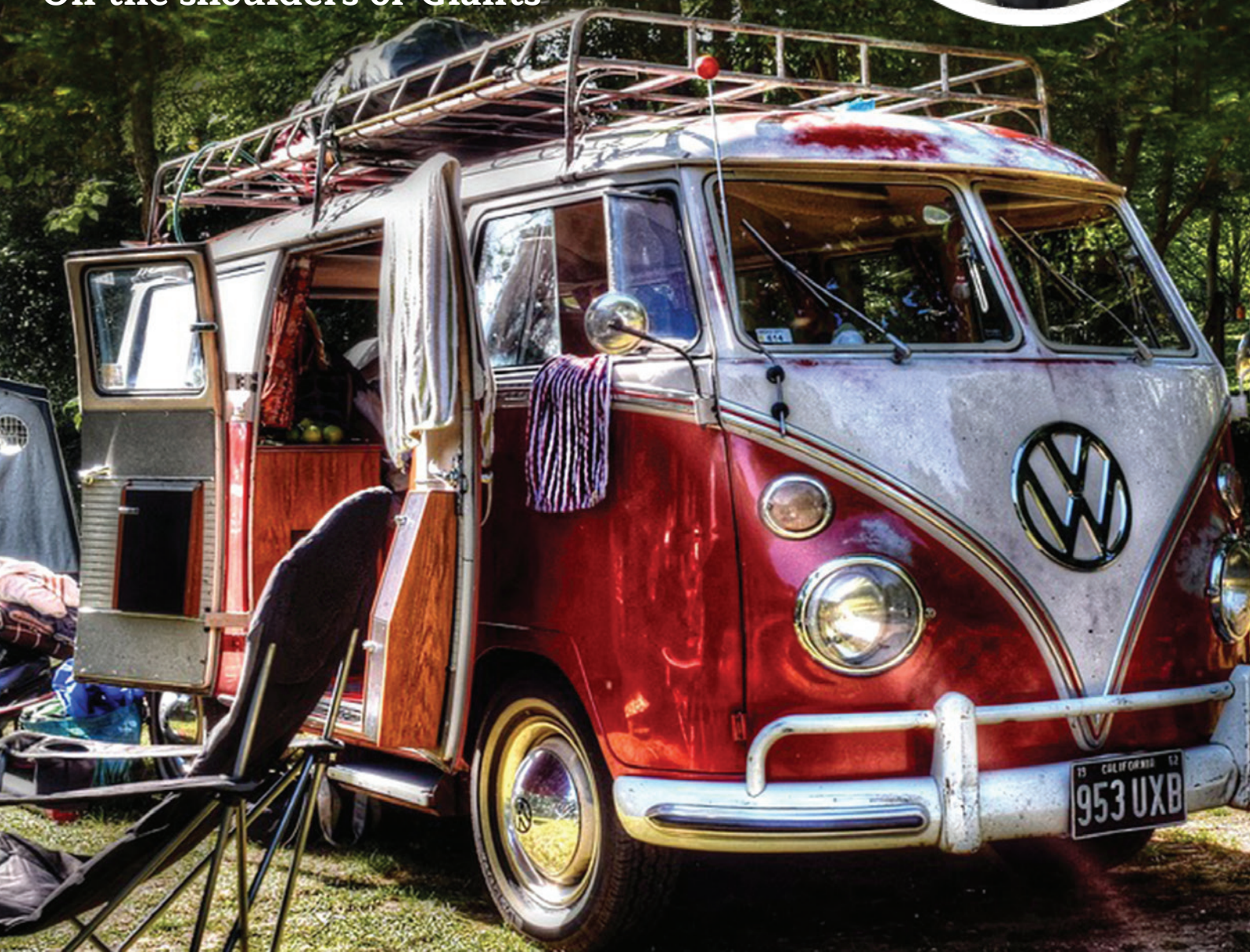
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Welcome to Seasons Magazine

Mijda



Welcome to Spring!

At last after a long and cold winter, Spring has arrived. The early morning frost on the grass, the early morning mist, the welcome sunny days and the chilly night temperatures tells us Spring is here. You can smell it in the air. I decided to spring into action and prepare my veggie patch for planting the new seasonal veggies. Being a beginner gardener I tackled this goal with great enthusiasm having the end result in sight but discovered it's not as easy as I thought, pulling out weeds, turning over the soil and fertilizing with sheep pellets. However, job done after discovering some extra sore muscles I didn't know I had, an aching back and burning off some unwanted winter calories, the veggie patch is now ready for planting.

As you read through our Spring edition we have included for those gearing up towards the summer months, our Motorhome Madness feature which includes some great articles and ideas for anyone who is contemplating joining, or are already part of the growing grey nomad movement. Also we have a wonderful feature on the action out at the Waitomo Caves, but don't panic, we continue to have our great articles

by Kingsley Field, Geoff Lewis and Jenny Magee as well as other great editorials, advertising and reader submissions. As usual for those who love their puzzles, jokes and recipes we have these in fresh for the new season to keep you going through those still chilly evenings.

Due to some exciting changes we are making to our website and Facebook platforms, we have achieved over the past few months great growth in these areas, as well as many of our readers and services receiving a link as soon as the magazine is out, that they can forward to their friends and family wherever they are to enjoy free, at the same time as those readers receiving the hard copy magazine across the Waikato, Bay of Plenty and beyond.

We love to hear from you and your feedback is always welcome. Please go to our Facebook page which is seasonsmag@facebook or just type in seasonsmagnz into your Google search, and you will find us just like that.

Until next time, have a wonderful month.

Cheers, *Mijda*

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Keeping The Home Fires Burning

For as long as I can remember, winter fires have been a joy and a comfort in most places I've lived.

And over the past few months we've had occasion to regularly spark up our little log-burner and enjoy the superb warmth it radiates right through the house. There's something really special about being able to sit at the table in our modest-sized open-plan kitchen—dining—living room area with a book, after the dishes have been cleared away into the dishwasher, and gnaw gentle holes in a glass of pleasant wine while the flames from the fire flicker across a bed of glowing coals.

The log-burner pings and clicks as it heats up, and the warmth filters out surprisingly quickly. The cats, of course, presume the fire is there especially for their ease and comfort, and spread themselves out like sprawling rugs in an arc across the front. One has to tread with extreme care when another log or two needs to be added to the blaze.

We were fortunate when we built the house that the builder was amenable to us making changes to the original plan – we upgraded insulation in the walls, installed larger showers, expanded the garage, expanded the lounge too, had security doors installed, and put a deck out on the north side of the house. And, because I specially wanted one, we asked for, and cheerfully got, a log-burner with a cook-top. How often have we heard of sudden and unexpected power black-outs that affect whole towns, or major chunks of a wider region? And despite the best efforts of those heroic lines repair people, who are often asked to work in atrocious conditions to make urgent repairs, it sometimes takes days for the electricity supply to be restored.

Well, even here in the lower Waikato, where winters are relatively mild, I don't fancy being without hot food and drink, or being warm and comfortable, for two or three or ten days while the power is off. I'm sure the cats feel the same way...

So we have our little cook-top log-burner, and with my Gold-card-boosted superannuation payments to cover winter heating costs, we have bought a reasonable quantity of split wood. As yet, we don't have a shed for it, but in the meantime it's stacked along the lee-side of the house, and it mostly stays dry.

So far I've only done a large pot of soup on the cook-top, but I'm sure it will handle a casserole or bacon and eggs if needs be.

These days, it's a relatively simple matter to check the classified advertisements in our local newspaper to see who's got firewood for sale. There's a few on offer, and one of them said he'd deliver a ute-load for \$95. He was an older man, about my age, and still strong from his wood-cutting work, and he kindly helped my stack it, straight from the deck of his ute to my house-wall.

And it's been really nice to do a little axe-work on some of it. There are some hefty blocks that need another split or two so they fit more easily in my firebox, and swinging the four-pound Kelly axe, still with some reasonable degree of accuracy, brings back long-forgotten memories. I've had that axe 50 years.

The old Kelly sinks easily into the heavy eucalypt wood, occasionally jamming deep in the tight-grained material, but punching right through when a second, or sometimes a third, overhead swing brings the recalcitrant slab slamming down onto the sturdy chopping block. There's a good deal of 'he-man' satisfaction in successfully reducing a hefty chunk of timber to several more manageable pieces. And there's equal satisfaction in knowing where to hit that chunk so the axe will drive through on the grain, rather than jam in a knot.

Both my Dad and my grandfather were good axemen, and as a small boy on the farm at Otewa it was sometimes my job to turn the dog-leg handle on the grindstone so one or other of them could sharpen their axes prior to a wood-cutting expedition. The big wheel of sandstone sat on a solid, squat wooden stand with the lower third of the stone immersed in a tub of water made from part of an old car-tyre. I endlessly turned that handle so the grinding face of the stone circled down through the water and up to present a wet surface against which the axe blade was held. I remember how Dad and Grandpa moved the blade carefully back and forth across the face of the stone, turning the blade carefully so that it would wear evenly and the stone would present the widest sharpening surface. The technique was for one hand to hold the smooth hickory handle of the axe, with the other at the

back of the axe-head to guide it across the grindstone. There was a special skill needed to ensure the angle was kept just right so that the edge was held up to the sharpening surface but did not dig into the soft sandstone and leave pits and gouges that meant for uneven sharpening.

It could take up to 10 minutes turning that grindstone handle to get the axe to the keen edge the men required, and every now and then they'd rub the grit and water off the glistening steel with the palm of a rough hand and use a thumb to check the degree of sharpness. Such a check-point was always gratefully accepted as a brief respite for the aching shoulders of a small boy.

But finally the now-shiny axe blades would be deemed sharp enough, and then it was necessary to sharpen the big two-man cross-cut saws used to chew through big branches and great logs recovered from the swamp and left to dry on high ground for the past year. The saws were clamped upside down in a large vice on the shed workbench, and each tooth was given a set number of measured strokes with a file. The file had to be held at just the right angle to ensure the set and the point of the teeth were set keen and constant. Those sharpening skills were very necessary if one wanted to get the best use out of the wide variety of tools used on the farm – there were spades and hand-saws and chisels, slashers, planes, grubbers and drill-bits that also needed to be kept sharp, and each tool was always given a careful wipe of old engine oil when it was stored, to stop the rust.

They were old-time craftsmen, those men, as were many others who lived in our valley. They all had an extraordinary range of practical skills, and they valued their tools greatly.

After Grandpa died, when I was about 10 or 11, it was my job to work one end of the big saw, with Dad on the other, and it took a little time to get into the two-man rhythm necessary to make these heavy Tasmanian-toothed tools work properly. Dad usually made a couple of swings with the axe to put a 'V' cut in the upper surface of the log to give the saw some bite to start, then we'd stand either side of the log and Dad would slowly get the saw going. Each of us would hang on to the work-smoothed manuka handle on our end and we'd soon get into the routine of the back-and-forth swing. The skill was not to force the tool, but rather let its own weight and sharpness slice through the wood with each stroke. And there was pride in watching as the big jagged teeth ripped out a growing pile of wood-shreds as it gradually cut deeper and deeper into the log.

Later, we used a screaming – and highly dangerous – circular saw, driven by a long belt from the power take-off of the Ferguson 35 tractor; and later still Dad invested in a sturdy little chainsaw that gave vast service for years. No ear-muffs then, which is why I'm somewhat deaf now. That, and a million rounds fired from a variety of firearms.

All these saws and axes were used to provide our home with wood for the winter, and it was a matter of not just pride by absolute necessity that the woodshed, tacked on to the back of the chook-house, was filled to capacity by the end of February every year. Every stick, branch, broken batten, pine cone or building off-cut was saved and flipped into the woodshed during the year, with the big logs and branches hauled out of the swamp or recovered from storm-felled trees, left to dry for a twelve-month before they were cut and split and added to the pile.

We reckoned that woodshed, when full, held enough timber to last a really bad winter plus half the next winter, and I'm sure almost every other farming family in our valley – and elsewhere in the King Country, for that matter – did the same. The King Country can lay on some cruel frosts and bleak days when Mother Nature gets crabby, so being warm in front of a good mid-winter fire was always a pleasure.

And it's the same now. Our little burner is right now churning out enough warm for me to be sitting here in a short-sleeved cotton shirt, and the fire is pinging and clicking happily. As well, right through the living – dining – kitchen area there is this gentle, soft, marvellous aroma that is almost classic sandalwood. Some of the firewood we bought is dried old-man lawsoniana, and when split, either into kindling or larger slabs, it give off this wonderful, lingering scent.

It's all a lovely piece of magic. It's beating down with miserable rain outside, and here I am in shirtsleeves with a glass of pleasant red in front of a glowing fire surrounded by this lovely smell of fresh, clean, newly-split wood. And I'm just going to dig into a rich casserole for dinner. Heated on the top of the long-burner, no less.

I reckon I'm better off that 99.9 per cent of the world.



Kingsley Field

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

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Hon Tim Macindoe

MP for Hamilton West



Epilepsy Waikato Charitable Trust

Of all the many local charities and good causes I've had the pleasure of working with during my decade as Hamilton West's MP, my closest and most extensive involvement has been with the fine folk who are now members of the Epilepsy Waikato Charitable Trust (EWCT).

The former Epilepsy Waikato branch was treated very badly by its national organisation and enlisted my help in what became a long and difficult battle for those who live with epilepsy in our region. We worked closely for a sustained period and I was honoured when they invited me to be their Patron when the Epilepsy Waikato Charitable Trust was set up to continue the work the previous branch had been doing.

Epilepsy is a complex and serious neurological condition affecting approximately 48,000 New Zealanders. Most people with epilepsy have good seizure control, and live good lives, but at least 35% of our epilepsy community will have no seizure control whatsoever with conventional medications, and are considered to have drug-resistant epilepsy. For many, the impact of having this condition is profound. There is a ripple effect since epilepsy can affect every facet of a person's life.

Maria Lowe is EWCT's trained epilepsy advisor who supports and advises people living directly and indirectly with epilepsy within the Waikato District Health Board's large area which stretches from Thames to Taumarunui. Her primary aim is to improve the quality of life for all and to provide holistic support, and she does so with admirable energy, commitment and expertise.

Maria has developed personalised epilepsy action plans, which have proven to be an essential tool in schools, residential homes and workplaces and take away the guess work and fear that often surrounds a person's seizures. Training seminars and awareness talks are given to any group wishing to receive more information.

Two children's epilepsy books have been produced by the Trust and are given free to all children with epilepsy and also to schools and libraries. A new online epilepsy poster, *Not all seizures look the same*, is an interactive guide to how



Maria Lowe (centre) with some of EWCT's team that took part in the Lugton's Round-the-Bridges event in 2017 to help publicise support and services to those living with epilepsy.

seizures can affect individuals. Since social connectedness is vital, EWCT also runs various social groups and recognises an 'epilepsy hero' at an annual mid-winter event.

EWCT is also petitioning Parliament to consider funding a number of trained ketogenic dieticians and a support programme at Waikato Hospital to help the 35% of people with drug-resistant epilepsy. It will be my privilege to present the petition on their behalf later this year. The ketogenic diets are proven, effective treatments in children and adults and their use would provide a vitally-needed third option to help control seizures for when medications fail and brain surgery cannot be considered. An alternative treatment option would provide hope for thousands of New Zealand citizens who are struggling day-to-day with their epilepsy and its impacts.

Many people with epilepsy want to be heard, and for there to be more awareness around this condition. There are more than 40 different seizure types and everyone with epilepsy will have their own seizure story about how it affects them.

November is Epilepsy Awareness month and many activities have been organised. EWCT has developed a postcard project that involves 30 people who are directly or indirectly affected by the condition and its impacts. Every day in November a different postcard will be shown on the EWCT Facebook and website (www.ewct.org.nz) expressing a snapshot of views and personal stories.

EWCT doesn't receive government funding and is very grateful to its philanthropic funders, sponsors and donors for the support that they give financially. Donations can be made via the website, and if you require support or more information you are welcome to phone Maria Lowe 021 888 293, or email: maria@ewct.org.nz.



PRE-SEASON POOL CHECK

Now is a good time to get out around the swimming pool and pump shed and do a bit of checking in preparation for the summer season. Inspecting the pool and its equipment and getting things fixed now will pay dividends by giving you a trouble free pool season, and it means you can get things done whilst the pool isn't being used and there are no delays in getting service work done. Wait until something breaks in the middle of summer and pool shops are busy and unable to get to you straight away, and the pool could go green and be unusable just when you want to use it the most!!

HERE'S A LIST OF THINGS TO CHECK:

Pump: pipe connections are tight, no leaks, pump starts readily and is quiet, basket in good condition, good flow of water around pool.

Filter: pipe connections are tight, no leaks, handle turns easily and sits down fully, pressure gauge working properly, no leaking from backwash line under normal filtering.

Skimmer: basket, deck plate, vacuum plate and weir door in good condition.

Salt water chlorinator: salt cell is clean and in working order, control panel functioning properly.

Tablet feeder: seals are in good condition,

screen is clean and any flow valves work well.

Pool cleaning equipment: brooms are in good condition, nets in rakes & scoops are free from holes, poles are straight and extend & retract easily.

Automatic pool cleaners: function properly and cables/hoses are in good condition.

Fencing: is in good condition, gates self close freely and latches function properly.

Heating systems: solar pumps & control equipment and heat pumps function properly, no leaks from pipe connections.

Also, whilst out checking, you might want to consider upgrading equipment:

Salt water chlorination – automatically sanitises the pool and runs the pump.

Tablet feeder – easy way to sanitise the pool using tablets.

Automatic pool cleaner – negates the need for manual brushing!

Filter – change the sand and upgrade to glass media and get improved filtration.

Multi-speed pump – reduce your power bills.

Heating – solar or heat pump to extend the swimming season and get more out of your pool.

Beat the rush and organise your Pre-Season Pool Check with Maurice's Pools & Spas **NOW**.

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Hon Simon Bridges

MP for Tauranga



The Mens Shed

Many would say I am in the thick of my career, the years where you put in the hard yards and see the results. At 41, I imagine working for another 25+ years. I'll be honest and say I have given very little thought to how I will spend my retirement.

I often hear stories of men who have had rewarding careers but find retirement extremely difficult. The change in pace, and extra time can be challenging to fill. Men often have smaller circles of friends than women. A lack of male companionship in their later years can lead to a strain on marriages or long term relationships and a decline in their wellbeing.

There is lots of research that suggests staying active and engaged with the community is essential to a healthy retirement.

Over my years as the MP for Tauranga I have had the opportunity to drop in to the Men's Shed. It's located behind the main part of the Historic Village.

When you first arrive it's an unexpected find. It reminds me of a granddads workshop on steroids. This building is seriously impressive and is filled to the brim with every tool you can imagine.

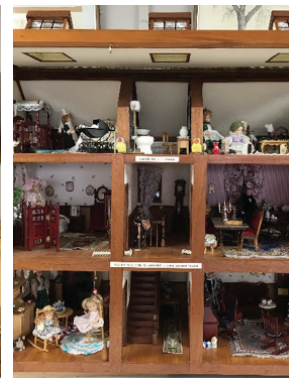
Tauranga was the first place in New Zealand to start a Men's Shed. There are now 80 across the country.



A local nurse wanted to set up a facility in Tauranga where recovering patients could come and make things as a form of rehabilitation and the Tauranga Men's Shed was born. What has evolved is a community space where men come and share their skills, enjoy time together and are mentally and physically active. Men of all abilities get involved.

Dave (above) and Neville (not pictured here) run the shed. Dave has been there from the start. The men, mostly retired, say he's a great boss even though no one actually gets paid and you can come and go as you please. The flexibility and relaxed atmosphere makes it an enjoyable place to work. And you should see the results. There are beautifully crafted wooden toys, indoor and outdoor furniture, in fact anything that can be made from wood.

This dolls house took four and a half years to make. Almost everything inside it has been handcrafted.



The team of 46 volunteers each put in about 4 hours a week but you will find Dave and Neville there every day, five days a week.

Members of the public are now asking them to fix or make things. There is a shop to the side which is open weekdays, where you can buy handcrafted toys and other pieces. All the funds raised go back into the Men's Shed charitable trust or is donated to other charities.

Five years ago the Tauranga's Men's Shed was the Supreme Winner at the TrustPower Tauranga Community Awards for offering a solution to the city's retired male population.

It is great to see a project like this working so well, giving back to the community and giving back to the volunteers who take part.

Before I sign off I would like to wish all the Dads and caregivers a very Happy Father's Day. Enjoy your day. I am looking forward to spending time with my three children.

Hearing Aid Technology



Hearing aids come in all shapes and sizes; in the ear or behind the ear, and technology refers to the mechanics inside the hearing aid, regardless of the shape of the housing shell. Modern, fast paced technology means only small differences in features between the top manufacturers; including help with Tinnitus. It is the difference between technology levels, within the brands, where careful attention should be paid.

Technology levels can be complex to understand, making it difficult to compare "apples with apples". A good clinic will help you understand the differences and give you as much information as you need to make an informed choice.

As mentioned, technology moves very fast and one vital consideration, before you part with any money, is the YEAR the hearing aids were made. If you are going to purchase new hearing aids you want to know you are getting the most up-to-date features and technical ability possible. It's not unheard of for some clinics to prescribe hearing aids released onto the market several years ago! Whilst you may be prepared to accept the older technology, perhaps on the basis of price (although not always – shop around!), it's imperative to

understand that parts and repairs for these devices may not be available for the life of the hearing aids. What happens then? Be sure to ask these questions when making a decision.

Appropriate technology relates to your individual level of hearing loss and lifestyle requirements. You need honest advice and don't feel unsure about comparing quotes, this is an investment in your health, you want the best. You may be surprised how service quality and price varies between clinics.

Finally, please remember that technology cannot do it all, the most important part of your journey back to hearing, is an excellent audiologist. A caring person, who is not only a member of NZAS (New Zealand Audiological Society) but has the knowledge and access to the right equipment (ask about Real Ear Measurement), to get the best results out of all this clever technology. Choose an experienced 'driver' with the time and attention to match modern technology exactly to your needs.

If I can help with any advice at all, please don't hesitate to call.

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



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A Message from the **Minister for Seniors**



Minister Tracey Martin

I'm going to break the pattern of having my column about 'seniors' issues this month and talk about something I'm sure you'll be interested in as parents, grandparents, aunts and uncles.

My inspiration is a film I went to at the weekend "Celia", about the life and work of Celia Lashlie, which was filmed in part during her last year. For those of you who don't know about her, Celia was one of those wonderful driven women who married and had kids young, then did her degree after her marriage ended.

But it was her working life that allowed her to see what was right and wrong in society. She was a probation officer, and then a prison officer - the first woman officer in a New Zealand men's prison - and later the manager of Christchurch Women's Prison. After that, she worked in what was then called the Specialist Education Service.

People like Celia get called 'social advocates'. That's the sort of label that can put people in a box. I'd describe her as someone who cared about the things that matter in society - people, and in particular boys and how they become good men. She got fame, and sometimes notoriety, for saying the things that those of us who have been around a few generations see as common sense: that men need to step up and play a constructive part in boys' lives if they're going to learn the right lessons; and of course that mums and women have a huge role to play, but sometimes they need to step back.

It's the sort of film that you need to see from time to time. One that's real and reminds you of what good people can do. For me there was a bit of personal reflection, because I have a family too. It also touched on some of the practical things that I'm having to think about in my job as Children's Minister.



I'm referring here to the Child Wellbeing Strategy that I'm working on with the Prime Minister. What it is about is the Government recognising that not every child in New Zealand gets the support it needs to become a good adult.

You all know how important family is. You know the effect a family's circumstances can have on a children, for good and for bad. And how every child wants to be loved, especially by its family.

Most of us are lucky in that our families and some basic government services like the public education and health systems provide all of the things that children need.

But we don't want to have a society where a child's wellbeing and future - his or her health and safety and education - is down to luck. New Zealand is a country where every child should have a decent chance.

The Strategy is about setting a minimum line for what children need and then looking at what government services will make the greatest difference in children's lives. These are things like focusing on the first three years of life and services to parents through that time, reducing child poverty, and recognising that children need stable and healthy homes.





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A Message from the Labour List MP



Jamie Strange

Growing safer by growing the ranks

One of the government's most important jobs is making sure New Zealand is safe for everyone who lives here. Every New Zealander wants, needs, and deserves to be safe – and we know many Kiwis feel they could be safer than they are today.

That's why the government is committed to increasing Police numbers nationwide. On Monday, the Police Commissioner announced 1280 extra police officers will be deployed around the country. As part of this we'll soon be welcoming 252 more police officers into the Waikato and Bay of Plenty police district combined. That's great news.

We're also putting 520 more officers nationwide into emergency response, specialised investigations units, prevention-focused teams, and training our future officers.

Overall, within the next five years there'll be 1800 new police officers and 485 support staff around New Zealand. More police means less crime and safer communities. Sometimes that happens by catching criminals; other times it happens by preventing crime in the first place.



Family violence, gangs, organised crime, and the illicit drug trade are major issues in New Zealand. More police puts us in the best position to tackle serious and organised crime. We'll resolve more crimes, quicker. And we'll seize more cash and assets of criminals, reducing the power of organised crime groups.

I campaigned strongly in the 2017 election to increase the community police presence in the region. It is important to ensure people are safe and valued; increasing police numbers will prioritise the needs of local communities.

Police will also work alongside our community to identify issues relevant to us, and prevent crime from happening. Community policing isn't just about patrols; it's about collaboration between the community and law enforcement to steer people who could get into trouble towards a life free of crime, where they can support themselves and their families to live their best lives.

Whenever we give everyone a chance to succeed without resorting to crime, everyone wins.

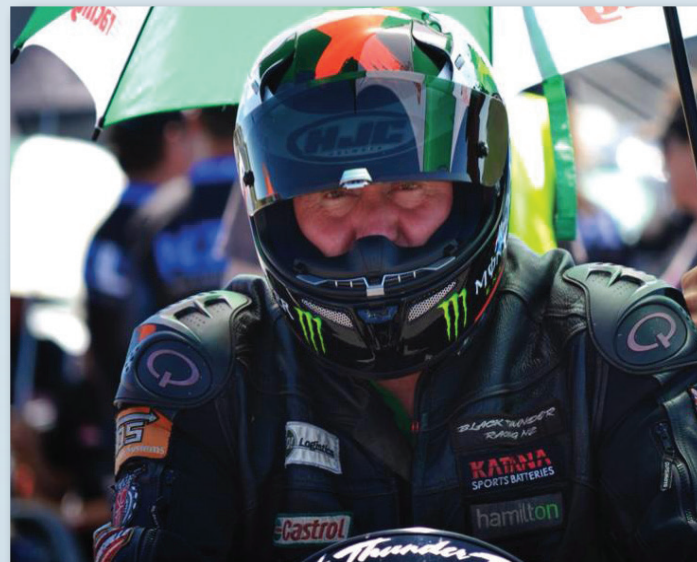
The \$298 million funding boost for police in Budget 2018 shows we're serious about preventing crime and making communities safe. 340 new police recruits are training hard right now, with 80 more starting their career with NZ Police every four weeks. We're already receiving record numbers of applications.

We're building a leaner, more effective prison at Waikeria – complete with a dedicated mental health unit so we can rehabilitate people better and steer them away from reoffending.

I'm proud of our police service and honoured to be in a position to make sure they have resources and support they need to continue their great work in our community. More police on the beat will help connect those who need help to get help, before they take the path that ends in prison.

Office: 07 8396803

Email: jamie.strange@parliament.govt.nz



In June, Hamiltonian Alan Thoresen was awarded the New Zealand Drag Racing Association's 2018 Modified Bike championship.

For Thoresen, 63, the recognition was only the most recent milestone in a life built around a love of things that go fast which has got him all around the world.

Alan couldn't wait to get out of school so he could indulge in his twin passions of motorcycles and flying. He satisfied both desires by landing a job at Hamilton Airport and buying a bike on HP to make the daily journey from home.

He learned to fly and went solo flight on his 16th birthday. As he became more experienced, he joined other pilots including renowned aviator Cliff Tait in a number of air shows and aero club flying competitions around New Zealand.

Alan trained as an aircraft engineer and at the outset worked at Aero Engine Services, Aero Chrome Plate, and NZ Aerospace Industries at Rukuhia before being invited to work for Icarus - Australia's largest dealership in Grumman aircraft.

The association was short-lived as almost simultaneously

Grumman ceased aircraft manufacture. Alan moved on to help establish an engine overhaul Shop in Mount Isa in Queensland, and then moved back to Sydney NSW where he joined Rex Aviation and later Awweld Engine Overhauls at Bankstown Airport. After four years in Australia he

returned to New Zealand to take up a job initially carrying out Phase Servicing the RNZAF Strikemaster Jets, and then moved into sales and marketing with Pacific Aerospace where he serviced the aviation markets in Australia, the Pacific Islands and Thailand.

Having clocked up almost 1000 hours flying time, it was a near-miss while piloting a microlight that gave him cause to reconsider his career direction.

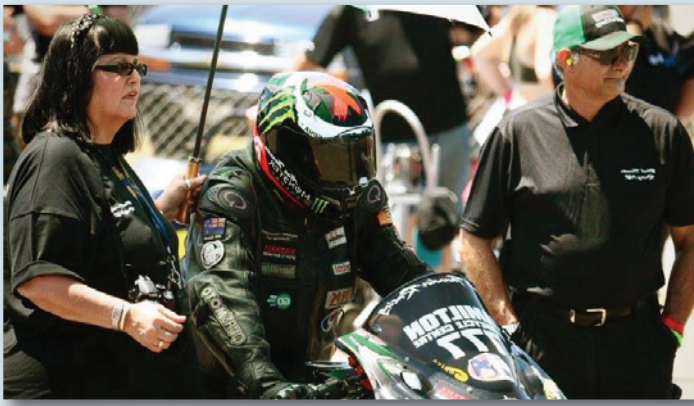
"A fellow pilot, out west of Otorohanga, had a microlight powered by a two-stroke Kawasaki who offered me a flight in it. After checking performance figures - climb and stall speed, I took off from a topdressing airstrip, down a valley with a hill in front of me and found I couldn't get the Microlight to climb. With the engine losing power, I was forced to turn and fly down a bush clad valley and through a saddle in the surrounding hills with the engine about to die. There were trees everywhere. I knew I was going to crash if I didn't find somewhere to put it down quickly. Luckily I found a patch of grass next to a pond.

"I left my helmet on the seat and ran down the valleys and over the hills for what seemed like several kilometres to find a house and a telephone. That was a bit of a wake-up call. I thought about it weeks later and how lucky I was." Subsequently investigation found the engine had partially seized.

Another industry re-structure followed and Alan left aviation to join the Recreational Vehicle industry as Supply and Purchasing Manager for Otorohanga based C I Munro in the days when the company was producing almost 1000 caravans and motorhomes a year.

Alan loved motorcycles and speed, in his younger days his bedroom wall was papered in green with (speeding) tickets. He was talked into going road racing by New Zealand racing legend Ginger Molloy competing in the 1972-73 season Castrol 1-hour at Pukekohe on a Kawasaki H2 750. He got his early introduction to drag racing in 1973 on a Z1 Kawasaki 900 and competed in the Hamilton 'Round the Houses' road race.





Keen on motorcycle touring he bought a Kawasaki ZZR 1100 and decided to take it drag racing in 2005. Then Kawasaki brought out a 1400cc model, the ZX14 which he tried, loved, bought and took again drag-racing. He and wife Violet rode to observe the Wanganui boxing day road races, and carried on to race the following day at Taupo where he won the Summer National drags in 2006 in the modified bike class.

"We established the Black Thunder racing team - a take on my name Thoresen - the Son of the Thor, the Norse god of thunder and the ZX14 is black and roars like thunder.

"From then on I'd take every opportunity to go drag racing. I had a trailer built and competed the bike in all of the NZDRA Drag Racing Events I could along with Night Drag Wars at Meremere."

He'd seen the old newsreels about (World's Fastest Indian) Burt Munro, and one day at a competition meet, Alan decided to chance his hand and his bike in the famous Speed Week on the salt lake at Bonneville in Utah.

With a bow-wave of media interest, deals were done and freight organised to get his team to the US. But before departure Alan decided to put in some high-speed practice on the only suitable surface that could be found - the Hamilton airport runway - with almost disastrous results.

He was linked up to the airport's control tower and scheduled for 'take off' between aircraft.

"The runway is a mile (1.6km) long and I had a group of helpers dressed in orange vests standing along the edge to act as markers to let me know when I should start to brake. But another group of people, also wearing orange vests, came wandering out from the airport to watch. All of a sudden I wasn't sure who was who or when to brake.

"I had the back wheel locked up at 150mph when I left the end of the runway, and there was a rough gravel track running off the end of the strip. My front wheel hit a large rock and the front tyre went flat, allowing the headers (exhausts) to hit the ground, and that is what stopped me. That was a lesson about setting up visual markers that don't move."

Alan's campaign at Bonneville was the first Kiwi motorcycle drag-racer since the legendary Munro took his Southland home-built to an unofficial 'flying mile' 205.6 mph in 1967.

So came Speed Week 2007, the salt surface was in poor condition and traction - getting the power to the ground - was a major problem for racers in all classes. Alan got 186 mph, close to the class record.

"Cars had been rutting the surface. I rode close to the right side of the course where the salt was better. On the last day I hit something at 180mph which put me off-line. I went through a (wooden) timing marker. At those speeds you can't just put the brakes on, you'd crash. You just have to button-off and slow down so I went through the second timing marker and wrecked that too. It gave me a one hell of a fright. There were bits of bike and smashed timing towers in a long trail behind me.

Alan returned for the 2008 season in better conditions and made 188.6mph and for the last time in 2009 where he hit 198.702 mph - the run was data logged and GPS'd - which showed the rear wheel on his machine was spinning at 230mph. His goal was to gain a recorded pass at 200mph, unofficially in practice he gained 212mph.

Alan has been a member of the New Zealand Drag Racing Association since 2005 and has raced in the 'Nationals' for 12 years gaining eight No 1s and four seconds. In 2016 he received the NZDRA's top sportsman of the year award. At this year's NZDRA awards ceremony Alan and his Black Thunder racing team were awarded best presented bike and crew. He also competed in the organisation's 50th national championships held at Masterton.

The Modified bike class is becoming more popular increasing numbers of entrants. His aim for the 2019 season is to again chase the No 1 position against the increasing number of turbo - assisted bikes entering the NZ Modified bike racing scene.

Alan acknowledges his Black Thunder crew for their help at the various events and his supporters and sponsors who have supported him over the years. Castrol NZ, Katana Batteries, Hamilton Motorcycle Centre, MGM Racing, Godiva Screens, W Whites-RK Chains, Darbi Accessories - HJC, Mouse - the Plastic Surgeon and Violet's Coffee.

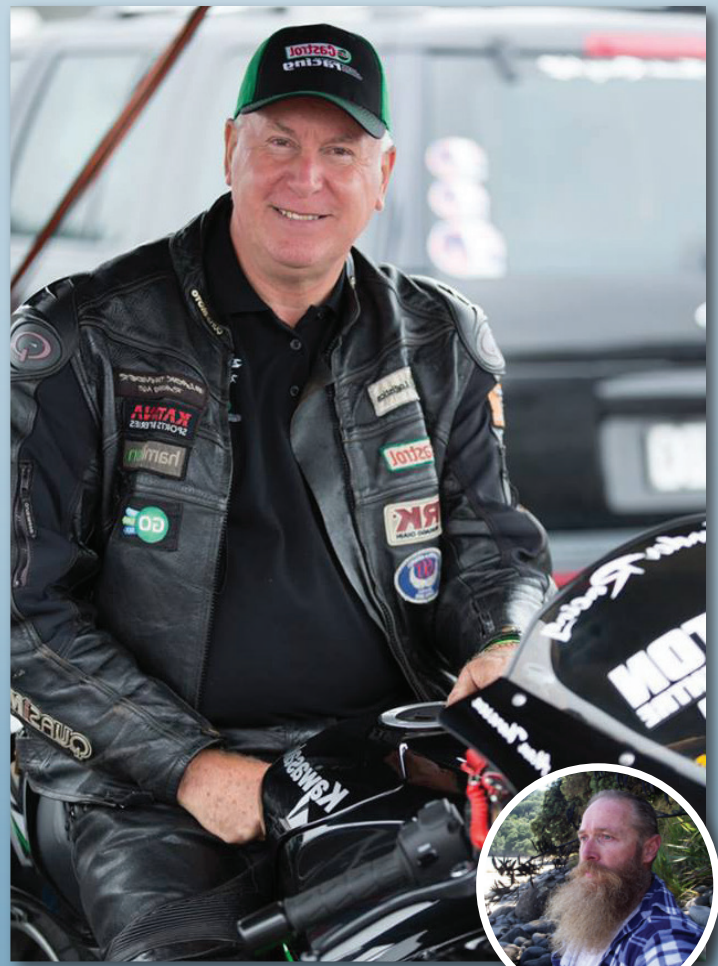
In Particular Castrol NZ for their support since 2006 and past Sponsor Go Logistics who were an integral part of supporting the Bonneville Land speed events with freight assistance.



"Without assistance of these people and companies and many unnamed supporters the dream and opportunity may have never happened.

"As Burt Munro said "You live more in five minutes on a bike like this going flat-out than some people live in a lifetime."

Alan's favourite quote is, "He who says it can't be done is likely to be interrupted by someone else already halfway through doing it."



Geoff Lewis

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I release shock gently from the body caused by sudden impact situations/accidents. These impacts remain trapped in our bodies reactive self defence system and create a 'new normal'. The connective tissue shortens instantly around the impact site creating a full body contraction. Other areas of the body begin to compensate for this action, which in turn increases the chances of future injuries and so on. Most slips, trips, sprains and twists are a result of previous impact situations.

Focusing on the body shape

Most conventional therapies treat the symptom, whereas I focus on the body as a whole functional unit. A headache for example could be the result of an impact to your foot, how? Try walking around on an injured foot and notice how tight your neck muscles become in order to stabilise your head. Conventional thought would say, that the tight neck is the cause of your headache whereas a muscle only reacts and tightens from either a direct impact to the bone attached or by providing support to a compensating area.

Movement away from pain creates the change

Working away from pain often leads us to the actual cause. RSI (repetitive strain injury) in the hand for example can stem from an old unresolved chest impact which shortens the connective tissue attached, causing slight tension in the hand, this over a period of time can weaken the already strained hand causing an often debilitating symptom and until the contraction in the chest is released the hand will struggle to heal. This applies to a range of labels like sciatica, carpal tunnel, arthritis etc.

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Spring Into Action

Spring is a great time to start something new, get out of the house and get moving. Why not join your local Strong & Stable class? You'll be guided through exercises to build your strength and improve your balance, plus you'll meet new people. If you've been hibernating over the winter months then use the longer, warmer spring days as a nudge to get moving; new participants are welcome anytime.

Strong & Stable is the name of the Waikato network of strength and balance exercise classes. The programme is coordinated by Steph McLennan, Midland Community Pharmacy Group, in partnership with Waikato District Health Board, ACC and the Primary Health Organisations. It's part of the nationwide Live Stronger For Longer movement, which offers practical information and advice for older people and their supporters on how to minimise falls while living an active, independent life.

There are now over 80 Strong & Stable classes across the Waikato. Class numbers keep growing as more people experience the benefits of their weekly exercise class. They feel more confident and steady on their feet, they find daily activities around the house and garden easier and love being stronger and keeping their independence.

Another bonus of joining a class is motivation. Most people find exercising with others and with the guidance of an instructor much easier than doing it on their own. Classes are really fun, and there are seated and standing options so you can go at your own pace. Anyone can join a class anytime and it only costs \$2 to \$5 a session (depending on the venue).

If you'd like to join a class go to www.livestronger.org.nz for the current class list. Click on 'Find a class near you'. Then search within the Waikato for your town. More classes are added every month so if you don't see a class that suits or want more information please call Steph on 027 419 0068.

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Simon Angelo (pictured) began investing in shares while he was still in high school in Taranaki. His company, Vistafolio, provides managed investment accounts for eligible and wholesale investors alongside family trust services to help build and protect your family's wealth.

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Visit the company website at www.vistafolio.com or phone 0800 113 680 to discuss.

*Past performance is not an indicator for future performance. Your actual portfolio will differ from the composite portfolio mentioned. Annualised returns are after management fees and after withholding taxes. This article is general in nature and should not be regarded as specific investment advice. Vistafolio provides sophisticated investment services to Eligible and Wholesale Investors only as defined in the Financial Markets Conduct Act (2013).

THE WAY WE WERE

Over the last month, I have picked up the headlines around banning plastic bags and Green MP, Julie-Anne Genter cycling to hospital for delivery of a new baby.

The headlines have read like these actions are new and caused me to think about how many of the readers, or our readers parents would have used a cycle to get to the maternity hospital and how life was before plastic bags were invented?

Walking and cycling are well known to our older members and our parents too.

Isn't it nice to see cloth nappies resurfacing again too. That's not new!

It has been heartening to see how recycling, or the new word up-cycling has become more in vogue. I am certain from the conversations I have had with many older people that purchasing second hand, recycling and repurposing has been occurring for decades if not millennia.

Likewise, the expanding interest in whole and healthy foods reminds me of how our forefathers were raised and ate.

With spring about to happen, its time for us to think about our vege gardens. Planting more than one needs and sharing excess with others in the neighbourhood is rewarding and has been forever.

At our regular Member Lounge events (next one from midday Monday 10 September at the Celebrating Age Centre), our produce swaps were really popular.

The way we were, that Barbara Steisand hit could even make a comeback do you think?

Brent Nielsen | Executive Officer | Age Concern Hamilton

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Grey Power

Tauranga & WBOP Association



I watched an interesting TV program recently called Britain's Most Historic Towns. This episode featured Belfast in 1830 at the start of the Victorian era. At this time it was a small town that had mostly survived because of the manufacturing of linen. It showed men outside using hand scythes to cut the raw linen crops which were then spun by girls as young as 5 and the women then wove it into cloth. This was done entirely by hand and was very labour intensive. As the industry grew through demand for the product, larger buildings were erected and machines were designed and installed. Belfast was built near the sea and the River Lagan outlet as it had started as a port so as the production of linen grew, the size of the port grew and so did the number of ships docking. The port area had to be enlarged to accommodate the increasing size and numbers of ships.

When the linen industry died out due mainly to other newer products being invented, the huge factory buildings were turned into hotels. The water way was widened even further so larger ships could use the port to ship more goods in and out. The ships had gone from labour intensive sailing ships to huge, high powered engine ships which transported people and goods from all over the world for a variety of purposes. [A little bit of history – the Titanic was built and launched from this port in 1911!]

This is only a very small snap shot of the history of Belfast and the times but it's used to illustrate the vast changes that can happen over a relatively short period of time – in the scheme of things 100 years is not long.

MAKE YOUR VOICE COUNT

Who in the 1800's could have envisioned the enormous and miraculous changes to people's jobs, living conditions and the city itself? All this happened 188 years ago!

It's also interesting by comparison, that in Victorian times they needed to build 2 million homes to accommodate the rising growth in population due to trade and industries that had grown. Sound familiar! And we only need 100,000 in 10 years for the whole country!

Many of the social changes were governed by the wealth or poverty of the time. This influenced the clothing, etiquette, food, work, recreation and styles and uses of buildings. We are beginning to see some of this now as the divide between rich and poor increases.

We are so concerned in this century about what our future employment and life styles will be but when you look at history it never ceases to amaze me the extent to which humans adapt, and adjust to the new twists and turns of society. Of course most of this is self-perpetuated as humans have an inbuilt fascination to create better or faster ways of doing things and bigger or smaller things to get it done.

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Herbs, Health & Wellbeing

The Foundation for Good Health



As a large part of the world's population faces increasing health challenges, there is a growing group within the population who are healthier, younger looking and living longer with fewer aches and pains. This group is following the advice and research of a unique doctor who is trained not only in human health but in animal health as well. His name is Dr. Joel Wallach and he is on a mission to help people live healthily for 100 years and beyond.

He has lectured throughout the world and has fought against the status quo his whole life with a singular goal - to help people live healthier lives, naturally.

Over the years, his widely distributed CD "Dead Doctors Don't Lie" (a recording of one of his lectures) teaches us that health is enhanced hugely if we base it on the 90 essential nutrients, our bodies need on a daily basis.

These nutrients are essential because a deficiency in any one of them could lead to or might cause, on average ten different diseases. For example, a deficiency in copper may lead to premature grey hair, an aneurysm or a stroke.



The 90 essential nutrients fall into four broad categories: amino acids; fatty acids; vitamins; and minerals.

If you eat a disciplined, well-rounded diet you can get all the amino acids, fatty acids and vitamins you need, however it is very difficult to get all of the minerals you need.

Why is this so? Human beings ideally get minerals by eating foods such as vegetables, fruits and grains. However, such foods are grown in soils which are massively deficient in minerals, a fact which is documented by the findings reported at the 1992 World Eco Summit in Rio De Janeiro.

Dr Wallach teaches that there is a direct link to infertile soils and degenerative diseases in animals and humans and the reason why there has been a huge increase in the incidence of chronic degenerative diseases such as arthritis, cancer, diabetes, heart disease and obesity etc. over the past 40 years.



He teaches that the soils in farms have become depleted in many of the essential minerals that animals and humans require for good health. Farmers have concentrated on only fertilising the soils with a very short list of minerals that are required for a higher yield with the result that the overall nutrition of crops has declined in value.

This is why farmers need to give mineral supplements to their livestock to prevent nutritional diseases. Something we humans neglect to do for ourselves. If it is not in the soil then it will not be in the plant, herb or vegetable we consume and therefore we are not supplying our bodies with the essential nutrients it needs every day to remain healthy.

Minerals serve as catalysts for the body's ability to use amino acids, fatty acids and vitamins. Therefore, without the necessary mineral co-factors, it is unlikely that we are getting the maximum benefit from these nutrients. It is therefore essential in order to obtain our 90 essential nutrients to take mineral supplements to achieve optimal sustainable health.



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Member of the NZ Association of Medical Herbalists

Owner and Operator of the Herbal Shop & Clinic

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Many people already take mineral supplements but most do not realise that there are three different types of mineral supplements each varying greatly in their absorbability and their potential to become toxic.

Metallic minerals - These minerals are similar to the kind found in rocks and soils and are only 8% to 12% absorbable. A metallic mineral is not organic in nature. Consequently, the body has a very difficult time absorbing it and eliminating what it can't absorb.

Chelated minerals - These are metallic minerals which have been bound to a carrying agent (usually an amino acid or enzyme) which assists in the absorption of the mineral in the small intestine. This method, patented in the 1970's, makes metallic minerals much more absorbable (35 to 45%) and much less potentially toxic to the body.

Organic Colloidal Minerals - These minerals have been processed through a plant and have undergone a biochemical transformation which makes them extremely absorbable (90% to 98%) and non-toxic. Specifically, when a mineral is drawn from the soil into a plant via its roots, the process alters the mineral's bio-electric charge, changing it from positive to negative. Because the linings of our intestines carry an overall positive charge a natural magnetic gradient is created across which the mineral is absorbed directly into the bloodstream. The body is designed to recognize and use minerals in an organic colloidal form and will automatically rid itself of any excess.

An imperative determinant of both the absorbability and safety of a mineral is whether or not the mineral is "organic" (i.e., derived from plant sources). Organic colloidal minerals are up to 20 times more absorbable and non-toxic when compared to inorganic colloidal minerals. Plant-derived minerals and vitamins (organic) are clearly the best way to get your minerals.

This is why Dr. Wallach spent five years formulating and producing Beyond Tangy Tangerine 2.0™ (BTT 2.0). This product is renowned for being the most advanced multivitamin mineral complex available to date.



Not only does BTT 2.0 contain potent nutrients and synergising co-factors but it also contains PrePro™, a Prebiotic and Probiotic blend that provides advanced intestinal support, ensuring that your body is receiving the highest quality of each essential nutrient and will help good bacteria thrive.

What really sets BTT 2.0 apart is the fact that each and every vitamin and mineral now comes synergised with whole food cofactors that promote optimal absorption providing more nutritional benefits than ever.

It also provides energy boosting nutrients providing rapid sustained energy without spiking insulin or facilitating body fat build up.

With so many advanced features in this natural living product, you can be sure that each essential nutrient is making it to the target tissue with optimal efficiency and providing the best possible foundation for good health.

Herbal medicine and nutritional medicine are powerful allies in enhancing health and well-being. Herbal medicine can support all body systems including digestive health, which ensures fantastic absorption of nutrients. After all, good health is all about nutrients reaching the cells. By Kevin Grundy

YGY 90-for-life



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Kevin Grundy dip.herb.med

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Member of the NZ Association of Medical Herbalists

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WITH ALL THE MAJOR PLAYERS... IT'S THE BIGGEST SHOW YET!

The NZMCA Motorhome, Caravan & Leisure Show returns to Mystery Creek Friday 21ST, Saturday 22ND and Sunday 23RD September. This show is bigger than ever before and will be showcasing ALL the major industry players under 1 roof over the 3 days.

Get ready for all the major brands, exciting new product launches, great innovations and some truly unbeatable deals. The show is BIG this year with well over 10,000 square metres jam packed with the best the industry has to offer.

The pavilion is full of your favourite motorhome and caravan importers and manufacturers. Outside we have erected a marquee which is full to bursting with a huge array of products including electric bikes, fishing gear, camping equipment, the destinations zone and all your other must have accessories.

The Bluebridge Ferries Seat & Eat Hub will be a vibrant space outside the main pavilion, filled with delicious foodies and an atmospheric vibe to enjoy over the lunch period.

Our Trailite Theatre is shaping up very nicely, with more experts speaking than ever before. We are excited to announce our line-up that will be tempting your taste buds, tickling your interest and setting you off on many adventures over the coming weeks.

You can even enter to win your dream NZ Holiday thanks to RV Super Centre. Imagine winning a 10-day Maui Motorhome rental to enjoy the sites and sounds of our beautiful country! You can do this while visiting the show.



Bring your Motorhome or Caravan and stay for FREE over the 3 days' courtesy of the NZMCA. The Event Park & Stay is now taking bookings if you would like a powered site. This year we will be pre-selling multi-day passes for those staying and providing a separate show entry. Remember, at this show there is no need to be self-contained, there are multiple showers and toilets for your use.

The VIP lounge is back in 2018. We look forward to seeing our current VIPs for the complimentary light lunch each day. Don't forget, our VIP club members receive free entry to the show, a free powered site at the Event Park & Stay, as well as exceptional deals and exclusive opportunities. You too can become a show VIP, when you purchase a motorhome or caravan at the show, make sure you ask your sales person about joining the VIP Club.

This is the show you simply cannot miss... for a bigger show, the biggest Event Park & Stay and all the major industry players we will see you at the NZMCA Motorhome, Caravan & Leisure Show, Mystery Creek, Hamilton.

Friday 21st September 9am – 5pm

Saturday 22nd September 9am – 5pm

Sunday 23rd September 9am – 4pm

Go to www.nzmotorhomeshow.co.nz

or like us on Facebook to find out more.





MOTORHOME MADNESS

As the rising price of real estate nationwide soars, opportunities to have that little slice of heaven by the beach or in the mountains anywhere in NZ for yourself and or your family to take time out and relax, is also slipping away from most Kiwis grasp of any age group.

But here's the good news and for "my" money "maybe" an even better and more exciting option for everyone looking to capture the Kiwi dream and get away from it all, but also for those with a spirit of adventure and the can do attitude that has become the hallmark for today's 50+ generation.

Motorhome madness has taken its grip all over the word and now is fast becoming one of the most popular lifestyle choices for many, with a price tag that can vary to meet either a conservative budget or the ability to purchase a palatial moving home with all the trimmings including the spa pool.

Whether you're heading into retirement or not, are you thinking about hitting the road? The idea of becoming a travelling grey nomad is becoming the norm rather than the exception and for those who have always wanted to travel and experience all of what our great country has to offer. The time has come and the opportunity has arrived, so get those bags packed and let's hit the road.

Our current adventurers, those hardy trend setters already on the road taking full advantage of the lifestyle afforded by a motorhome or even their caravan hook up, have given us an insight into some of the wonderful benefits that come with getting on the road. Making new friends while travelling, or planning to meet up with friends and family, or for others starting a grey nomad convoy traveling together as a group, which is wonderful because on the road you're away from your established support network of friends and family are all great things that motor-homing has to offer. It's always good to have others for support especially if new to the nomad lifestyle.

One very lovely "74 year young" and proud grey nomad of the past 6 years told me that there are many stunning locations throughout the country. Seeing them all is not something she has ever concerned herself with as there is something new available everyday. Visiting locations galore and seeing those places from stories you have heard and wished to see throughout your working life, can finally be ticked off your list.

Dawn told Seasons magazine that the sense of achievement and dreams realised is empowering and enriching to the grey nomad's life" almost a feeling of being a free happy teen again "But without the pimples."

Dawn also relays to us that she has a family that due to work commitments or lifestyle choices now live in different parts of the country. Seeing the grandkids could be difficult if she didn't have "Rosie" her trusty compact motorhome allowing her to travel to see her children and apparently faultless grandchildren using her kids' homes as bases to park up to get out and explore a new areas with the grandkids in tow. She does this at least four times a year each keeping her very much as an active part of all of the kid's families.



“The world is a book and those who
do not travel read only one page.”

AUGUSTINE OF HIPPO

Another plus Dawn said is the ability to float around where you know the sun is shining or a festival is happening so there is never anytime to get bored, especially with the hundreds of new likeminded friends emailing her with co-ordinates for another meet-up for that all important glass of Vino on a beach front.

However, there are a few downsides warns Dawn. Especially for those close to her age are the general problems we face even when living at home in a fixed abode such as the family doctor is no longer nearby. As we get older, our trusted family GP plays an important role in maintaining our health and wellbeing. However there are medical centres in the townships you are visiting and these days they can see your records and medication required instantly with your permission.

Mechanical repairs also is another instance of things do happen when putting yourself out there on the road so Dawn advises that ensure you're a member of the AA program (No not the drinking one, the other one) so breakdown assistance is always available when needed. Insurances are paid up because remember you're not the only one on the road and sometimes other cars can be a little rude wanting to pass when your slowing climbing a steep incline on route to your next destination.

Next on the list is stock up on essentials such as water and rations as due to weather events as has happened to Dawn, you can be stuck for a day or so with ferries not running or waiting for a part to arrive for a repair to your motorhome.

Like many with this new travelling lifestyle Dawn has kept her family home, just renting it to another family that needs all that space and is loving it, as she has retained her asset for when the dreaded day of giving the travelling lifestyle way, but in the meantime has an extra she tells us \$500 a week supporting her travelling bug along with her pension, so feels quite empowered for her future.

Dawn tells Seasons, “So many people our age talk about jumping on a plane overseas and travelling for a few years, or jumping on and off cruise ships which I have done and enjoyed, but for me it was much more important that my bucket list start with places right here at home. It also gave the best of everything I wanted including keeping my family united” says Dawn.

From beaches to mountains, mud-soaked tracks to wide open roads, Dawn has seen and been there across our diverse and wonderful country but says there is so much more to see that her and her trusty “Rosie” will be out there experiencing life first hand for as long as time allows so she will see you soon.

Here are some Seasons Motorhome madness tips to keep your travels safe and enjoyable.

BEFORE YOU HIT THE ROAD, MAKE SURE YOU:

- Pack a fully equipped first aid kit
- Take a first aid course
- Visit the doctor, optometrist, audiologist and dentist for check-ups if required.
- Fill all your prescriptions including spare batteries for hearing aids etc.
- Follow storage instructions for any medication
- Check all your insurances are in place including, (vehicle, health, life etc) and for your other assets while away such as your home and contents if applicable.
- An AA membership should you require roadside assistance
- Ensure extra supplies such as water, and food rations, candles, lighters,
- Make sure you have clothing for all types of weather
- A toolkit with the basics is always handy. Include a tow rope and jumper cables.
- And most importantly ensure leaving a travel plan with a family member or friend or keep them updated as you move around.

Well, you're all set and we wish you well out there and remember it's not a race it's a lifestyle so take your time and enjoy!! and don't forget to take Seasons magazine with you for company.

Team Seasons



KOMBI CLASSIC CAMPING

Peter and Chris Hastelow love their VW Kombi camper. They've taken their holidays in it around the South Island twice, been up north and get into plenty of weekend camps with the Waikato VW Club often mixing with other clubs from Auckland or up from the 'Naki.

These days Peter and Chris run ATL Balancing and Driveline, driveshaft specialists in Frankton. But the story of their Kombi camper and Peter's interest in Volkswagen, can be traced back to when he began work at a VW garage in 1980, after doing his mechanic's apprenticeship at the BMC dealership in Taumarunui.

He bought his first VW, a Karmann Ghia convertible he found in Coromandel, in the early 1980s. It was still in use but on its last legs. A 20 year rebuild ensued and Peter and Chris still own the vehicle which is now powered by a larger motor fed by a Judson supercharger.

The association with Kombis began with a '65 micro-bus which Peter converted into a camper with lift-in furniture and bed.

"It was based on other VW campers. Volkswagen didn't produce factory-build campers, conversions of VW vans and micro-buses was commonly undertaken by other businesses include Westphalia in Germany, and Devon and Dormobile in Britain."

The Hastelow's current 1967 model was originally brought to New Zealand by people who had emigrated from Britain. The last of the 'split window' type it is commonly referred to as a '21 window' or a 'Samba'.

"We'd seen it in (northern Taranaki settlement) Urenui in the late 1980s. It was parked on someone's front lawn. One day a mate of mine called in and enquired and the owner was happy to sell so he bought it. I bought it from him. It was in pretty good condition and we just used it.

A Devon Camper Conversion, the vehicle came complete with gas cooker framed in English oak, twin side doors, a sliding sunroof and a genuine detachable VW awning that goes outside for camping purposes and can be left on-site if the vehicle is driven away.

"In many ways VW campers were the first to tour the world. They were reliable. Air cooled with quality German engineering. Usually converted out of micro-buses they went on the market in the mid 1950s," Peter said.

Things were going swimmingly until that fateful day in 1991 when travelling over the Bombay Hills in the rain an RX7 coming the other way and travelling too fast, lost control and hit the Kombi's driver-side front. The van fell over and slide down a hillside through the pongas.



There's not a lot of protection in the front of a VW van. In a collision the driver tends to be first on the scene. Peter's leg was just where the head light bucket was punched in by the impact. He suffered a broken leg and spent two weeks in Middlemore.

The wreck was removed back to Taumarunui and written off by the insurance company.

"I took the wreck over and began the restoration which took the combined efforts of myself and another panel beater in Taumarunui."

Peter replaced its original 1500cc engine with a 1600cc which was used for many years before being replaced with a 2100cc unit.

"They're not fast vehicles but it is nice to have the extra power to be able to keep up with the traffic."

Because traditional VWs have the engine in the back, space for putting things inside is limited and can get pretty cluttered.

So to carry all the necessary bits, the awning, chairs, BBQ, Peter hand built a trailer out of aluminium in the same style and contours as the van right down to the same tail lights and hub caps. The trailer gives about another 2 square metres of storage space and has a foldable drawbar to make it easier to store when not in use.



Geoff Lewis



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Meloyelo, with its eight bikes chosen for their usefulness for NZ conditions, may be the only brand of e-bike in the affordable category (sub \$3000.) Meloyelo single-source their electrical systems (not including battery) from Bafang, the undisputed quality leader in e-bike electrics in Asia.

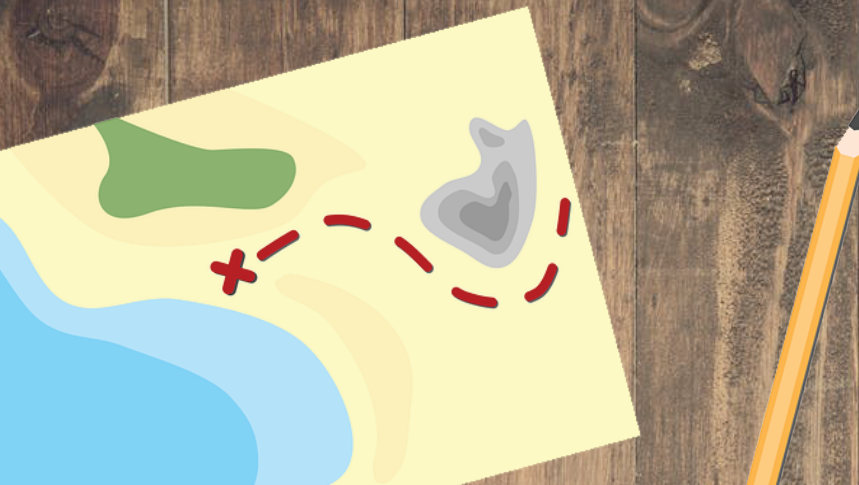
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Community focused

MeloYelo is also a social enterprise which helps raise money to fund the EVoloccity programme in NZ high schools. Evoloccity student teams design, build and compete in electric vehicles. EVoloccity is attracting more youth into engineering & technology related studies and careers, while also educating the next generation of drivers on the merits of electric vehicles so come on join the team !!

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BE PREPARED

THE ESSENTIAL PACKING CHECKLIST FOR A CAMPING TRIP

With any type of motorhome travel or camping comes the ever dreaded preparation! That's always everyone's least favourite part of getting away, however we've developed a great Motorhome / camping list that will hopefully help make it go as smoothly as possible.

When travelling the general rule is you always have the best time when you are properly prepared.

Basic Quick Fire Checklist:

Toiletries:

Try to use small travel bottles, or one large family size containers but please recycle any plastic bottles please. Everyone is different with what you can't go without but here are the basics;

Soap, shampoo/conditioner Brush, comb, razor toothbrush and toothpaste deodorant, lotion sunscreen (very important)

Cookware:

plenty of water bottles aluminium foil, lighter fluid, kindling utensils/cutting knives, tongs dish soap, paper towels small table, extension cords camping grill, or fire pot bowls, plates, cups, pots and pans

garbage bags, plastic wrap, Ziploc bags, matches, lighters, fire extinguisher saw, axe for chopping wood camp chairs, dish towels can opener, disinfecting wipes/hand wipes

Food:

Plan recipes/meals ahead of time so you know exactly what you need to bring. Packing your own food is always a good idea to reduce cost and avoid spending money on fast food while on the road so here are some basics to be adjusted to meet your tastes.

vegetables/fruits butter/margarine, cereal condiments- mayo, ketchup, mustard meat, hot dogs/burgers drink mix packets (to put in water, also saves space) eggs, soups freeze dried meals or canned foods salt & pepper, herbs, spices flour, sugar, bread peanut butter and other spreads munchies- crackers, chips, pretzels, marshmallows cooking spray/oil

Clothing:

Depending on where you're going, look at the weather beforehand to decide what you need to pack. Always pack for somewhat of a variation in weather despite this as we all know NZ weather is changeable at the best of times.

extra layers of clothing hat, jeans, shorts, togs, Jackets t-shirts; long and short sleeve gloves (if going somewhere cold) sports shoes, swim shoes to protect your feet hiking boots, flip flops

Other Items:

chilly bin camera/video camera umbrella hand sanitizer bug repellent spray/candles camping chairs,

Sleeping/Bedroom:

Sleeping bags, Pillows, sheets, Mosquito candle/net, sewing kit

Fun/Entertainment:

Frisbee or cricket set, surf board fishing gear-rods, bait, license, extra reels/line iPod or Radio, binoculars books/ Kindle/ Seasons magazines (wink wink) playing cards, puzzles, notepad, journal, laptop



WELCOME TO WAIKATO

Hunting & Fishing

GRAND Opening

Bigger and better but still with the great service and range of products. Waikato Hunting & Fishing has relocated to a more accessible location that's very easy to find at 674A Te Rapa Road - next to PB Technologies and Top Town Tyres.

Be sure not to miss the **GRAND OPENING SALE** scheduled to commence on 22 September and run through to 30 September featuring awesome deals across the store. "The change of location is to primarily expand our clothing selection and to be able to display tents and camping gear year-round," says owner Scott Fraser. "Going to a massive 1600sqm shop floor-plan has also enabled our fishing and dive departments to be upsized and, when it comes to hunting, our gunroom is now twice the size to cater for an expanded array of firearms - and we still have an air rifle shooting tunnel so customers can try before they buy".

"For the kids, the Robinson R22 helicopter has come with us and is now on the floor so they can play in it. The spacious size makes the store easier to navigate, plus we took this opportunity to install heating/air conditioning to make the shopping experience that much more pleasant and comfortable".

Don't miss the opening sale with many never to be repeated deals!

Shop Hours: Monday – Friday 9-5:30pm, Saturday 9-5pm, Sunday 10-4pm



Enter to WIN!

Enter the Hunting & Fishing Kayak package competition. Keep your receipt from Hunting & Fishing Hamilton throughout September and October and post it in to Seasons Magazine PO Box 5197 Frankton, Hamilton 3242 with your name and address to go into the draw to win a fantastic firefly kayak and life jacket package.

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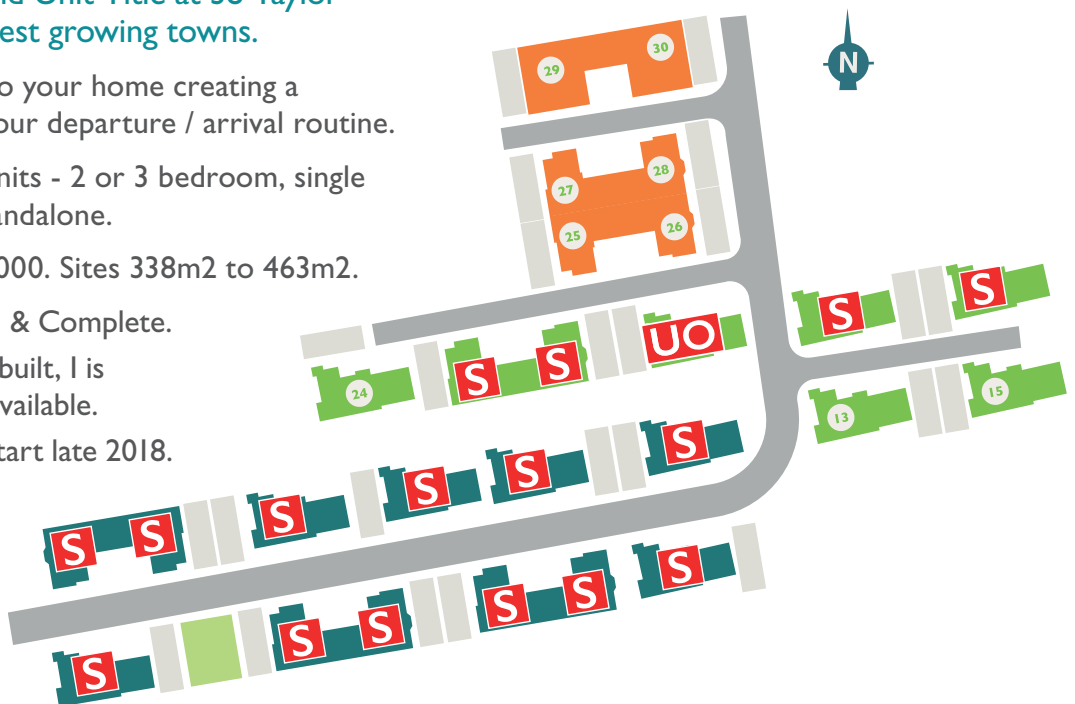
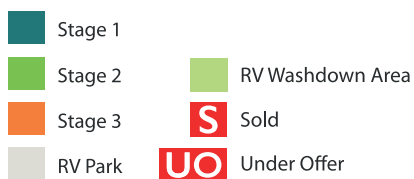
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- Stage 3: 6 Units. Estimated start late 2018.



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HAURAKI VILLAGE – AN OWNER REFLECTS

Having worked for 46 years in the CBD and with retirement looming, my wife, Kath and I were undecided about where we would best enjoy the active years ahead. We knew that we wanted to get away from the pressure and hassle of Auckland but live somewhere close enough for family visits. We knew that we didn't want to be in an environment of 'oldies' where discussions ended up about health.

It was by chance that I came across an article in an RV magazine about Hauraki Village – we are not RV owners, at least not yet. It was appealing that we could own a house in this village without the eventual loss if it involved a 'licence to occupy'.

The village was in Paeroa which was not a place we had contemplated living but we had driven through on many occasions. So about a year ago we decided to make the 90 minute drive from the North Shore to take a proper look. We were pleasantly surprised by what Paeroa had to offer. It had all the services and retail outlets which we would need on a regular basis and it was close enough to Hamilton, Tauranga & Auckland for more variety. A striking feature was the friendly welcoming atmosphere with everyone we met.

At that time Hauraki Village was only partly developed with not many residents. We met the first residents, Graham & Judy Stewart, who enthused about the place. Like most of the residents they had an RV and explained how, with it next to the house, it served as extra accommodation and how their grandchildren fight over who gets to sleep in it.

We liked the place so immediately committed to buy. The house design was tailored to what we wanted. We moved in in February this year and it was the best decision we could have made. We are delighted with our new home.

The residents are friendly with a lot in common but we don't live in each others pockets. They are an active lot – many cycle and the Hauraki Rail Trail is just 50m away. I'm a cyclist and fitter now than I have been for many years. The women seem to have quite similar hobbies including lots of walking. The blokes' hobbies vary from following car racing to wine making - Graham makes a good drop – fishing and volunteer driving. No one is in the least bit bored.

There are always some residents away in their RVs. They like how central the Village is to the North Island. Others travel a lot – at the moment three owners are overseas. We all keep an eye on properties when the occupants are away.

Paeroa has grown on us since we've lived in the Village. No stress, all we need is local and we've made a great bunch of new friends. It is definitely worth taking a look at Hauraki Village. Paeroa probably isn't on your 'radar' but for us Hauraki Village is the best place we could have chosen to live.



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Getting muddy and wet is one of those things many people would steer away from, but for members of New Zealand's caving community, physical discomfort is a small price to pay for exploring the spectacular underground world rarely seen by other human beings.

The Hamilton Tomo Group has about 60 financial and about 25 active members and a headquarters club lodge at Waitomo village.

Club president Brian Bowell had his start in caving more than 50 years ago while working at a College of Education in South-West London, started caving in the Mendip Hills of south west England and "never looked back."

"I had no idea what I was getting myself into, but the thing I liked about caving was that it is non-competitive and very collaborative. It's very physical and can be damned hard work.

"There is so much underground we don't know about and places were fewer people have seen than have been on the surface of the moon."

Before arriving in New Zealand Brian had explored caves in the north of Norway, France, Spain, Switzerland and the Moroccan Sahara.

The caving community in New Zealand is relatively small - Bowell estimates about 400 around the country and spoiled for choice with excellent limestone and marble caving areas in near proximity.

Limestone caves are created by the long term erosion of the soft stone by rainwater. The rainwater is a dilute form of carbonic acid which, over very long periods of time, eats away the stone to creating underground passageways, streams and rivers. As water-tables rise and fall, these watercourses can turn into networks of submerged, wet or dry caves.

Hamilton is only an hour or so drive from a wonderland of caving around the Waitomo area. While 'Waitomo Caves' is a well known tourist attraction, the popular venue is only a small part of a belt of around 25-million-year-old limestone



stretching from Port Waikato in the north to near Mokau on the north Taranaki coast.

In it are literally hundreds of caves ranging from the small to caverns "big enough to park an inter-island ferry in and walk around the outside." Some can be walked or scrambled into others can require a vertical abseil of up to 100m or more or a drop-off from a bush-clad cliff into a tumbling stream that disappears into inky darkness.

Discoveries have been extensive and continue with club members working to find subterranean links between major cave systems, some many kilometres long and taking hours and even days to traverse.

The north-west of the South Island also offers formidable caving areas in much older marble including the famous 24km-long Nettlebed, Mt Owen, Mt Arthur and Punakaiki regions.

Caving clubs in New Zealand are represented on a national level by the New Zealand Speleological Society. Over the years hundreds of caves have been mapped using compass, clinometer and a tape measure. Clubs often have specific map officers. More modern technology has allowed for 3D mapping and mapping by ground-penetrating radar.

"The NZSS has a couple of field meets every year, one at Queen's Birthday weekend and the other at Labour weekend



and usually one early in the year. The Queen's Birthday meet is at Charleston on the West Coast. All cavers are welcome to come along and join up. Clubs might organise an expedition to visit a known cave or go looking for new ones," Bowell said.

Every cave is unique and along with the stalagmites (up) and stalactites (down) there are also many stunningly beautiful crystalline formations that have developed over thousands of years. Cavers are committed conservationists and do their best not to disturb formations of exquisite delicacy "leave only footprints and take only photographs," Bowell said.

It is not necessary to be ultra-fit to go caving, but getting to the cave entrance can take a good walk across farmland and moving through the cave can require "economy of movement" crawling through 'squeezes' and the use of rope ladders and abseiling to get up and down vertical faces.

"Clothing is about keeping warm and protecting yourself from sharp rocks, preferred footwear these days seems to be white freezer boots, Polartec and an overalls of Cordura. You're going to get wet so the aim is to keep warm. We use climbing helmets and lighting these days is mostly LEDs. You have to have a battery that will last and everyone has a main light and a back up. Cavers have to learn to abseil and there is some expense in climbing equipment."

Waitomo resident Peter Chandler is a Hamilton Tomo Group member and with wife Libby runs Spellbound, Waitomo's Best Glowworm Experience from Waitomo village.

A former Hamilton resident Peter became interested in caving as a Junior Naturalist at primary school and as a member of the Waikato University caving club while studying earth sciences at Waikato University. Peter moved to Waitomo in 1986, became a pioneer of black-water rafting, and has been in cave tourism since taking visitors through less commercialised sites.

Peter and Libby have three sons who are all into caving and last year Peter joined one of his sons on a week's caving adventure in the marb around Takaka.

The Hamilton Tomo Group has its club lodge near Waitomo. Equipped with all the necessary conveniences including a kitchen and showers it is often hired by groups including those from high schools and tertiary institutions.

The heyday of cave exploration around Waitomo was in the 1950s and '60s, many systems were found and graced with all sorts of descriptive names sometimes reflecting the character of the cave or the name of the farmer who owned the property, Luckie Strike, Mud Hill, Waipuna, Gaskell's System, Gardner's Gut and Burr among many. The HTG holds a library of cave maps which are usually copied and laminated by groups interested in exploration.

While the locations of a lot of caves around New Zealand are kept quiet by NZSS - for safety reasons, as they aren't the places for amateurs, there are easy walks and caves to explore often administered by the Department of Conservation including the Ruakuri bush walk and natural tunnel and the Piripiri Cave and Mangapohue Natural Arch on the Marakopa road which goes through Waitomo and out to the coast.

The Hamilton Tomo Group has a programme with a club caving trip about once a month and works to create opportunities for all levels of interest and ability. It has access to 'social' caves and to more challenging objectives.

"On a club trip those who have some experience will take it in their stride, we will tell people with less experience what to expect," Brian Bowell said.

The Hamilton Tomo Group has a Facebook page and can be contacted through its website on info@htg.org.nz



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Good NEIGHbours working together **RDA** and **Cambridge Resthaven**

Cambridge Resthaven, the community owned retirement care complex on Vogel Street and Cambridge Riding for the Disabled are close neighbours and have a long association.

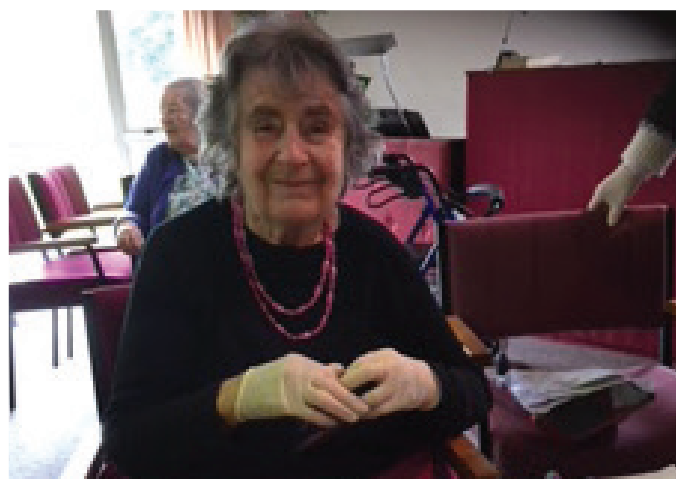
August is NZRDA's Gingerbread Horse Annual Fundraising appeal month. Gaylene Callaghan, our Community & Events Co-ordinator at Resthaven, along with Cambridge RDA's Operations Manager, Vanessa Donnelly, decided it would be a lovely idea this year to include Resthaven residents in the big cookie production.

RDA volunteers baked many batches of cookies from ingredients kindly donated by New World Cambridge. Resthaven residents joined in at the decoration stage, lovingly icing the cookies with a variety of icing items also donated by New World Cambridge. Two very busy icing sessions later and 185 cookies were packaged and ready for sale. Residents tackled their assignment with great gusto and loved being able to contribute their time to such a great cause. They were beautifully serenaded by our Music Therapy group, playing some great golden oldies to hum along to whilst they iced!

As a thank you for joining in and helping RDA, leading up to week 3 and 4 in August, the Speake family who volunteer at RDA, brought Monty (RDA's very own live gingerbread pony) up to Resthaven for a visit. Monty brought much delight and so many smiles to all our Residents, we hope we will become a regular visitor to Resthaven.

Running along side this project, Belinda (RDA volunteer and baker extraordinaire) has also organized family, school pupils and volunteers to help swell the number of packaged cookies available for purchase in the community. Many local businesses have placed orders and are willing to act as outlets around town, so please do look out for them. They are delicious!

Cambridge RDA is a non-government funded organization who are totally dependent on donations and grants. RDA together with Resthaven thank all who have played a part in this project and agree it has been a wonderful community effort. Two of Cambridge's long-term Charity groups and NEIGHbours supporting each other.





On the shoulders of Giants

Living too far from friends for much social activity, my growing years were spent riding my reluctant old horse, Goldie, round the farm in search of bird nests or with my head in books.

Snug under my grey floral eiderdown and out of earshot for chores, my guides, Ursula le Guin, S.E. Hinton and L.M. Montgomery were followed by Anne Frank and Chaim Potok. Their words painted pictures of lives I could only imagine.

Reading, though, is a one-way conversation. Around the age of ten, the Brownes moved in across the road, and my world changed forever.

English, retired, he a former Royal Engineer with the British Army, these two had spent a lifetime travelling the world. They had landed up in our small settlement of Te Kawa West, to be near their dairy-farming son and grandchildren. Not just Mr and Mrs Browne; this was Colonel William, MBE, and his wife Myra. Browne with an e.

Every Sunday afternoon, I would cross the road and climb the hill and be welcomed into their home.

Tipple was at 4pm precisely and Mrs Browne would bring my lemonade and their gin and tonics in sparkling Waterford crystal tumblers. There was a small bowl of snacks for each of us. From their favourite chairs, they would ask about my week: What was new at school? What was I reading? What did I think about world events?

And then the stories would begin, with me a willing audience and the Colonel a willing storyteller.

Army trained to have a photographic memory, the Colonel's recall of detail was extraordinary. He told tales of army life in colonial India, of building and sailing yachts, of living on islands. I sat and listened by the hour, soaking up these snapshots of other worlds.

Their home was filled with a lifetime of travel memorabilia, from hand-knotted rugs to ships' chandlery, from Indian teak tables to watercolour paintings. There was a suit of armour in the dining room and a cannon on the front lawn. And books, on every topic, on every table.

I travelled the world in that living room. The Colonel and Mrs Browne opened their hearts and home to me. They shared stories and hospitality, and I became like a granddaughter to them. I was fascinated to learn about worlds I could never have imagined. In return, their curiosity about me and their interest in my life, affirmed that even a 10-year-old girl was worthy of being listened to.

When asked recently, by a group of older women, for ideas about how they can empower younger women, the Brownes came readily to mind.

Empowering is undoubtedly about lifting others up, but it doesn't mean reaching down from above. It's far more powerful when you stand alongside, recognizing the value of mutual exchange. Many of my friends grew up in homes where children were seen and not heard. And where knowledge was transmitted not shared. Obedience valued above curiosity.

Having lived full and deeply interesting lives, the Brownes were eager to know how I might do the same. When the late Dr Stephen Covey wrote, 'Seek first to understand, and then be understood,' he could have been reporting on my visits up the hill. The stories I heard were magical but they were the backdrop to deeper conversations.



The Brownes support and encouragement manifested in three ways. They listened. They learned. They laughed.

Despite my age, youth, inexperience and naivety about the world, Colonel and Mrs Browne took me seriously, cheering on my dreams and asking questions. They spoke of how the world was changing, with excitement rather than regret, never saying 'In our day', or 'You are too young to know.' Instead, they wanted to hear my views and, like my Dad, encouraged discussion and debate. They recognised that I had a valid perspective, not just as a blank slate on which to write their wisdom.

I learned what I thought by talking and discussing things aloud with them. As our discussions widened, so did my understanding of the world and my beliefs about what mattered. Confident that my thinking would be challenged, but not dismissed, I became more articulate.

Laughter came with ease. I brought school yard 'knock knock' jokes and they explained Punch magazine cartoons. Mrs Browne's wry and patient sense of humour had us wandering her garden in fits of giggles.

Our weekly conversations would stretch into the early evening, before I left, reluctantly, with a head full of stories and ideas. My imagination stirred by possibility, the ten minute walk home was never long enough to process it all. In fact, the lessons were that we listened, we learned and we laughed. Empowerment is mutual, if we let it. So, who are you lifting up and being lifted by?

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



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Getting through tough times on the farm.

Our rural people have a reputation for being practical and tough.

But if you know any farmer, or even pick up a paper, you will know there is a lot going on in the farming world. It's no secret that farming can be a high-pressure role, and events out of farmer control - extreme weather, disease, prices, the urban/rural divide - can seem relentless. Stress is compounded by isolation, long work hours, and the fact that they both live and work on the farm. It can be fantastic, and it can be relentless.

Whatever life throws at them, farmers are here taking care of their farms, their animals, their families and neighbours. And when it gets a bit tough, the amazing people at the local Rural Support Trust are just a phone call away.

What are Rural Support Trusts?

Fourteen Rural Support Trusts (RSTs) around New Zealand give one-on-one support to farmers and families in times of stress or adverse events. Their facilitators work alongside rural people to help them get through their challenges - financial, climatic or personal. At one end of the scale, this might just be a cup of tea and a chat. Or it can be more serious, when the Rural Support Trust can help by referring them to rural professionals, farm consultants, services, and counsellors.

When there is a significant event, the Trust works even harder, looking not just at individuals but the entire rural community, working closely with Government and other agencies, and holding events to get people off-farm and talking.



Mycoplasma bovis

The detection of this bacterial cattle disease, first in the South and then in the North Island, is one of the toughest challenges our rural community has faced.

Waikato Rural Support Trust Chair, and Chair of the RST National Council, Neil Bateup, was one of the first four RST people around the country to take on the mantle of *Mycoplasma bovis* support. Now more than 60 RST people in New Zealand are trained to work closely with MPI with a focus on human welfare, around the biosecurity response.

"There has been a decent amount of fear and misinformation, which hasn't helped people who have been affected by *M. bovis* through no fault of their own," says RST Coordinator Wanda Leadbeater.

"Things change quickly. Now people have had more time to understand the disease, and the farms who are under movement controls are looked after by MPI and the RST from the moment the controls are put on," says Wanda. "So the initial distress has moved to a more general level of stress in the farming community; those who are being tested or may have some suspicious animal movements and are waiting for results, for example.

"We encourage people to inform themselves of what is happening in the eradication, to be supportive and strong as a community, and to contact us, confidentially, if they have any concerns at all.

RURAL PEOPLE HELPING RURAL PEOPLE

"Are times a bit tough? How about talking to someone who understands the pressures of rural life? "We are local people who know from experience that severe weather, finances, relationships, and work pressures can all mount up.

"Contact us any time for a free, confidential chat."

0800 787 254 (0800 RURAL HELP)

SO HOW CAN I HELP?

The RST is a charity. They are always keen for donations or support. Or maybe you have some time to offer which could help out? Or an idea for sponsorship for their next community event?

Give Wanda a call on 021 180 2995 or their bank account is 06-0317-0805560-01 ref: Donation.


RuralSupport

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Breast cancer diagnosis

A HEALTH FIRST FOR CELIA



Martha and Celia Hancey with Life Unlimited's Barb Tane

It was Martha Hancey who first spotted three years ago her older sister Cecilia had something wrong with her right breast.

Cecilia, 65, known to those in the Hancey family as Bub and to everyone else that knows her as Celia, was in the shower when Martha saw the inverted nipple.

A mammogram in the mobile caravan visiting Te Kohao Health in Hamilton East a few days later, confirmed the worst when three little dots were picked up.

Celia has an intellectual disability and for the last 15 years has relied on her sister to look after her best interests.

For Martha, who reveals there is an extensive history of breast cancer among the women in her family, that includes health checks such as mammograms.

“We went up to Waikato Hospital and talked to a specialist up there. She did a biopsy and then told us she would have to operate. Just as well, it had spread that fast, that quickly,” says Martha.

The breast was removed and Celia recovered quickly at home with Martha's help and the friendship and support from everyone at Ngā Mara Ātea, Life Unlimited Charitable Trust's marae-centred programme held 49 weeks of the year at Kirikirioa Marae.

People with an intellectual disability aged between 16 and 65 access the Ministry of Health-funded programme. Clients are introduced to tikanga Māori (living by Māori values) and Te Reo Māori (Māori language) in a safe and supportive whanau environment.

Celia's one brush with any significant illness was the breast cancer and now she has been given the all-clear, she is able to stay on the programme because of her good health.

“She doesn't have any high health needs so the ministry is happy for her to stay at Ngā Mara Ātea,” says Martha.

Celia was born in Wairoa in the Hawke's Bay of Ngāti Kahungunu iwi, and grew up in a large family at Raupunga, a small settlement in northern Hawke's Bay located close to the Mohaka Viaduct, New Zealand's highest railway bridge.

At school, Celia's aunty was called in to see the principal who said Celia had a learning disability and they could not help her.

There was no way the family was going to put Celia into an institution.

“She was brought up with us. My father would not do that. I know there's a lot of children who were, families were told they had to give their children up, but we wouldn't,” says Martha.

The family, young cousins, nephews, nieces etc fussed over Celia but she did not participate in any day programmes until she moved to Hamilton to join Martha.

“I decided it was my turn to look after here. Before coming to the Waikato, Celia did nothing, just stayed at home. I decided I was going to look at different things she could access,” says Martha.

Her first stint in a programme was promising prompting Martha to look further afield to Life Unlimited and it was then the sisters met Barb Tane.

Barb had been a senior occupational therapist aide for 26 years at Tokanui Hospital before it closed and then worked for the Richmond Fellowship, a mental health organisation.

She joined Life Unlimited nearly 18 years ago and is now a community services facilitator.

“Martha put us through the mill. She wanted the best for her sister and we wanted the best for her too,” says Barb.

“The last 15 years (at Life Unlimited) has been an awakening for her,” says Martha.

She participates in music, kapa haka, plays the drums, weaves, sews and like others on the Ngā Mara Ātea programme, she helps out on the marae when there is a powhiri or tangi.



Celia Hancey, left, with Krystle Callaghan, right and Teresa Koroheke, rear, sell daffodils outside Pak 'N Save, Clarence St, Hamilton in 2017.

“Celia loves working over at the marae with the kaumatua,” says Barb. “She and everyone else know the protocol on the marae. The all know their jobs, they all know tikanga.”

Martha, a support worker at a disability provider and Celia’s primary caregiver, keeps a close eye on her progress.

“She loves cooking, drawing, she’s been learning how to read and write and she has her own bank account. I get her to withdraw her own money. The people at Westpac Bank in Frankton are used to her and they spoil her,” says Martha.

Life Unlimited was like an extended family after the breast operation, helping Celia with exercise.

Following the all-clear last year, Celia gave something back herself. She volunteered to help the Waikato-BOP Cancer Society sell daffodils outside Pak ‘n Save, Clarence Street with others from the marae and Honey Hireme, Life Unlimited Community Services community support manager.

“Celia loved getting involved in Daffodil Day,” says Honey.

“She knows about breast cancer and the scare she had so she understood by selling daffodils it was helping other women like her.”

So come Friday 31 August, Celia will be out there again symbolising all New Zealanders coming together in the fight against cancer.

She is not only living proof of that but also that an intellectual disability does not mean withdrawing from her community, says Martha.



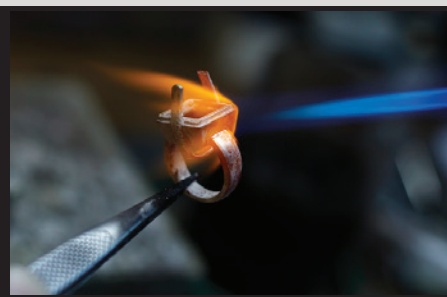
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"This programme is the best thing that has happened to me in a very long time, it has changed my life. I not only look good but I feel good and I regained my love of walking. I have so much energy. My husband says he hardly recognizes me, but he really loves the new model." * **Julie C - Auckland**

*"I thought there was no weight reduction programme I hadn't tried, but then I found the '**Forever Trim®**' programme. For the first time I learned to change my thinking as well as my eating patterns. I am now eating to look after myself and feel absolutely wonderful. Thank you Tricia."* * **Matt - Hamilton**

Tricia Meister BHC

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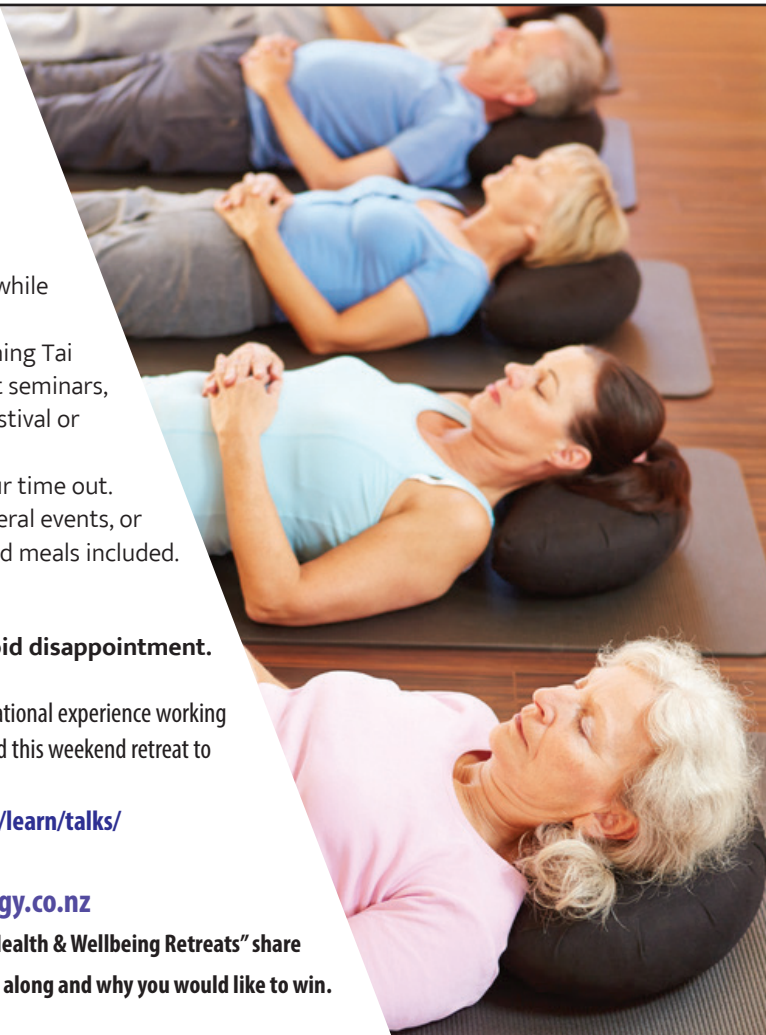
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Volunteering – using reciprocity to combat loneliness

I've been reading about a wonderful organisation in the UK called "Good Gym". Its focus is to provide opportunities for people to connect with older folk who are lonely or have simple one-off tasks that need to be done in their homes. In brief, people run, (yes run!), to an older person's home and then spend twenty minutes visiting with them, before they run home again. People also do "missions" by meeting other runners at an older person's home and carry out tasks that need to be done – things like potting up plants, trimming trees and helping move furniture.



I love the creativity of this form of volunteering because it brings people together who might not normally meet up, combines leisure with philanthropic activity and is based on the premise of harnessing energy for social good. In 2014 the New Zealand General Social Survey found that 73 percent of 65-74 year olds reported feeling lonely in the last four weeks. Loneliness and social isolation are words we are hearing more about – Doug Wilson, in his book "Aging for Beginners", has identified socialisation as the third most important thing that people can do, to live long and healthy lives. In a time when we have the ability to connect so easily with others, it seems sad that there are individuals in our communities who feel they are not getting as much social contact as they would like with family, friends and their community.

Volunteering seems such an easy answer to loneliness. Through many years of working with volunteers I've seen friendships and support networks grow and bring joy, warmth and richness into people's lives. For some, their volunteer role has become the single most important thing in their week – for others it has offered a reason to leave the house and pursue something they love to do or have always wanted to do.

Looking at the roles that are listed with Volunteering Waikato, I find it really exciting that someone can drive a train, foster cuddly animals, usher at wonderful shows (and then watch them!), guide people through museums, deliver meals to people in their homes, help people dress up in costumes, befriend someone else who is lonely.....there really is something for everyone and who wouldn't want to do some of these things! But more importantly volunteering brings structure to someone's week, gives an opportunity to connect with others, keeps people active and learning, and generally provides a space that can be filled with fun!

We know current research is showing that volunteering can cause good mental health but kindness really is contagious and along with kindness comes feelings of self-worth – that warm and fuzzy feeling is an actual physical response to the chemical reaction you get from doing something good. Interestingly a recent Australian study found that people identified specific skill growth through volunteering and for the 65 years plus age group the skill developments rated most highly were patience, friendliness, teamwork, confidence, flexibility, and computer/technical skills.

There is no doubt that volunteering is changing but also staying the same and we need to innovate to find opportunities for everyone to engage and therefore benefit. Another initiative I love the sound of is "Casserole Club" which is based on the premise of people cooking an extra portion of food every once in a while and sharing it with an older neighbour. The concept hopes to "knit the community together" by encouraging weekly chats and local friendships. Each cook is thoroughly vetted and each recipient opts in to receive a meal from someone close by in their local community.



I'm not sure if the Good Gym or Casserole Club model is right for every community but what I do know is that there are lots of people who would love to share their skills, time and resources to help someone's day be a bit better. The reciprocity of volunteering creates a dynamic where everyone's a winner – where every person gets the opportunity to live the best life they can live.



Chris Atkinson
Regional Co-ordinator,
Volunteering Waikato



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Ahead of the Game

What will four flying mallets, one brilliant operator, 69 wooden bars and a world-first set of instructions produce? A musical masterpiece of course – one that is just as fascinating to watch as it is to listen to.

The wooden bars, when struck by the mallets, produce the mesmerising sound of the marimba. Yoshiko Tsuruta, who lives in Tauranga, will be performing the world premiere of prestigious New Zealand composer Gareth Farr's marimba concerto, with Opus Orchestra in their final concert series for 2018.

Tsuruta began learning the marimba in Japan at age 9. She relocated to New Zealand in 2004, and completed her Master's Degree at the Anton Bruckner Privatuniversität in Linz, Austria, in 2014.

Marimba performances are truly captivating. Two mallets are held in each hand, and the player must manoeuvre around the instrument, demanding impressive footwork as well as precise co-ordination.

Tsuruta says "I am very excited to play this concerto by Gareth Farr - I've always enjoyed both playing and listening to his music! The work demands immediate attention with its rhythmic energy, and there will be plenty of visual intrigue as the music has been specifically written for the extended range of my marimba". 'Extended range' refers to her 3m-long instrument, so it won't just be Yoshi's arms that are flying.

Gareth Farr, ONZM, is a multi-award-winning composer. In 1993, at the age of 25, he was the youngest ever composer to be appointed composer-in-residence by Chamber Music New Zealand. His music has been heard and/or commissioned for many high-profile events, including the opening of Te Papa, the 2000 Olympic Games in Sydney, and the opening ceremony of the Rugby World Cup 2011. Farr also writes for dance, theatre, television and film.

Helen Clark said, "Gareth is the most amazingly prolific and talented composer. He makes music very accessible to young and old alike". And one couldn't get higher accolades than from the world's premier solo percussionist, Dame Evelyn Glennie. Glennie has herself commissioned music from Farr and considers him "an outstanding composer". She looks forward to presenting the northern hemisphere performance of Farr's new work.

Enjoy the Hamilton Opus performance on Friday 28 September, 7.30 pm, at the Gallagher Academy of Performing Arts. For ticketing information visit www.orchestras.org.nz. School-age children are free. Door sales available.

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Making Choices

Decisions, options, selections or a maybe,
Will we, won't we or "we'll have to see",
Every day we're barraged with choices to make,
Even as small as what icing to put on a cake.

"What if", "should we", is it "yes" or is it "no"?
Many times it is simply, we "don't know",
What will we wear, what will we eat?
Will we have vegetarian, or will it be meat?

If it's very cold, where shall we go?
Some may consider it's time for the snow,
While others might decide to find a warm coat
And with undecided fingers push buttons on a remote.

Making decisions can cause many to stress,
Finding a solution too hard they confess.
This is the time when there needs someone nearby
To help find the right answer, or at least try.

How many years till we retire?
What changes of lifestyle do we require?
Maybe there'll be time to relax at a sunny resort
Or take a cruise that includes many a port.

Sometimes consequences might not be the best
And coping with the result could be a test,
But a lot can be learnt from picking and choosing
As long as what happens is not thought of as losing.

There's no choice more important than how to live.
Do we decide to love and forgive?
Although sometimes difficult, it's best to just smile
As that might help someone travel a difficult mile.

Delwyn White • Readers Submission

The Mighty Coupon'

'The Mighty Coupon' in Seasons August issue was a great read. The 1940's segment set me off to my 'memories/treasure' drawer to find my mother's ration books of 1943-1944. I was just a toddler so had no idea of the difficulties parents had living with rationing and Mums juggling to feed their families. I do remember the ¼ pint bottle of cream delivered by the milkman daily.

This special extra with the milk was just for me – a health requirement as I was a very 'skinny' child who needed more nourishment. Porridge was made every morning, my dad and brother had milk on theirs, I had to have cream. How I hated it! Many a day I refused to eat more than a few mouthfuls. My father, a recently returned World War Two Soldier, would give me a lecture I can still remember today about the hungry kids in the streets of Rome, begging for money – and how lucky I was to have three meals a day. I'd also struggle to eat the sausage ration from the butcher – 1 per child – 2 for the working fathers. Dad was a dedicated gardener all his life, so vegetables were always plentiful. What a difficult child I must have been to feed as I didn't like many vegetables either.

We did not have a car, so mum walked to the grocer and the butcher. The half-pound of butter would be put in the safe along-side the milk – a cupboard in the kitchen that today would fit into our pantries six times over. Mum would warm a knife by dipping it in hot water before spreading butter thinly on bread. The loaf of the bread was unsliced so had to be sliced thinly – the crusts used for Dad's sandwiches to take to work.

The old ration book, still with a few remaining coupons is quite a treasured item in my family memorabilia. The precious bottle of cream that I did not appreciate back as a child rather left its mark on me.

I still do not like cream and have remained thin – a much better word than 'skinny' for 70 years plus.

Fay Dwyer • Readers Submission



TUNA & BROCOLLI

PASTA

SERVES 4 • COOK TIME: 30 MINS



INGREDIENTS

200g penne pasta	75g mature cheddar
250g Broccoli	salt and pepper
40g butter	185g tuna in water or brine
40g plain flour	2 tomatoes, sliced
600ml reduced fat milk	

METHOD

Half fill a large saucepan with water and bring it to the boil. Add the pasta, return the water to the boil and cook according to the packet instructions until just tender. Just before the end of the cooking time, add the broccoli to the pan and cook with the pasta for the final 2-3 minutes, until just tender.

Meanwhile, heat the butter, flour and milk in a saucepan over a medium heat until the mixture is just bubbling, whisking constantly with a whisk until smooth and thickened to a roux.

Continue to cook the roux for a further 2-3 minutes, stirring constantly until it has thickened enough to coat the back of a spoon. Stir in half of the cheese until melted, then season, to taste, with salt and pepper.

Preheat the grill to its highest setting.

Drain the pasta and broccoli in a large colander and transfer to a pre-warmed shallow ovenproof dish (a lasagne dish is ideal). Drain the tuna and add to the pasta and broccoli.

Pour the cheese sauce over the pasta mixture, then top with the sliced tomatoes, if using. Sprinkle over the remaining cheese.

Bake pasta under the hot grill for 4-5 minutes, or until the cheese melts and starts to turn golden brown. Serve immediately.

CHICKEN

JALFREZI

SERVES 12 • COOK TIME: 55 MINS



INGREDIENTS

2 tablespoons vegetable oil	1 tin chopped tomatoes
1 onion, grated	2 tablespoons ghee (clarified butter)
2 cloves garlic, chopped	3 teaspoons ground cumin
675g boneless, skinless chicken thighs, halved	3 teaspoons ground coriander
3 teaspoons ground turmeric	2 tablespoons grated ginger
1 teaspoon chilli powder	25g chopped coriander leaves (fresh not dried)
1 1/2 teaspoons salt	

METHOD

Heat the oil in a large deep frying pan over medium-high heat. Add onions and garlic, and cook for about 2 minutes. Add the chicken, and season with turmeric, chilli powder and salt. Fry gently, scraping the bottom of the pan frequently and turning the chicken.

Pour in the tomatoes with their juice, cover the pan, and simmer over medium heat for 20 minutes. Uncover, and simmer for another 10 minutes to let the excess liquid evaporate.

Add the ghee, cumin, ground coriander, ginger and fresh coriander, and simmer for another 5 to 7 minutes. Serve the chicken pieces with sauce spooned over the top.



SUPER BREAKFAST SMOOTHIE

SERVES 2 • PREP TIME: 2 MINS

INGREDIENTS

1 banana	150ml milk
1 tbsp porridge oats	1 tsp honey
80g soft fruit	1 tsp vanilla extract

strawberries, blueberries & mango all work well

METHOD

Put all the ingredients in a blender and whizz for 1 min until smooth.

Pour the mixture into two glasses to serve.



COCONUT PINEAPPLE & MANGO SMOOTHIE

SERVES 2 • PREP TIME: 5 MINS

INGREDIENTS

1 ripe mango, cubed	100g pineapple pieces
1 small banana	100ml orange juice
150ml coconut milk	

METHOD

Place fruit, coconut milk and orange juice into a blender.

Puree until smooth.

APRICOT & ORANGE FRUIT CAKE

SERVES 12 • COOK TIME: 55 MINS



INGREDIENTS

80g sultanas, chopped	50g butter
30g of chopped dried apricots	1 egg, beaten slightly
zest of 1 orange	250g self-raising flour
2 tablespoons orange juice	180ml milk
120g caster sugar	

METHOD

Preheat oven to 180 °C Lightly grease a 23x12cm tin.

In a small bowl, combine sultanas, apricots, orange zest and orange juice.

Let stand for 10 minutes.

In a large bowl, cream butter and sugar together. Beat in egg.

Stir in fruit. Stir in flour alternately with milk.

Pour mixture into the prepared tin.

Bake in preheated oven for 40 to 45 minutes, or until a skewer inserted into centre of loaf comes out clean.

Serve sliced and buttered with a pot of tea.



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

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

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WHO'S FOOLING WHO

A travelling ventriloquist on the road in between jobs decided to practice his craft before his next show. He stopped at a farmhouse and approached the farmer who lived there.

"Hello there, Mr. Farmer, I was just passing by and I was wondering if I might speak to your dog." The farmer replied, "Well, you know, dogs don't talk." The ventriloquist said, "You'd be surprised what a dog might tell you. Can I speak with him?"

The farmer, eyeing the ventriloquist suspiciously, called his dog. "Hi there, Mr. dog," said the ventriloquist. "How does the farmer treat you?" To which the dog replied, "Oh, he's great! He throws a stick for me, scratches my belly, and I just love him!!" Needless to say, the farmer was dumbfounded.

Wanting to see if he could fool the farmer again, the ventriloquist asked if he could speak with the farmer's horse. "Well, you know, horses don't talk." Again the ventriloquist said, "You'd be surprised what a horse might tell you."

So the farmer brought out his horse. "Say, Mr. Horse, how does the farmer treat you?" asked the ventriloquist. The horse then replied, "Oh, I think he's great. He feeds me oats, he puts a blanket over me at night, and I just love him!" Again the farmer was amazed.

Wanting to try his luck a third time, the ventriloquist said, "Mr. Farmer, would you like to hear what the sheep has to say about you?"

"Well," declared the farmer, "Sheep lie, ya' know."

DAD JOKES

Q: What did the policeman say to his belly button?

A: You're under a vest!

Q: Why wouldn't the shrimp share his treasure?

A: Because he was a little shellfish!

Q: How much does a hipster weigh?

A: An Instagram

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2. When you get to the point where you really understand your computer, it's probably obsolete.
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4. When the going gets tough, upgrade.
5. For every action, there is an equal and opposite malfunction.
6. To err is human . . . to blame your computer for your mistakes is even more human, it is downright natural.
7. He who laughs last probably made a back-up.
8. If at first you do not succeed, blame your computer.
9. A complex system that does not work is invariably found to have evolved from a simpler system that worked just fine.
10. The number one cause of computer problems is computer solutions.
11. A computer program will always do what you tell it to do, but rarely what you want to do.

AGEING WITH A SMILE

I've tried to find a suitable exercise video for women my age, but they haven't made one called "Buns of Putty."

Don't think of it as getting hot flashes. Think of it as your inner child playing with matches.

Don't let aging get you down. It's too hard to get back up.

Remember: You don't stop laughing because you grow old, You grow old because you stop laughing.

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03

Zumba

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Ohauti Settlers Hall,
459 Ohauti Road,
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ADMISSION \$7

04

05

**Waikato Boardgamers
Monthly Games Night**

6pm - 10pm
Discovery Christian Centre,
Cnr of Peachgrove Road
& Insoil Avenue,
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TICKETS : \$3 (DOOR ENTRY ONLY)

07

Crossroads Duo

7:30pm - 11:30pm
Taupo Cosmopolitan Club, 5
Taniwha Street, Taupo,
FREE ADMISSION

08

**South Waikato Music
Society - Richard Mapp**

2:30pm - 4:30pm
The Plaza,
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09

10

Arj Barker - Organic

8pm - 10pm
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11

Songs for Nobodies

7:30pm - 9pm
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12

Classical Hits

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13

**Storytelling On the
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10:30am - 11am
Waikato Museum,
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FREE ADMISSION

14

Mayor's Music Matinee

1pm - 1:50pm
Creative Waikato,
131 Alexander Street, Hamilton

15

Mosaic Workshop

10am - 4pm
Waikato Museum,
1 Grantham St,
Hamilton
ADMISSION \$45

16

17

Zumba

6pm - 7pm
Ohauti Settlers Hall, 459 Ohauti
Road, RD3, Ohauti, Tauranga
ADMISSION \$7

18

19

20

Musical Feast

12pm - 1pm
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21

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22

**Motorhome, Caravan
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**Motorhome, Caravan
& Leisure Show**

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Mystery Creek Events Centre,
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\$15 (CHILDREN UNDER 16 FREE)

24

Zumba

6pm - 7pm
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ADMISSION \$7

25

26

27

28

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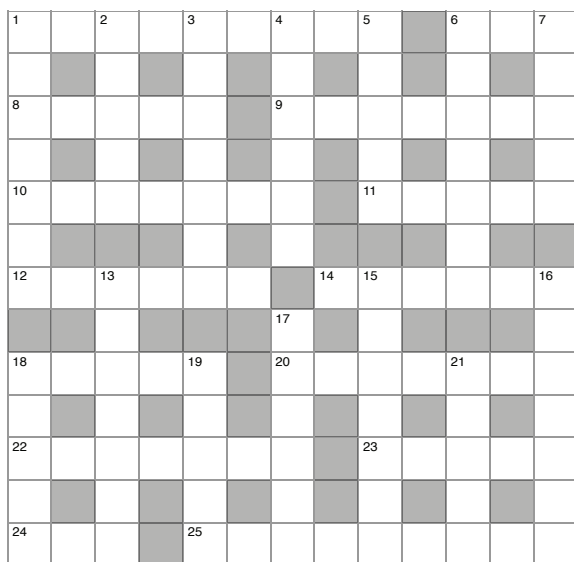
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Quickie Crossword 01



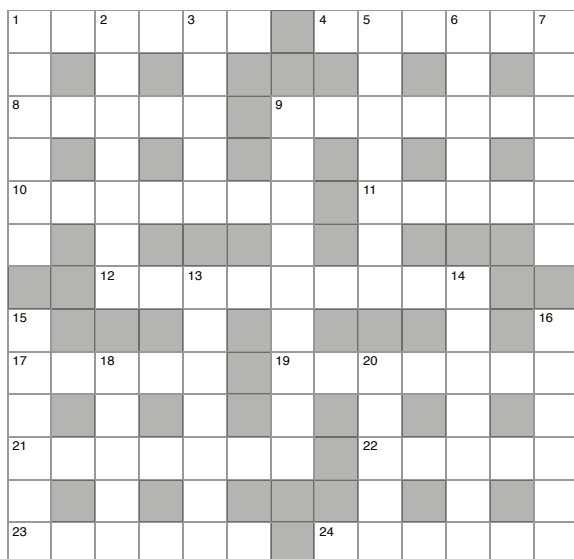
ACROSS

- 1 Game bird (9)
- 6 Disencumbered (3)
- 8 Permit (5)
- 9 Thick-set powerful breed of dog (7)
- 10 Most doleful (7)
- 11 New England state (5)
- 12 Constraint, force (6)
- 14 Extortionate money lender (6)
- 18 Brazilian dance (5)
- 20 Roof beams (7)
- 22 Cut into three parts (7)
- 23 Dome shaped Inuit home (5)
- 24 American whiskey (3)
- 25 Overjoyed (9)

DOWN

- 1 Lauded (7)
- 2 Annoyed (5)
- 3 Answers (anag) (7)
- 4 Reduce in rank (6)
- 5 Derby venue (5)
- 6 Former prince of Monaco (7)
- 7 Robinson Crusoe author (5)
- 13 Type of lettuce (7)
- 15 Putting through a sieve (7)
- 16 Answer (7)
- 17 Hansel's sister (6)
- 18 Indian stringed instrument (5)
- 19 In the lead (5)
- 21 Brilliant success (5)

Quickie Crossword 02



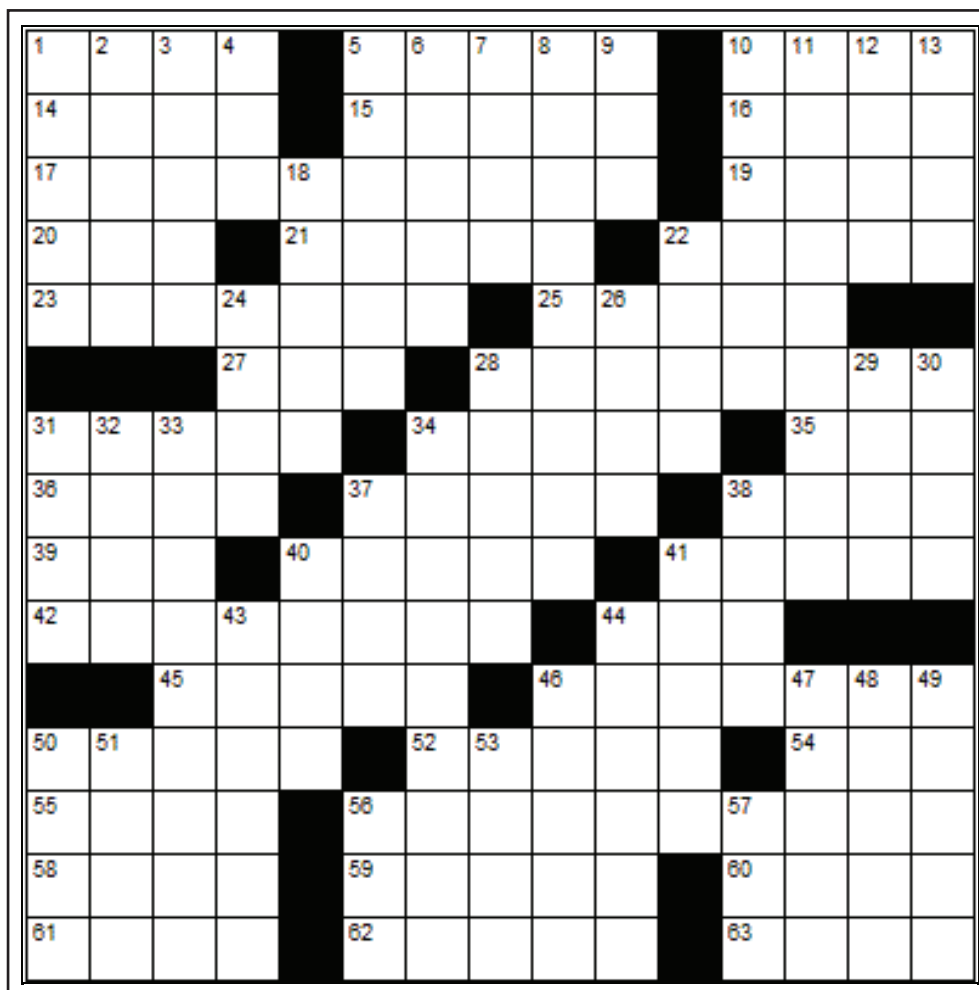
ACROSS

- 1 Vast desert of North Africa (6)
- 4 Gas used in balloons (6)
- 8 Reversal of direction of travel (1-4)
- 9 Plaited bunch of hair (7)
- 10 Apparel (7)
- 11 Audibly (5)
- 12 Erroneous (9)
- 17 Jewelled head ornament (5)
- 19 Lacking contact with others (7)
- 21 Lawlessness (7)
- 22 Measureless chasm (5)
- 23 Relaxed

DOWN

- 1 Writhe (6)
- 2 Famous escapologist (7)
- 3 Enclosed kitchen fireplace (5)
- 5 Avenger (anag) (7)
- 6 US state (5)
- 7 Illness (6)
- 9 Fatherhood (9)
- 13 Opportunities (7)
- 14 Huntsman's cry (5-2)
- 15 Layers of rock (6)
- 16 Jail (6)
- 18 Proverb (5)
- 20 Digging tool (5)

Giant Crossword



Across

1. Hurt
5. Cattle farm
10. Draw near
14. Urarthritis
15. African virus
16. Baking appliance
17. Made without yeast
19. Egghead
20. Snake-like fish
21. Despiser
22. Units of land
23. Schemes
25. Buddhist religious leaders
27. Chatter
28. A side street
31. Epee or saber
34. Domesticates
35. Night before
36. Large luxurious car
37. Tricks
38. Court order
39. Hotel
40. Small finch
41. Path
42. Dampens
44. Small portable bed
45. Head coverings
46. An aromatic herb
50. Quarters
52. Plot of land
54. Lyric poem
55. Former Italian currency
56. Gossamer
58. Foment
59. Seaweed
60. A single time
61. Being
62. It makes dough rise
63. Colors

Down

1. Chills and fever
2. Hyrax
3. Bodies of ships
4. French for "Summer"
5. Overhaul
6. Assists
7. Not a single one
8. Not laymen
9. Possessed
10. Agree
11. Supervisors
12. No more than
13. Concludes
18. Early
22. Anagram of "Star"
24. Apprentice
26. Applications
28. Foundation
29. Wicked
30. French for "Head"
31. Slender
32. Drunkard
33. Plant and meat eaters
34. Gate
37. Bobbin
38. Mental keenness
40. Anagram of "Ties"
41. Heart artery
43. Unruffled
44. Seal of approval
46. Daddies
47. Bonkers
48. Draw forth
49. Affirmatives
50. Wings
51. Parts of aprons
53. Indian music
56. 24 hours
57. A gesture of assent

Find the answers to the September puzzles in the October issue of Seasons Magazine

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

Sudoku

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

Mastermind

1. A savarin is what type of foodstuff?
2. Which is the longest river in the world?
3. Marvel and Mergoles are popular varieties of what?
Pomegranate, Runner Bean, Plum, Persimmon
4. Lillehammer, the host of the 1994 Winter Olympic Games, is in which country?
5. Iatrophobia is the irrational fear of which profession?
6. Model Marie Helvin was the third wife of which famous photographer?

Mini Crosswords

Mini Crossword 01

	1	2	3	4
5				
6				
7				
8				

Across

- 1 Seasoned sailor
5 Neighbor of Pakistan
6 Arrives
7 Precipice
8 Department store section

Down

- 1 Sound of sleep
2 Mgmt.
3 Property claims
4 Todo item
5 Long-range weapon, for short

Mini Crossword 02

1	2	3	4	
5				
6				7
	8			
	9			

Across

- 1 "Star Wars," e.g.
5 Pub drinks
6 Busybody
8 Apple, rhubarb, and pumpkin
9 Half a matched set of towels

Down

- 1 Put into words
2 First Hebrew letter
3 Wish granter
4 Late-blooming flower
7 Beast of burden

Code Word

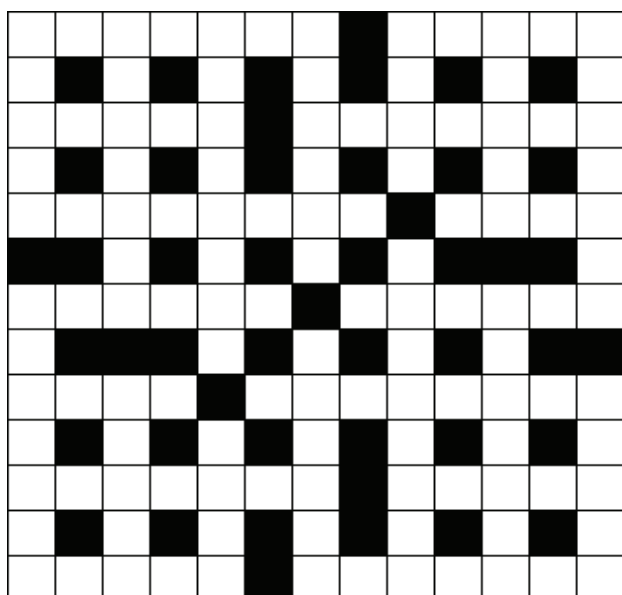
12	1	16	22	7		3	17	5	20	2	15	
16		26		6		16		3		6		11
20	23	16	22	22	1	17		7	16	26	17	1
2		19		5		17		1		26		21
8	6	14	14	13		6	22	14	21	5	8	1
16				5		8				14		
24	23	6	11	7	15		16	11	16	9	13	22
		22				5		16				5
13	26	4	6	13	5	7		20	13	17	6	20
22		1		10		5		16		15		17
20	17	6	11	26		21	1	25	5	6	14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

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

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

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

Word Fit



4 letter words

KEEN
MOCK
NAVY
SAIL

6 letter words

DARING
DEFEND
SKATED
STEADY

5 letter words

DELTA
GAMUT
IDEAS
MEDAL
MERGE
NASTY
SATIN
VISIT

7 letter words

ACTRESS
DANCERS
DYNASTY
EARLIER
EASIEST
FACULTY
GUESSED
LOYALTY

8 letter words

SKELETON
SPEAKING
STALLION
THINKING

Brain Teasers

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

$$\begin{array}{r} \text{SERVE} \\ + \text{SCORE} \\ \hline = \text{TENNIS} \end{array}$$

2. Graham is related to Raymond, Richard is related to Henrietta, Stephanie is related to Emmanuel and Veronica is related to Marianne.

Who is related to Pauline? Leonardo or Winifred, and why?

3. ADHERE, BAMBOO, FLIMSY, SHRIEK, STRUCK. Which one of the following words belongs in the list above and why?

CRINGE, INCOME, MATRIX, NEBULA, ROBUST.

4. Allison is 4 years old, Vincent is 23, Caroline is 19 and Andrew is 18.

How old is Matthew and why?

5. The seven people in this puzzle share the same birthday. Melissa is twice as old as Joan, who is five times older than Sam, who is four years younger than Nancy, who is a quarter the age of Steve, who is half the age of Peter, who is six times older than Bill.

How old is each person if their combined ages is 118 years.

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Answers to the August Puzzles:

Quickie Crossword

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

Quickie Crossword

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

Word Fit

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

Sudoku

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

Mini Crossword 01

R	A	T	T	H	O
U	G	H	W	A	R
N	O	I	S	O	M
		R	O	T	
I	N	S	P	I	R
R	U	T	M	A	T
A	N	Y	E	G	O

Mini Crossword 02

	G	A	P	
A	L	L	O	T
N	A	P	L	E
T	S	H	I	R
	S	A	S	S
	S	H	E	

Giant Crossword

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

Brain Teasers

1. A=4 E=8 L=3 N=0 P=1 R=9 S=5 T=6 U=7
2. The fifth letter of each brother's name is the same as the second letter of each sister's name, so Stella is Alistair's sister.
3. The third and fifth letters of each of the first set of words are consecutive, so VOLUME.
4. The letters in each person's name have a numerical value A-Z=1-26. The third letter of each name is equal to each person's age, so Yvonne is 15.
5. Emma 28, Vernon 21, Alex 14, Sue 7, Angela 6, Jenny 4, Mike 2.

Mastermind

- 01 'The Unknown Warrior' - Westminster Abbey
- 02 Crossing roads
- 03 The Duellists
- 04 Quentin Tarantino
- 05 Urban Male Magazine
- 06 Kiss

Code Word

1	2	3	4	5	6	7	8	9	10	11	12	13
T	B	G	Q	J	M	L	S	A	F	R	D	C
14	15	16	17	18	19	20	21	22	23	24	25	26
O	K	Z	I	P	W	E	U	X	V	H	N	Y

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