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magazine

Life Beyond 50

May 2018 • Waikato/Bay of Plenty



Geoff Lewis

Positive success for Seasons & 50+ & Loving It Festival Event

Jenny Magee

No Laughing Matter

Kingsley Field

Being switched on when the power goes off

HAPPY

Mother's Day

SUNDAY 13TH MAY

Asian Adventures with Wendy Wu

A special travel presentation next month in Hamilton highlighting Vietnam/Cambodia and Japan, is also pitching at House of Travel in the Waikato's Solo Travellers Club.

Solo travellers make up over 20 per cent of Wendy Wu Tours travellers, says managing director Paul Dymond.

Wendy Wu Tours, in association with House of Travel in the Waikato, is leading a presentation at The Roaming Giant in Hamilton on May 30.

Paul Dymond says with extremely low single supplements plus "willing to share" options with no surcharges (even if you are not matched up) there is no better time to jump on a group itinerary.

The special groups department at Wendy Wu Tours is also able to help construct singles only private departures, he says.

"No matter how you choose to travel with Wendy Wu Tours, you can guarantee to come back as part of the Wu family."

The May 30 presentation will give an overview of Wendy Wu Tours, its different styles of touring including great choices for singles, featuring journeys through Vietnam/Cambodia and Japan.

"Wendy Wu Tours really know Asia; every vibrant, fascinating and incredibly rich corner of it," says Paul Dymond. "That's why they are New Zealand's leading specialist tour operator to China, Japan, India and Southeast Asia.



The spectacular Halong Bay in Vietnam. Photo: Wendy Wu Tours

"Since Wendy's first tour departed in 1994, we have been perfecting and diversifying our range of tours to capture the very essence of the destination, so you're not just admiring the top sights but truly discovering them."

Award-winning national escorts and their unparalleled knowledge are an integral part of this," he says.

"For Wendy Wu Tours, your journey begins from that very first enquiry. You can trust that we are dedicated to expertly guiding you through your Asian adventure, wherever you choose to explore."

To register for the May 30 event at The Roaming Giant, 789 Heaphy Terrace, Claudelands, contact Angela Taverner on (07) 889-3863 or email angela.taverner.co.nz

There will be two Wendy Wu Tours' presentations on the same day at the same venue, from 2pm-4pm and 5.30pm-7.30pm.

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Wednesday May 30
Wendy Wu Tours' Presentations
2-4pm & 5.30-7.30pm,
The Roaming Giant, 789 Heaphy Terrace,
Claudelands, Hamilton

Sunday September 2
Waikato Travel Bazaar
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Welcome to Seasons Magazine



Mijda

Hello,

I hope you all had a wonderful April month and enjoyed the school holidays with the grandkids if you were able to. Also, to all our readers who visited us at the 50+ & Loving It Festival at the Hamilton Gardens in April, thank you for your support and wonderful feedback on Seasons Magazine and hope you enjoyed the many stalls and informative seminars held, and although the weather was not so great, I was happy to see some of you boogying down to the music from Tom Sharplin & the Cadillacs and the other great performers throughout the weekend!

May is supposedly the last month of autumn and the prettiest for the colour changes of the trees and plants, before the cold and bleary winter months set in! May is also the special month

to celebrate mothers on Mother's Day (Sunday 13th May) and it is not just about presents or flowers, but love, affection, kisses and hugs for that special person who has always been there for you, that would be appreciated the most!

Quote:

"Happy Mother's Day to someone who did a great job raising her children and her husband!"

Please remember to have a look at our May Calendar this month for important dates, events and activities happening in your area.

Looking forward to catching up again next month!

Cheers *Mijda*

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HAPPY

Mother's Day

SUNDAY 13TH MAY

Looking for the perfect Mother's Day gift? Maybe it is not the regular lunch date or a bouquet of flowers this year. After all, what mothers want more than anything else is for their children to be happy and healthy and to know they are at least thinking of them on this day once a year if even just with a quick phone call if distance is problem.

I'm told that from the moment a woman becomes a mother she feels responsible for her child's health and happiness. As that child grows into an adult, the maternal feelings can wane, but they will never ever fully go away.

Mother's Day is about celebrating the relationship between a mom and her kids. As mothers tend to come along on their children's journeys, feeling the lows of every struggle and the highs of every accomplishment.

A mother's connection to her children rarely ceases, even when they live in a different city or don't have everyday communication. You know those monthly, weekly or even daily phone calls from mom? That is what those are all about.



Mothers who for whatever reason have become estranged from their children always have them in their thoughts, no matter what the circumstances. The word "ambivalence" is just not part of a mother's vocabulary.

Being a mom is about more than feelings of pride or worry. A deep sense of guilt also comes every time a child cries or hurts themselves. At these times a mom's heart swells easily, and their strength cannot be measured. The image of a mother lifting a child from danger is never just symbolic there is a deep truth to it.

Every day is mother's day and the best way to celebrate mom is by giving her a day off from worrying about you, telling her you love her, and that everything is going just wonderfully, thanks.

Better yet, fix what's broken in your life and strive for more happiness. That will, in turn, make mom happier. Then, go ahead and take her out for that lunch and buy those flowers, anyway. She deserves it.

"Most of all the other beautiful things in life come by twos and threes, by dozens and hundreds. Plenty of roses, stars, sunsets, rainbows, brothers and sisters, aunts and cousins, comrades and friends — but only one mother in the whole world"

~Kate Douglas Wiggin





BEING SWITCHED ON WHEN THE POWER GOES OFF

Like much of the rest of the country, we cringed a little when the storm of April 10, 11 and 12 bashed its way across the country, scaring the daylight out of most of us with vivid flashes of lightning and shuddering blasts of thunder, followed by thrashing sheets of wind-driven, drenching rain. We watched on the telly that first evening and were appalled at the damage and a little fearful to be told that upwards of 170,000 households in Auckland had lost power, and big swathes of Taranaki were similarly blacked out.

Auckland with 170,000 homes without electricity? Good grief! What is the world coming to? That was a Tuesday night, and still by the following Sunday there were several thousand homes not yet back on the grid. I think there were also some places in Taranaki that didn't have power by that time either, but their numbers were a lot fewer and didn't warrant mention on the national news. On Monday there was news that hundreds and maybe thousands of homes would not be back on line until the end of the week – two weeks after the outage.

Well, that's the reality of such events and while we've had it pretty comfortable for the past however-long, being complacent about it is, I reckon, rather unwise.

As have other recent storms, and similar wrecking incidents, it made us stop and take stock a little. Maybe there's some truth in climate change – certainly it seems that violent storms, big floods, droughts and other unhappy weather events are occurring more often and in parts of the country not usually subjected to being roughed-up by Mother Nature.

I remember talking to a friend who survived the Christchurch earthquakes – both of them – and he was no longer leaving anything to chance. He's a big powerful man and he works as an engineer, I think. When the second earthquake hit he grabbed crowbars and sledgehammers and rounded up several workmates and his little team set out into the shattered city and began rescuing people who were trapped. I don't know that anyone every officially recognised what he and his mates did. And it's not of concern to him anyway. However some months later he showed me the back of his big 4x4 vehicle. It was still kitted out with sledgehammer, crowbar, and added to that gear were containers of water and a large plastic clip-top box with enough food and gas-cooking gear to last him and his

family for several days.

"I'm not ever going to get caught like that again," he said, and he totally meant it.

At the time it made me take stock of my own situation – what would happen in the event of a really bad storm, or an earthquake, or some similar massive earth-battering incident, when power and water suddenly ceased to be available? Could we get along on our own for two or three days, or a week? Would we be able to be self-sufficient? And could we perhaps also help a neighbour, if needs be?

The baseline to all this is that nowhere in New Zealand are we safe from storm, or earthquake, or volcanic eruption, or, in the many coastal settlements large and small, a king-sized tsunami.

Over the past decade or so we've had reason to confront these possibilities, but most of us worry about it for a day or so and then the problem slips into obscurity. And this is especially true of us who live here in the Waikato region, this massive basin that is bounded and largely sheltered by the Bombay Hills to the north, the Kaimai Ranges to the east, the Hakarimata Ranges and Mount Pirongia to the west and Pureora Forest Park and the Rangitoto Ranges in the south.

We get the occasional flood, and now and then a roof will get damaged. But mostly it's wet, or foggy, or dry.

Yet at noon on August 25, 1948 a localised tornado smashed through Frankton, drove into West Hamilton narrowly missing the hospital, and then slammed into Hamilton East. In its wake it left three people dead, about 80 injured and something over \$70 million in today's terms in damage. These things can and do happen, and maybe we should take note.

So, since the Christchurch earthquakes of 2010 and 2011, we have got ourselves at least somewhat organised: we have purchased a little portable gas burner stove, with spare gas bottles; we have laid in a dozen 1.5-litre bottles of water, each labelled with the month and year of purchase and which are replaced annually; there is a large plastic click-top container with favourite canned and dried food, cutlery, tin and plastic mugs and bowls, matches, candles, a roll of tin foil (excellent windbreak material for the gas stove); two torches with spare batteries, several balls of strong fishing line, and other bits and pieces. The container, which can also double as a water storage unit in a pinch, is

lined with several folded layers of newspaper – it keeps the sun out and is good fire-starter material. A second plastic container holds bulky stuff – a billy, a cooking pot, which themselves hold toilet rolls (very important items) and a couple of tea towels. As well, there are several substantial plastic tarpaulins, warm jackets, heavy wool socks and half a dozen or so lengths of stout cord. It all fits snugly in the back of my vehicle and it's just there, all the time, if the sky suddenly falls in.

There's a variety of tools in the cavity under the floor of the vehicle boot, including a saw and a tomahawk.

We've got it all pretty much duplicated in the house as well – spare bottles of water, plenty of canned and dried food in the cupboard. It is used and replaced regularly. We also have a number of torches, several boxes of candles and plenty of matches.

Yep, it all sounds a bit over the top – until disaster strikes. And, in this little country, it can happen without a moment's notice. Ask the 170,000 households in Auckland who were watching telly when the screen went blank, as did the world around them; ask the people of Waitara who suffered similarly; or the people of Rahotu in Taranaki where things went from bright to dark in an instant and stayed that way for several days; or the many people in Christchurch whose lives were turned upside down in just a few shuddering, rocking, terrifying seconds.

Imagine it – no light, no hot water, no cooking, no warmth, no television, a deep freeze full of soggy, smelly food, just because a tree got blown over the power lines and there's no electricity. We rely on it almost totally; and it may be that those hugely courageous repair crews, who we never see and whose skill and dangerous work in often the worst of rotten conditions we rarely acknowledge, may take two or three or four days or even a week to fix the problem because the damage is so immense and widespread.



Well, along with our little emergency kit, we've recently got a bit more organised. We had specially asked that a modern log burner be installed in our new home. We moved in just a couple of months ago, and there, sure enough, was the log-burner, complete with cook-top as requested. I had a couple of cubes of well-seasoned wood delivered and spent an afternoon stacking it out of the weather. And several nights ago, as the weather turned from unpleasant to downright bleak and miserable, we sparked the log burner up with a brief lighting ceremony.

Among the interested spectators were the four cats, Batman, Bindiii, Bayleee and Wonkie, all of whom presumed the blaze was specifically for them and all claimed front seats adjacent to the hearth. Replenishing the firebox became something of an obstacle course.

The wee log burner outdid itself that first night, and subsequently. We had also requested upgraded insulation in the walls and ceiling when we built, and of course, all the windows are double-glazed. As well, we'd had a modest-size heat pump installed – we wanted to be warm during winter, and cool in summer. The combination of extra insulation and log-burner has been amazing – we've literally turned off the stove and heat pump and the fire has warmed the place so extraordinarily we've had to open the ranch slider to cool down a little. In the morning the place remains toasty, and even after a day of both of us being away, it's still lovely and warm inside.

I made a large pot of soup yesterday, starting it on the electric stove and then switching it to the log burner top. Now I find I need to get several trivets of different heights for the log burner top – that soup-pot was soon boiling, and I had to remove it for a while.

What it all means is that we now have some reasonable backup if the electricity fails, and the likelihood of it doing so seems to be more probable as extraordinary weather systems flog their way across our skinny little country. So, if I'm able to look after us and maybe a neighbour or two when some unforeseen event puts all the normal services out of action, then I'm pretty happy about that.

Besides, if the power goes off for a few days, think of the savings on my electricity bill. And we'll still be warm.

Kingsley Field



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



FEEL FABULOUS, FEEL FREE



Pauline de Thierry
Owner/Senior Beauty Consultant/
MediSpa Tattooist

As we age our bodies change and often the changes create anxiety, stress or physical challenges and we lose traction in our efforts to remain fit, healthy and agile. Our signature DMK Treatments focus on Age Prevention and enable us to work directly with our clients ensuring that their daily approach to being Body & Skin Fit, helping them to enjoy greater freedom and flexibility for longer.

Reaching our lower legs and feet becomes one of the first challenges as we age, the two most common symptoms we deal with are arthritis and oedema. The deterioration they cause if not supported correctly is inhibiting to physical mobility, mental and emotional balance and sense of independence. Lower leg conditions such as oedema restrict and place pressure on the circulatory systems including lymphatic and blood circulation. As a result, fluid and toxins accumulate in the lower leg and presents as swelling and inflammation and causes tightening and discomfort, especially when performing daily tasks. DMK Treatments are exceptional for supporting the circulatory systems by encouraging blood and lymph flow and flushing toxins.

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To learn more about Age Prevention and DMK Products, go to www.pamper-me.co.nz/news/



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Tim Macindoe

MP for
Hamilton West



Changing Places® Hamilton leads the way

One of the most humbling and rewarding aspects of my work as an electorate MP is the contact I have, and occasional opportunities to assist, constituents who face significant challenges. I met Jenn and Mark Hooper and their profoundly disabled daughter Charley a decade ago and have admired their loving determination to give Charley the best life possible, and to provide support for other families in similar circumstances.

As a determined advocate for people with disabilities, Jenn has been the driving force behind bringing the *Changing Places*® bathroom to Hamilton Gardens. I'm proud and delighted that New Zealand's first such facility has opened in Hamilton and hope to see many more established around the country in coming years.

Changing Places is an internationally branded, fully accessible disability bathroom facility. It provides specialised equipment including adult-sized height adjustable change tables, a hand basin and toilet, ceiling hoists and enough space for large wheelchairs and at least two caregivers. The rooms are designed to fulfil the hygiene and toileting requirements of our most seriously disabled citizens.

Jenn identified a need for a specific disability bathroom through her experiences with Charley and meeting other families in similar circumstances. "They were the inspiration for bringing these facilities to New Zealand. This room is for anyone who struggles to or cannot use what's currently available in standard disability toilets."

The location of Hamilton's facility was an important consideration for Jenn. "Whilst the aim is to get these everywhere, the first one sends a message," she says.

"I distinctly didn't choose the hospital, for example, as that would have sent the message that people with this highest level of need were only ever sick. Hamilton Gardens is a tourist destination, hosts functions and events, and has a multitude of social opportunities that I felt should be more able to be enjoyed by everyone. It also had physical space to accommodate a facility and is well-supported financially."

The *Changing Places* bathroom facility opened at Hamilton Gardens two months ago and cost around \$200,000, with approximately \$80,000 coming from gifted goods and services from various businesses who donated specialised equipment and flooring, as well as the installation, painting, fixtures and fittings.



"This room was built as its own separate project so was relatively expensive. If building occurred at the same as the standard block we added to, it could have been much cheaper," explains Jenn. "As much of the donated supplies were secured by me after the tender process it's the first council project to have its costing lower as the project proceeded!"

People who need to access the *Changing Places* facility may join the Registered User system, which gives a lifetime membership through the website. In most cases, the membership fee can be reimbursed to families via their Individualised Funding Agency or similar. Only Registered Users can access the room, using a small plastic disc (fob). The same fob (and membership) that opens this room will allow access to any other *Changing Places* facility that is subsequently built nationwide.

Jenn has been overwhelmed with the response from the Hamilton community for our new facility. "I've been so impressed and incredibly humbled by the outpouring of support for this project, both locally and nationally," she says. "From my local MP and the Gardens management and Mayoral office through to the providers of specialised equipment, fixtures and fittings, and the security system designers, nothing seemed too much trouble or too great a cost for them to assist in making this happen."

Changing Places has only been open for a few weeks, and Jenn has already received excellent feedback, with people signing up for membership from Auckland to Blenheim.

"The best part for me is just knowing these folk now have options (and hopefully more in the future) when it comes to even leaving their house. For example, two local children were able to turn the tap on at the height-adjustable basin and wash their own hands and play with the water – for the first time in their lives. That's enough for me to know we've all done a very special thing here."

Jenn aims to have a nationwide network of *Changing Places* facilities. "Councils, shopping malls, transport hubs and hospitals are charged with providing public conveniences for all of their community – not almost all," she says.

"These facilities haven't been built so far because no-one had really known there was a need, and the people who need them didn't know there was a solution. This first room at Hamilton Gardens proves both – when we know better, we do better."

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Hon Simon Bridges

MP for
Tauranga



Life knowledge for those starting out

We are so lucky in New Zealand not to be defined by a class system. You can grow up in any neighbourhood here and be the Prime Minister (or Leader of the Opposition), run your own company, become a teacher or a lawyer or anything you strive to be.

I am particularly proud of this aspect of our country, and it's something I would hate to see change.

Every parent I know wants their children to have a better more comfortable life than they had. And parents work hard to give their kids a better start in life.

However not every family sees or understands all the future possibilities for their children. And not every child has the sort of life skills passed on to them that will help them make the most of their opportunities as they grow.

Financial literacy is one example of a skill that it is very important to learn. Understanding the value of a dollar and the power of saving money are both crucial to having a secure future, yet many of us learn those lessons almost too late.

Wouldn't it be great if every New Zealand child could become more financially literate by learning from a wide range of people in our community?

I will be teaching my children as much as I can on this subject but I hope they will have access to other mentors.

I also know that older New Zealanders have some great wisdom to pass down the chain. After all, they have decades of experience, some will have made or lost fortunes, others will just be getting by or happy with where they have ended up moneywise.



Whatever their financial situation, I bet they have learnt some valuable lessons along the way. Talking these through with grandchildren is an excellent chance to bond and learn from each other.

Grandparents often make the best teachers as many have more time and patience for nurturing young minds. The lessons they teach their grandchildren will remain with them for their lifetime.

Passing on knowledge is so important. I am impressed by initiatives like Project Ignite. Created in 2015, it runs as a joint programme from Priority One, Toi Ohomai Institute of Technology, the University of Waikato and supported by some of our most innovative entrepreneurs.

Students (who study in Tauranga) are selected to take part and receive a scholarship. The most recent project selected eight students who were given \$5000 to complete a 10-week intensive entrepreneurial programme. They worked with business mentors to validate their idea, develop a revenue model and refine their business pitch. The next one will run over the 2018/19 summer break.

It is programmes like this that propel students into successful business enterprises and shows the benefits of good mentoring and support.

We talk about how the children of today are our future business leaders. They will be the ones that shape our economies and strive for growth. Parents, grandparents and our communities play a valuable part in fostering positive attitudes in these future leaders.

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



Many people visiting HearMe for a free hearing consultation complain of Tinnitus, and some people can be quite irritated or upset by it. Perhaps there is a ringing that will not go away, or a sound like crickets chirping away.

The word "Tinnitus" means "noise in the head" which could be any unexplained sound heard in the ears or head, not from any external source. Tinnitus can be very annoying (worse than continually hearing the Slade song at Christmas, even well after the turkey has been finished). For some people, this can be their big concern, rather than hearing loss.

Interestingly enough, we find that in many cases, those experiencing Tinnitus often also have a hearing loss, even if it is only slight. This seems at first blush to be counter intuitive - surely hearing loss reduces sounds? Clinical research over many years indicate a clear link; hearing loss often contributes to Tinnitus.

If a person is not hearing certain types of sound, the brain notices this, and effectively "sits up" and turns up the focus subtly. More attention is given to sounds which would normally be in the background, like blood flow, heartbeat or joint movement. The brain plays unusual tricks, trying to make up for missing sounds - "is this what you are looking for?"

Hearing loss is like a dead tree blocking the sunshine and Tinnitus is like the tree's shadow, cast on the ground. By pruning back or chopping the tree away, the shadow disappears. Carefully tuned hearing aids can minimise the Tinnitus shadow. Many new hearing aids have additional therapeutic sounds to help loosen the grip of Tinnitus.

We all jump to attention when beeps and alarms go off, microwaves, telephones, smoke alarms etc. We give Tinnitus our full attention in a similar way! Part of Tinnitus therapy is "active neglect", to slowly de-sensitise people to it. Tinnitus is a meaningless sound. The brain can learn to naturally ignore a noise over time, for example adapting to hearing distant traffic.

With Tinnitus, it is so important to have a full health overview, so we may recommend a consult with your GP after a hearing test, if necessary.

The single best thing to do is shine a light on the problem and seek advice. The best first step is to have a full hearing test.

Martin - 07-959 2063

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Weight Loss at Body Buzz



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

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

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

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

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

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A Message from the Minister for Seniors



Minister Tracey Martin

Positive Ageing Strategy

A couple of months ago I told you that I was hoping to announce a process for producing a new Positive Ageing Strategy. I'm pleased to say that it's now official and work on this will start next month (June).

While this will be an official government document – it has to be in order for us to line up a plan and the different government departments required to make the strategy happen – there is going to be a lot of public consultation.

It needs to cover work, play, volunteering, housing, health, transport...all facets of your lives and really important areas for you as individuals and for the country.

We will begin consultation on the strategy in June and it will run through to the end of August. I want to see a national conversation, online and offline, in cities and in towns, throughout the country. I've asked that there are 40 workshops held across New Zealand.

As we consult we need to recognise that our communities are different and ensure there is a range of choices and opportunities to meet the diverse expectations of different regions, people and ethnic groups. And – for this to work properly, we really need to engage with the people who aren't seniors yet, but who are going to be in the next 10 or 15 years – your children and even your grandchildren.

This is about finding out how people want to live as they get older, as well as how they are living now. We need a strategy that reflects the significant changes we have seen in the last two decades – and that anticipates what we are likely to see over the next 20 years.

Partly, we need to consider and confront the demographic changes that are happening. For example, it's not just that the number of seniors is, thankfully, growing rapidly, our senior population is also getting proportionally older.

In 2001, when the first Positive Ageing Strategy was created, there were nearly 50,000 people aged 85+. Today there are more than 85,000 people who are 85 or older – 15% of the senior population. That number is predicted to rise to 22% in 2036 and 27% in 2061.

The senior population is also increasingly diverse. By 2036 the number of Māori aged 65+ will almost triple from 2013 figures, the senior Pacific population will also triple, and there will be five times as many Kiwis of Asian descent aged 65+. And there are large regional variations. In 15 years time, if current trends continue, less than 17% of Aucklanders will be over 65. In Tasman, and in places like Kaipara, Kapiti and Marlborough, that ratio nearly doubles – a third of the population will be 65+.

But demographics are only a part. Our world has changed, and it is going to change more; and probably more rapidly.

From my perspective, two key areas we need to look at are supporting seniors in the workforce and how businesses can better recruit and retain older people; and promoting housing options appropriate for older people.

A recent BNZ study found that 46% of Kiwis plan to keep working beyond 65. And while the majority of workers over 65 were still on the job because of the value and satisfaction it gave them, 31% said they needed to work for financial reasons. Those are exactly the sorts of things we need to talk about. If you want to work, then that's great. Our economy is going to be dependent on older people and their skills and some conservations are required with business about confronting ageism, supporting seniors in the workforce and how businesses can better recruit and retain older people.

At the same time, there's no way we want a country where people are having to work into older age simply because they can't afford not to.

Similarly, in housing, a lot of policy affecting older people – and superannuation – is predicated on the vast majority of people owning their own homes and being mortgage free in retirement. We have to recognise that that isn't the case anymore. Currently 70% of seniors own their own homes. Census data indicates home ownership rates are dropping among people aged under 65.

I'm sure there are other things that you have want to see happen or examined, so if you can, get involved in the discussions around the Strategy.

Elder Abuse – It's not OK.

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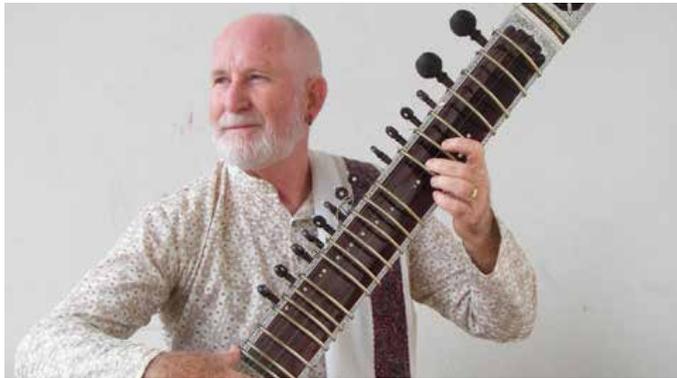
LIFETIME'S DELIGHT IN THE SOUNDS OF INDIA

The sitar is an instrument with a long history. It's melodic and hypnotic sounds mimic the human voice and summon visions of the heat and dusty plains of India.

For most people, learning to play sitar, as with many traditional instruments from the Sub Continent, is often a matter of heritage and being born into the right families.

So for a westerner to take up the instrument and its mastery is unusual but this has been a life time's commitment for Hamilton high school arts' teacher Lester Silver.

Originally from Australia, Lester picked up guitar as a young man, learning to read music sufficiently to get along and working in a variety of groups.



"I got interested in the mid '70s. I was always really interested in sound. I remember going to a friend's house and pushing the keys on the piano and this beautiful sound came out."

Lester was brought up in a Seventh Day Adventist family where his father worked as an administrator for the church. This involved moving every four or five years and a move from Adelaide to Sydney proved a watershed moment.

Sydney was progressive. There were lots of young people playing music. Lester became involved in the Christian music scene and bought a 12 string guitar.

It was the late 1970's and Lester was 21 when, following his girlfriend, he visited New Zealand for the first time. Wandering down Queen St one day he saw his first sitar, a broken item in the window of a second hand store.

He had been at art school in Sydney and enrolled at Elam in Auckland.

"I was on the phone to see who could teach me sitar. I found Rattan Thakurdas, and he started teaching me."

Through one of his sitar teachers, Lester and then wife Toni were invited to India where a short visit was followed by a nine month stay including three months in Kolkota and three months in a village in central India.



The culture shock was immense. Kolkota was amazing but crowded and polluted. Studying under Pt. Sanjoy Bandopadhyay at Khairagarh Raj the move to a country town provided another challenge.

"There were quite a few white people around in Kolkata, but we were a rarity in central India so I felt a bit out of place. Our health also took a battering with the heat and diarrhoea."

The couple decided to move north into a little village in the hills under the Himalayas - a welcome cool refuge from the heat of the Indian summer. Again his luck held and the pair took up an opportunity to study at the University in Santiniketan, about four hours north of Kolkata, where Lester met another sitar Guru in the form of Prof. Prasanta K. Bhanja.

"He suited my personality, he wasn't trying to make me into the world's best sitar player. We lived in a beautiful little stone house and had a very relaxed time. We saw many of the festivals. India is a very intense place."

A 'long-necked lute', the sitar is derived from more ancient instruments including the Veena and three-string Setar but has been in its current form for about 100 years owing much of its modern style to the influence of such greats as Ravi Shankar and Vilayat Khan. The music is divided into melody or the Raga and the Tala or time and rhythm combinations.

Traditional Ragas are regarded as entities, or personalities, with qualities in their own right.



"WE SAW MANY OF THE FESTIVALS, INDIA IS A VERY INTENSE PLACE"

The Tala is a challenging cycle of beats in a mathematical system which allows for a wide range of combinations and patterns.

"It is a very Indian way of thinking. The player becomes the vehicle for the time combinations and the mood of the music. Traditionally in India learning music requires training very hard like an apprenticeship. You take on a Guru. Music and musicians often go for generations in families called Gharanas or lineages and these are often based in regional areas like Jaipur or Delhi where the music is expressed in the style of its most important founders."

Lester returned to New Zealand 33 years ago and has been a teacher in visual arts and photography at Melville High School for the past 22 years.

Lester has a couple of sitars, one recently made for him and brought in from India. But last year he decided to try his hand at building one using as close to traditional methods and materials as possible from his home workbench. This has turned into a genuine labour of love.

The resonating hull of the instrument is made from a large gourd, carefully dried, hollowed and sectioned. The neck is from 'Tun' a form of Indian cedar and a hardwood. The instrument is decorated in traditional style with mother of pearl inlay. But the proof of his efforts will be in the sound.

"In the past when I have tried to make a more contemporary style sitar the sort of reaction you can get is that some people will say, "It's a very nice instrument, but it doesn't sound like a Sitar," others will just say play it for three or four years and see how it sounds. In a traditional instrument the top sound board is detachable and both the top and the gourd can be trimmed or thinned out a bit more to help tune the sound."

These days Lester takes on 4 - 5 concerts a year with a couple in Hamilton and the remainder mostly in Auckland. He works with local Indian musicians and in particular Basant Madhur, an Auckland-based professional musician and player of the tabla or hand drums. As well as at more formal Indian music concerts or at larger outdoor festivals, the players often find themselves entertaining in restaurants and at weddings.

"I take all opportunities seriously though. It is good to concentrate on the music and to learn to play with skilled tabla players," Lester said.



Geoff Lewis



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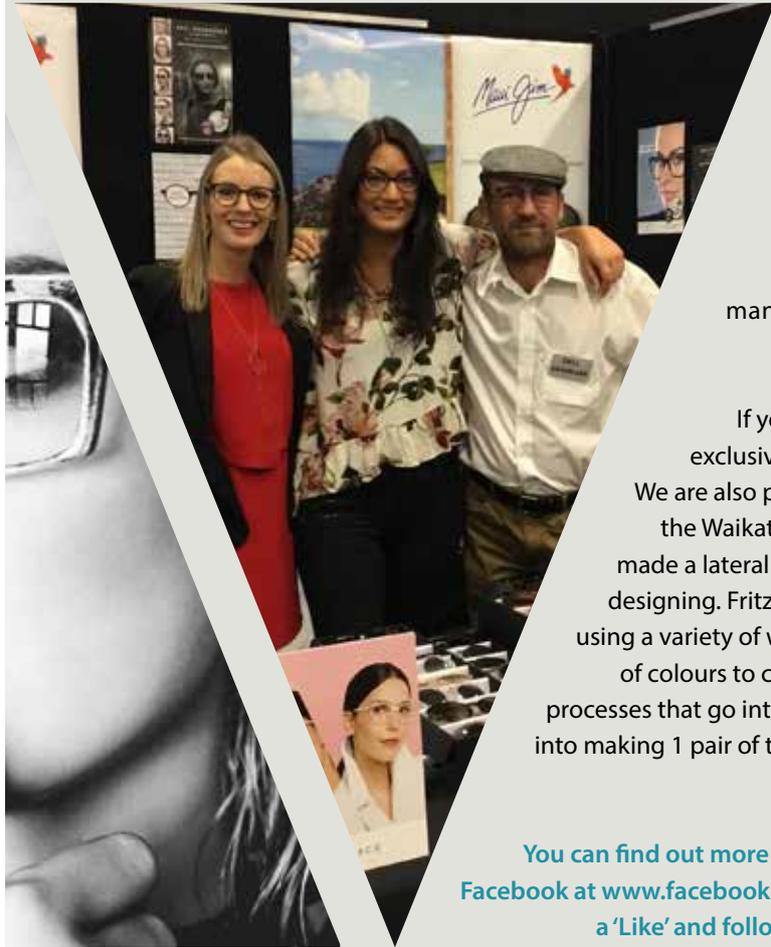
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F R A M E S



WOW, what a busy month it has been! The team at Bell Neuhauser Optometrists would like to say a huge thank you to all of you who came to visit us at the 50+ expo held at the Hamilton Gardens on the 14th/15th April and special thanks to Grant and Mijda for all their efforts in putting the event together, you were an absolute pleasure to deal with.

The expo was a great success for us and we enjoyed meeting many new faces, screening your eyes and of course having lots of fun trying on our new products with you.

If you missed the event, don't panic, you can still come and view our exclusive range of Kenzo by Masunaga and Francois Pinton in store now. We are also proud to announce another top brand that we have exclusively in the Waikato - Fritz Frames. Mr Fritz is an ex boat builder from Germany who made a lateral career move into the wonderful world of high end fashion frame designing. Fritz Frames are all handcrafted and custom made to your face shape using a variety of wood and carbon fibre materials available in a beautiful selection of colours to choose from. There are several layers of clear laquer and polishing processes that go into finishing each pair of Fritz Frames. Roughly 10 hours work goes into making 1 pair of these spectacular frames, and if you ask nicely, you may even find you can get your name engraved into the temple!

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O P T O M E T R I S T S

AGE CONCERN IN FULL SWING

We have emerged from an action packed month with the popular and successful first ever 50+ and loving it expo behind us. We record our gratitude to Grant and the Seasons magazine team for the work they put in to make it successful for everyone who attended. We also extend our thanks to those of you who attended, visited us and offered an entry donation to Age Concern. We have also emerged from our national conference with lots of ideas, which you will see come to life in coming months.

One of the presentations covered older age in Japan. I was amazed to hear Japan has over 80,000 people aged over 100 years of age. What an interesting place for older people.

We have been looking at the housing situation for several districts recently. We have seen unprecedented growth in house prices, which is great for home owners. We have also seen unprecedented growth in rents which isn't so good for those who are renting. We continue to raise the difficulty older people face with having quality, affordable rentals. To the landlords out here, have you considered renting to older people. There are lots of advantages.

Last month I mentioned flu jabs. This month I ask please don't be bashful with winter heating. Sure there can be a cost, but staying warm is a life essential. Age Concern is happy to work with you about heating and payment options.

Brent Nielsen | Executive Officer | Age Concern Hamilton
Celebrating Age Centre | 30 Victoria Street, Hamilton 3204
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A DAY FOR US

50+

CONGRATS

Venessa Clark-Ward

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Seasons Magazine and the 50+ & Loving It Team would like to thank all of the stall holders volunteer participants, and of course all of our wonderful and talented artists for helping us make the best of our festival expo.

Although the weather gods were not exactly playing ball over the 2 days at the Hamilton Gardens we did have great feedback from all of the public that attended with more than a few of them coming back the second day to enjoy everything on offer.

We also had a great response from the attending stall holders with 80% of them already signed up for the bigger and better event planned for 2019, and helping us out with awesome feedback and ideas for the future of this 50+ festival / expo.

Special mention has to be made to Tom Sharplin, Tim Armstrong, local duet Passion, Heist Quartet, The Mighty River Harmony group and Hamilton Kung Fu, and not least of all Gail Gilbert's awesome Zumba Gold team that almost stole the show with their fantastic display which inspired more than a few people to join the team.

Also a huge thank you has to go to Hamilton Age Concern who not only helped us out on both days of the event but also organised and managed the volunteers from Volunteering NZ, and a big thank you to those volunteers as they all were fantastic and made an awesome contribution to our event.

The effort that all the stall holders made with their site setups was second to none with every person commenting on the efforts they all made and the professional look and feel of every stall on both days, not to mention the care and attention they gave to everyone that visited their individual stalls.

When you are organising an event like this there are so many boxes to tick that it is a little daunting, however with the support and help of everyone we feel the event was not only worthwhile but a great success, with the ability to become an annual couple of days out that will only grow, especially with the NZ market in this area increasing very quickly to the point that in the next few years a huge portion of our population will be in the 50+ and loving it category.

We are looking forward to 2019 to our next event and hope to bring you an even bigger and better experience in terms of stall holders, entertainment and much much more, so please watch this space and if you are interested in being a stall holder or just coming along for the day out we would love to see you.

Until then we hope you continue to enjoy the Seasons Magazine publication every month, and please feel free to give us your thoughts on what you would like to see happen at the next 50+ & Loving It event.

"Congratulations Grant and Mijda on the fantastic 2 days expo at the weekend. It was well planned and organised and all the stalls were interesting and relevant. I can imagine how much work went on behind the scenes to make sure it all went so smoothly. I heard nothing but good comments over the 2 days.

Thanks for the opportunity to showcase our Zumba Gold... it certainly created a lot of interest so now we wait to see if the class numbers increase. I had a number of invitations to start new classes locally and around the region but not sure the old body could handle more.

Well done. It was a great success." - Gail Gilbert

Positive Success for Seasons & the

50+ *and loving it!*

Festival Event

A FEW THOUSAND PEOPLE ENJOYED THE FIRST TIME 50+ & LOVING IT FESTIVAL AT THE HAMILTON GARDENS IN APRIL.

The innovative idea of creating a festival around the interests and needs of the growing over-50's population was launched and sponsored by *Seasons Magazine*.

The festival attracted exhibitors ranging from social service organisations and health providers to retailers of bedroom furniture, recruitment services for older workers, and enterprises selling health supplements, retirement village options and adventure holidays.

On the entertainment front classic crooner Tom Sharplin, well-known muso Tim Armstrong and the trusty Rusty Orchestra performed to an appreciative crowd. In the pavilion former Age Concern manager Gail Gilbert led the Zumba class and Jill Rodgers conducted the Mighty River Harmony Chorus.

Stall holder Frank van der Hulst, who owns Pukete Cycle Pro, found a ready interest in E-bikes among people visiting the festival.

"E-bikes are the big thing, getting older people back on bikes and enabling them to exercise."

Wise Ones is a business that connects older and experienced workers to jobs in the workforce, and office manager Peta Dumergue found the festival a good way to connect with older workers.



"While we have an ageing population there are a lot of older people who are still keen to be active and who have huge amounts of experience and skills they can contribute to the workforce."

Paperzone owner Tracey Reynolds had a lot of fun showing people the hobby of scrap booking.

"Older people have more time but some are a bit reluctant to give something a go. So this has been a great opportunity to make lots of contacts and get people into creating."



Organiser Grant Croad said the 50+ & Loving it festival was a first time event, like all first time events was a learning experience for all concerned.

"The feedback we got from our stall holders was positive. The festival had a good vibe. Like any new project there are always aspects that can be developed and while the weather didn't help all the other lessons have been taken on board. Many stall holders are keen to return."

"We have to say we really appreciated the time and effort put in by our supporters and the wonderful work done by volunteers from Age Concern and Volunteering Waikato who distributed the goodie bags, helped with traffic management and assisted visitors. This all contributed to an enjoyable event.

"There are always things to learn in any new event and while the weather didn't help, promoting the event needs some work, lessons have been taken on-board and plans for next year's festival, bigger and better, are already underway."

Geoff Lewis



"See you all next year!"

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Just getting on with it, in spite of the aches

So, as we usually do, we attended a gathering of collectors in the latter part of March.

We're part of a national collectors' club, and this was the annual general meeting: not to be missed. I've been attending them regularly since 1962.

As it has been previously on a number of occasions, this year it was held in Turangi, a location not necessarily known as one of the nation's leading convention centres, but if you're someone who belongs to a slightly different group of collectors or a special enthusiasts' organisation it's actually a very pleasant, inexpensive and comfortable place to gather. It's also nice and central.

There are several good motels, each with an adequate dining facility, the meals are good, the service smiling, and the prices sufficiently realistic to come again tomorrow night. We both thoroughly enjoyed it, as we have on previous visits.

We collectors started gathering on the Thursday night – well, a few of the early-bird enthusiasts did, with the bulk trickling in during Friday morning. Friday night was an enjoyable mix of laughter, good food, fine wine, excellent company, and catching up with old comrades from around the country, and a few from Aussie as well: always good blokes and always full of wry fun. Saturday morning fair hummed with the excitement of buying, selling, trading, admiring, lusting after, disappointments at missing a bargain by a whisker or five minutes as the case may be. And, of course, lots more chatter and catch-up and warm handshakes with long-established friends who hadn't been seen for maybe 12 months. Perhaps as many as 70 blokes – and the occasional lady, it must be said – all crammed into a local hall to enjoy the “goodies” either displayed or offered for sale or trade.

The hall had been set up on the Thursday night, almost exclusively by more senior members of the organisation. They were those who, being semi-retired or fully retired, had manipulated time schedules to ensure they were there a day or so early, before the “main event” properly got under way. Several dozen trestle tables needed to be carried out of storage, folded open and set up, and scores of stacked chairs had to be unstacked and set around. It all took time and a good deal of energy.



And the interesting thing was that almost all the guys who did this work were old enough to be Gold Card holders and beyond. Almost all were suffering from some sort of major or minor medical or physical ailment – high blood pressure, stroke disability, diabetes, sore or aching shoulders, backs, hips, knees, ankles, arthritic hands or elbows. Occasionally you'd see someone wince as an angle or a weight caught them off-guard, or there'd be a noticeable but unremarked limp here and there, or a deliberately slow move, and just now and then an almost suppressed grunt of pain.

But no-one whinged about “their problems”. Most of us had suffered greater or lesser surgery. Hips, knees, ankles had been replaced; others were hanging out for imminent replacement operations. No-one complained. Everyone got on and did what they could – lifting, pushing, lining up, making everything neat and tidy, and there wasn't a single “I can't do that” from anyone.

It's one of the special things I like about getting older. We “wrinklies”, or at least the vast majority of us, are not much into the “gripe and groan” orchestra. Instead, we seem to have this sort of hard-nosed mentality of “do it; it's not a problem,” or “Yes, of course it hurts ... and what? It's been like that for three years [or a decade] and I'm still alive!” And we slog into it. It may take a little longer, but it gets done, whatever it is, and it gets done properly.

Those of us who are part of the during-the-war kids or post-war baby-boomers almost invariably grew up in households with parents who had lived through the 1930s' world-wide depression and then the fears and deprivations of World War Two. Often there were grandparents in the home or close by, and they had lived through the horrors of World War One and the next two miseries as well. So there was a great deal of austerity and frugality and pragmatism in the households in the little towns and out on the farms. The realities of life were harsh and real and right there in front of you. Every last scrap of food was utilised in the home, along with old clothes being mended again and again; paper bags, newspapers, buttons, pieces of string, empty jam jars all were saved and recycled; and out on the farms, bent nails and staples were put in old jam tins for straightening in the shed on a wet day. Old posts and battens were stored behind the shed for re-use somewhere, sometime. Pieces of wire, boards from broken gates, large tins that once contained canned peaches: all were stored in the shed in case there was a future use for them. And very often there was. It saved buying a new one, whatever it was.



And along with it, we kids went barefoot to school, we made our own toys and we played simple, exuberant games outside such as tree-climbing, building huts, damming creeks, collecting acorns for the pigs. We were also required to assist with chores around the place – bringing in the firewood for the stove or lounge-fire; feeding the chooks; taking the cows away to the night paddock; hoeing up the spuds or picking nectarines; digging out thistles and ragwort; helping bring the hay-bales in before the rain came; feeding out in the wet and the cold.

Thus, we learned the value of things, and along with it we learned that many things can be reused, sometimes several times. But as well, we learned to just get on with it – it needs doing so we'd better do it, because if you do it now it's done, and not still waiting to be done.

And that's how it was among these older blokes down in Turangi. The place had to be set up, and the oldies may have taken a little longer, but they got it done. In the process there was good cross-chat, banter, badinage and leg-pulling, and it was a great deal of fun. Nobody griped, even though among some the aches and pains were obvious to see. We simply accepted that most of them were at least as badly off as we were, and some plainly worse off. We made allowances for those worse off, we helped them more, or quietly manoeuvred to take over the heavier tasks so they didn't have to do them.

During the formalities of a similar weekend two years earlier we had held a standing time of silent remembrance for one of the older club members who had passed away just a week or so earlier, and there were sombre faces among many of us. "Old Jim" had been a stalwart for many years, and his sometimes "grumpy old man" stance invariably evaporated at these gatherings, replaced by a warm, rich, quietly chatty senior member who was always worth talking to, and whose long historic knowledge of "things" generally was great to tap into. His presence was, indeed, missed.

It is thus with many such groups of older folk. We're not afraid to get on with the job if there's a job to do, and we sometimes have smart ways of doing things – because we've been around the block a couple of times and have gained skills in how lots of things are done with a minimum of fuss. As well, we've

grown used to coping with aches and pains and shortness of breath and lack of physical strength or durability, and we accept we may have to take two or three bites at the task to get it completed.

And when it's completed, does anyone care that it took another five minutes or half an hour or two days? Not in my house it doesn't, and I don't think it's a problem in most other places either.

So we had a really good weekend in Turangi, and I came home having bought a little and sold a little and seen a lot, and laughed and drank good wine and eaten good food and enjoyed some of the best of company. Yeah, sure, my shoulder still hurts and the lower calf muscle in my left leg is still a real pain, and my ankles are still a little swollen.

Well, I've done my three-score years and ten, and I reckon there's more ahead yet. There'd better be, because I've still got lots to do. So let's get on with it.

Ah, yes. What were we collecting?

Not everybody's cup of tea, I must admit, but to us "munitionologists", collecting firearms' cartridges is an everlasting fascination. It's a bit like stamp collecting, just a tad heavier.

Kingsley Field



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

kingsley@accuwrite.co.nz



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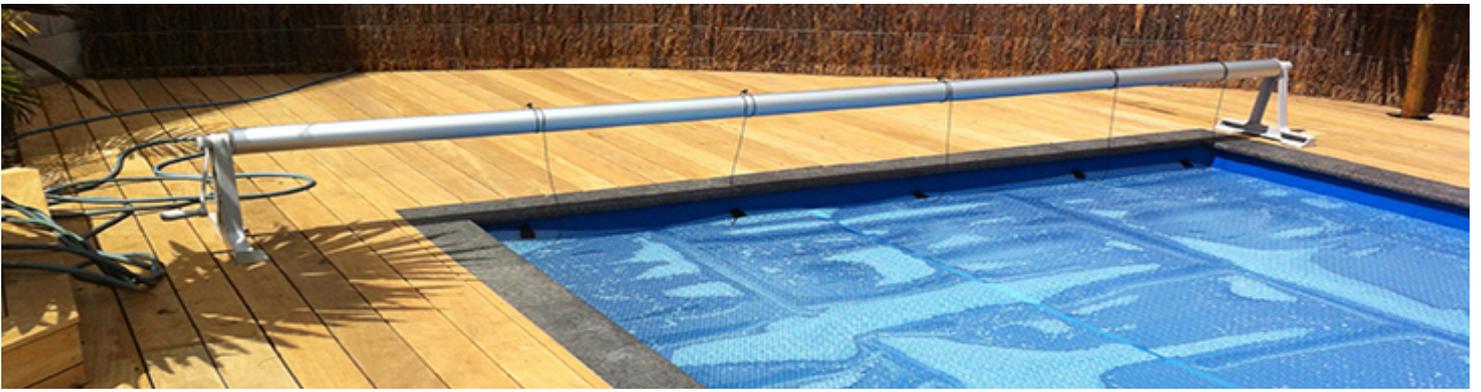
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PUTTING YOUR POOL TO REST

Early April promised a lingering summer and then wham a cold blast put paid to the swimming season for most of us.

Once that pool temp goes below 15 degrees it's time to work on resting your pool over the cooler months.

Leaving pools to go green and unbalanced can create more work and also be costly with damage that can occur to pool surfaces and equipment. A little maintenance over the winter months reaps benefits - so here's a quick check list to manage your pool over the colder months saving you both money and time.

✓ **Water Balanced**

Ensures your sanitiser works efficiently

✓ **Sanitise & Algaecide**

Maintain a chlorine level of 1-3. Add your recommended algaecide treatment

✓ **Clean Filter Media**

Use Filterbrite to clean the sand or glass

✓ **Filter Run Time**

When water temperature is below 15 degrees run for 4-6 hours a day

✓ **Pool Cover**

Make sure it is clean and put on to help keep leaves out of the pool. Plus come spring and warmer days, your pool is heating up to take advantage of earlier swimming

✓ **Salt Cell**

Clean if required

✓ **Baskets**

Empty regularly – over filled baskets will break
Don't forget the one at the pump end.

✓ **Debris**

Remove regularly

✓ **Equipment**

Check pumps are running smoothly and check for leaks that could be as simple as an oring or gasket that needs replacing.

✓ **Basic Mtce & Vacuuming**

At least every two to three weeks take cover off, if using one, brush sides, remove debris, vacuum if no automatic pool cleaner.

Shock the pool and add your monthly dose of recommended algaecide.

Get your water tested Monthly

A LITTLE WORK ONCE A MONTH WILL SAVE YOUR TIME AND MONEY. ANY REPAIRS GIVE OUR SERVICE TEAM A CALL.

WAKING UP YOUR SPA!

Cooler nights and what better way to warm and soothe those cold, tired or aching muscles and joints. It's now time to wake up the spa so let's walk through a few steps .

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2. Turn on the jets to ensure that nothing has been hibernating in your pipes.
If you do have a lot of particles or livestock coming into the water you will need to treat, then empty and fill again.
3. Make sure your filters are clean and in good condition.

They do a lot of work in keeping your water filtered and clean.

4. Check your cover is in good condition and your locks are working – again at Maurice's we can help with new covers and locks.
5. If everything is working okay - bring in a water sample for your fresh fill recommendation and receive your maintenance schedule.
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7. Have your water tested monthly or as soon as you are having a problem maintaining crystal clear water.

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Grey Power

Tauranga & WBOP Association



Last month the Federation, which all 76 associations belong to, held their AGM Conference in Blenheim. I attended together with my Vice President. In all there were 126 delegates from all round NZ.

Thirty three remits were submitted which we then discussed fully and then voted on – many were given the tick for the board and the other volunteers with portfolios to work on. This involves doing endless research and arranging meetings with relevant people before they can present anything to the appropriate Minister. It does create an enormous workload for senior volunteers but they work tirelessly to improve the wellbeing of all people over 50.

Many of the remits were from associations asking for some form of subsidy or reduction in the cost or extended length of time given for dental care, cataract treatment, breast screening, bowel cancer screening. There was a lot of positive discussion about the rates rebate scheme needing to be reviewed.

We had a very interesting presentation given to us by Pulse Energy, who gives us Grey Power Electricity. We were promised some new and exciting deals which are in the pipe line and I will let you know all the details nearer to the time that they are rolled out.

MAKE YOUR VOICE COUNT

The conference is an interesting and positive time for us all to talk to each other and find out what other associations are doing and how they manage. It is of course, as mentioned above, about bringing our concerns to the board to see if they can lobby Government to make things easier and more affordable for the more senior population.

Tracey Martin who is the Minister for Seniors, gave a very entertaining but informative and uplifting presentation about her hopes and aspirations for the wellbeing of people over 50 while her Government is in office.

All in all it was an interesting few days – excellent venue in Blenheim with the best food ever! I have an in-depth knowledge of the inside of the Marlborough Conference Centre and its car park but there was no time to look round the town.

I do urge you as a reader to join Grey Power so that it strengthens our voice when we are lobbying Government for the betterment of the older person.

Jennifer Custins - President for Tauranga & WBOP

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No Laughing Matter



Life can be far too serious, we agreed - which is ridiculous, given that none of us is getting out of it alive. Last week a group of women told me of a distinct lack of joy in their lives, and we decided that it was no laughing matter. Quite literally so.

Children laugh readily and frequently – some studies say 300-400 times per day. Their giggles are infectious and the joy found in little things is a delight to be around. As adults, though, life seems to assume a heavier mantle, and apparently the average adult (you know who you are) only laughs 12-15 times per day. Whatever your numbers, it's the contrast that speaks loudest.

Far from being a childish activity, laughter is, as the saying goes, the best medicine. If you've failed, yet again, on your New Year resolution to get fit, you'll be glad to know that one minute of laughing equates to six minutes on the treadmill and promises far more pleasure. Even better, laughter releases tension, lowers anxiety, aids circulation and boosts your immune system. It's almost impossible to laugh and be angry at the same time, as endorphins, those feel-good hormones, flood our bodies when we laugh. Laughter makes pain more bearable and laughing while doing things we don't like makes them easier to do. Far better than a spoonful of sugar.

Opportunities to laugh uproariously over completely ridiculous things are often too infrequent. For me, it's usually over dinner with three of my closest friends. We poke fun at life and tease each other, playing with words and roaring until our bellies ache and there's a queue for the bathroom. Laughter cements our relationships too. We know that even in tough times, shared laughter keeps us deeply connected with each other. Through death and drama, the bittersweet humour of irony gives us permission to laugh in the face of the unthinkable, as an expression of love and compassion.

So, if laughter is an antidote for what ails you, how else can it be administered? My grandson Jack giggles as babies do, a hearty, infectious rumble that encourages us all to join in. My Tom-cat demands playtime after each meal and his acrobatic leaps are a constant source of delight. Playing with children and pets is obvious, and we laugh more often when we're interacting with others. But how about an intravenous shot of Comedy Central? Creating a Pinterest board or covering the fridge with funny photos and sayings? Subscribing to your favourite cartoon strip? Watching a funny movie? A board game or post-dinner charades? Even the corny Christmas cracker jokes in at your mid-winter gathering?



One of my favourites is a laughter meditation. Sounds odd, but it works. Get comfy and close your eyes; imagine something really funny and then let the feeling of laughter spread from top to toe. Go on, give it a go and feel the fizzy bubbles that generate! Elsewhere, laughter yoga classes combine laughing for no reason with breathing exercises to produce the same physiological benefits as belly laughter. There are laughter clubs across New Zealand – just ask google.

It doesn't matter so much how you get there, endorphins don't judge the quality of your humour or the company you keep. In writing this, I asked a friend for her take on gender differences around humour. She replied that women like men who make them laugh, and men like women who laugh at their jokes!

Life is lumpy and often hard, and that's exactly why we need laughter so much. The poet Ogden Nash wrote that you are only young once, but you can stay immature indefinitely. Laughter allows us to be playful, to be child-like, if not childish. Giving our adult selves permission to laugh and look for laughter in all the right (and wrong) places is a catalyst for joy. It's up to us to make it a habit.

Oh, by the way, did you hear the one about the boy, talking to his teacher? 'My father's name is Laughing and my mother's name is Smiling. The teacher says: 'You must be joking?' Boy: 'No, that's my brother, I'm Kidding.'

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



Savvy Steve

HEADS FOR CROSSFIT CHAMPS:

Steve and personal trainer Dave McLean



A recent setback due to human error has not slowed Cambridge equine physiotherapist and lifetime fitness fan Steve Cleary.

A chunk of a man, Steve has never been far from physical exertion as a secondary school rugby player, competitive swimmer, life saver and martial artist.

Back in the day Steve worked as a personal trainer in Auckland and the US and was one of the first self-employed PTs in NZ in the early '90s, Taking advantage of an opportunity Steve began working with horses and is now a welcome visitor on many top studs around New Zealand and Australia.

"My daughter started riding. We rescued a horse from up north. It was an unexpected turn. Working with horses is a gift. I can see what is wrong with the horse. I give them deep massage using hands and elbows, manipulate the body, crack the spine and neck. I've been at it for 15 years but never worked a day, always enjoyed it. There is the instant reward of turning an angry horse that's in pain into a friendly horse."

Steve got into CrossFit about three years ago while in Auckland training with some friends were into the exercise regime.

"I decided I needed to get into CrossFit. I got into a Hamilton gym. I had already been cross-training in almost everything except Olympic lifting. It means lifting as much as you can, as fast as you can, for as long as you can, as many rounds and reps as possible. It can be three minutes or 20 minutes, it's about met-con or metabolic conditioning, it's long, hard and gruelling."

However, Steve, also known as Savvy Steve, has experienced several setbacks while preparing for the World CrossFit Games.

"The first time I was aiming to be there for my 50th but before I got there I ruptured my shoulder and required surgery so 2017 was spent in rehab."

With the help of [E3live all-organic super-food](#) distributed by [Savvy Touch](#), (www.savvytouch.com), which provided a vital component in his recovery, Steve returned to training with the aim of entering the 2018 World CrossFit champs. Competitors video-submit and only the top 20 go to the games. He would probably have got there except a failure to record his times properly, made by the gym, saw him disqualified.

"There were 8300 competitors in my division (50 to 54 years). In the first round I came in sixth in the world, the second round I had a blinder of a workout. Regrettably part of the workout has to be certified by the gym and they didn't submit in time. It was human error. I was completely destroyed after a very hard workout and not in the position to look at the details. It goes to show you can't put your destiny in other people's hands."



So Steve is now focused on next year with a lead-up through the NZ Nationals in July which will be held in the Avantidrome near Hamilton and then the Pan-Pacific Masters on the Gold Coast in November.

"It's swim, gym, row, bike. You never know what they'll throw at you until the day. It's designed to crush you."

"I've been training all my life. Even as a kid I'd be in the pool at 4am and back in at 4pm. It's a discipline that carries you through life. It's not that much of a struggle at 52. I don't believe I'm 52. In all round strength and fitness I'm better than I was at 22." Steve says wife Linsey and daughter Jade are both athletes in their own rights but "didn't get the mad bug dad's got"

Attaining peak physical fitness and strength requires not only strenuous workout but also the correct diet.

Steve has gone for the 'Paleo' diet - high in protein and fats and low in carbohydrates - so lots of chicken with the skin and protein balls of seeds, dates and protein powder with coconut oil "by the bucket load."

ANYONE INTERESTED IN PRODUCTS PROVIDED BY SAVVY TOUCH SHOULD CHECK OUT WWW.SAVVYTOUCH.COM.

"It's made a massive difference in body composition. I have full cream in coffee. People think I'm crazy but when you put the body into ketosis the body burns the fat."

These days Steve works out at the Fastlane Fitness gym in Victoria St with the help of personal trainer Dave McLean, a former professional rugby player committed to fitness.

"Dave is on very much on the same page. He's like a younger me, we both like killing ourselves. You gotta love the hurt. You've got to love training, it's a massive commitment. There's people in their sixties still going strong, incredible people doing mad stuff."

Dave has worked in the Health and Fitness industry for more than 10 years.

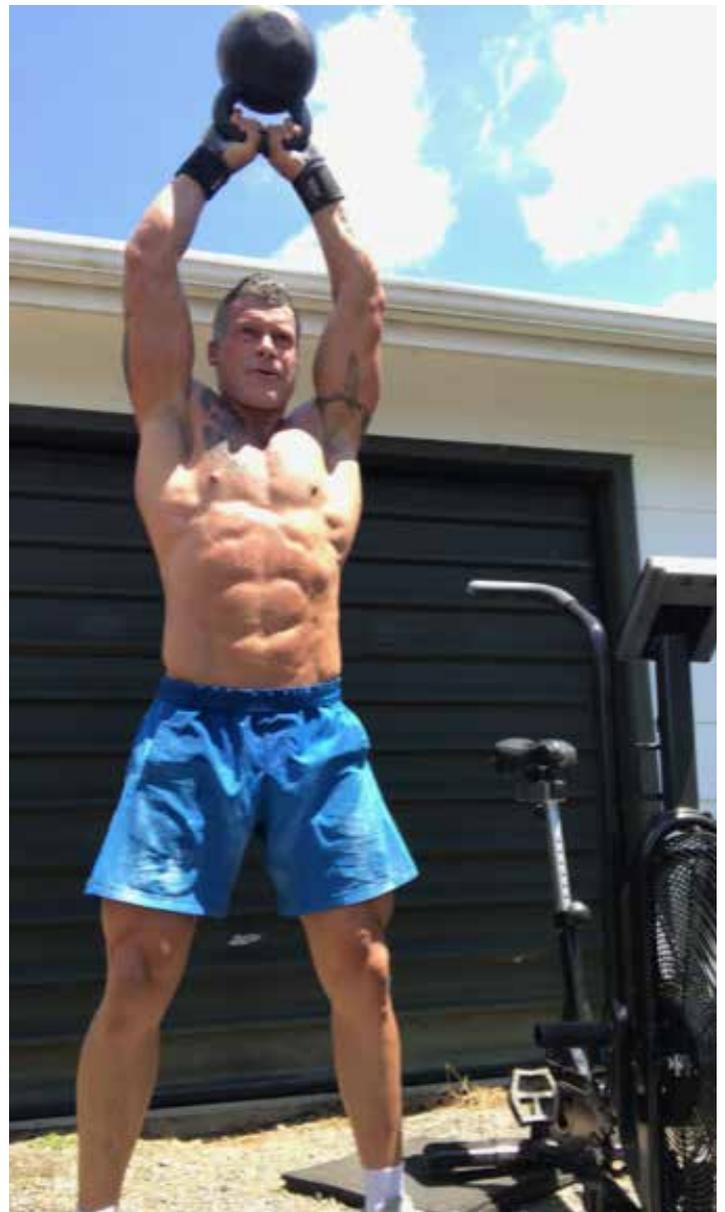
"I have always been involved with sport on a personal level, previously with rugby and currently through CrossFit and Olympic Lifting. It's a driver for me working with people who each have a different goal to achieve and it's a really rewarding challenge seeing the way their lives are changed throughout the journey."

"I have had a lot of experience with weight loss and rehabilitation and focus on the importance of educating clients on lifestyle changes, as well as what we do in the gym."

Geoff Lewis



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BLADDER LEAKAGE CAN BE A WEE PROBLEM

MANY PEOPLE find urinary incontinence — or loss of bladder control — difficult to talk about.

“It’s a real pity, because the truth is as many as one in four New Zealanders experience incontinence,” says Advance® products clinical educator Sally Sims. “Severity can range from occasionally leaking urine when you cough or sneeze, to having a need to urinate that’s so sudden you don’t make it to a toilet in time.”

“For many people, lacking confidence around bladder control means they avoid social situations. It can make them feel embarrassed, isolated and alone,” said Sally who is an experienced clinical nurse. Incontinence is not a disease — it is usually a symptom of an underlying medical condition or physical problem. “That’s why it’s important to consult your doctor to find out what’s causing your loss of bladder control. People who experience incontinence may have conditions such as Parkinson’s or multiple sclerosis, they might be battling cancer or recovering from stroke or child birth — there are any number of reasons for experiencing incontinence.”

Sadly, only a third of sufferers seek professional advice because they feel too embarrassed to talk about it with their GP, or because they think there’s nothing that will help. The reality is 70 percent of sufferers are likely to see an improvement in their bladder control by seeking professional help.

Even if problems with bladder control persist, it’s still possible to get out and enjoy life with the support of continence products so there’s no need to restrict your activities or miss out on doing the things you want to do.

You can find more information from the fully-trained staff at Life Unlimited stores in Hamilton, Gisborne, Tauranga and Rotorua to talk in confidence about the types of continence products available or purchase online.

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Suzanne Sun, a graduate from the Waikato University in Tourism Management with a major in Hospitality management, has been working in the hospitality industry for over 10 years with a particular focus in restaurant management, with a passion and flare for Thai cuisine and culture.

Suzanne's passion shines through with very extensive knowledge of Thai herbs, ingredients, coupled with expertise in combining these to bring stunning flavours and aromas, which are the signature of great Thai food.

Being a professional in customer service and management, Suzanne would like to bring her wonderful Thai food experience for everyone to be able to enjoy, so Suzanne has recently purchased and taken over the Thai Aroma Restaurant in Rotorua, Hamilton.

Suzanne has installed an expert 5 star world-wide hotel restaurant head chef who will bring new and amazing Thai meals to locals, giving them the genuine Thai experience that will keep them coming back for more.

The Thai Aroma restaurant has already been open for 7 to 8 years in the Rotorua local community. However now with Suzanne and her new team of experts they, will be ensuring that customers coming along experience a fresh and unique meal with Thai Aroma's newly developed and designed menu.

If you're looking to enjoy a wonderful night out and stunning Cuisine, then Suzanne and her team would love to show off their wonderful changes to an old favourite, for a night out you will want to make happen every night.



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Australia's Red Centre & City Tour	21st - 31st Aug	Kapiti Island & Wellington	23rd Nov - 27th Nov
Sydney & Blue Mountains	1st Sep - 6th Sep	Hawke's Bay Historic Homes	27th Nov - 1st Dec
Sunshine Coast Stay Put	9th Sep - 16th Sep	Coromandel Explorer	3rd Dec - 5th Dec
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REMAINING POSITIVE A MUST, SAYS AMPUTEE

Two years ago Jessica Quinn realised overcoming her body image struggles as an amputee put her in a unique position to help others see their potential.

The 25-year-old athlete, model, social media influencer and one of the celebrities involved with TV3 Dancing With The Stars starting on April 29, features in the latest Life Unlimited Charitable Trust Question Time video.

Jess enjoys cooking, being active, and travelling. She is currently using her expertise from her fashion and product design degree to launch her own clothing label called "BE. Your Label".

In the video, filmed by AttitudeLive, Jess offers some advice to other amputees.

"Try to remain positive and be patient with yourself," she says.

Dancing with the Stars, hosted by Dai Henwood and Sharyn Casey, involves a range of Kiwi celebrities each competing for a charity of their choice, with the winner decided by public vote.

Jess' charity is the Child Cancer Foundation, a charity which helped her get through chemotherapy as a child.

She will use an agile blade as her leg because it is springy and agile.

"Taking part in Dancing With The Stars is a once in a lifetime experience," says Jess.

"At first I thought no, there's no way I can physically do this, but whenever I tell myself I can't do something then I have to find a way!"

IMPORTANT TO GET GOOD SUPPORT

For most people, the loss of a limb will have a big impact on life. And it can be especially hard to adjust if the loss is sudden or unexpected. That's why is so important to get good support.



As a teenager Jess Quinn did all she could to disguise her prosthetic and pass for "normal." Today she embraces her uniqueness and inspires other amputees through social media.

The New Zealand Artificial Limb Service currently provides services to over 4000 New Zealanders.

Men are over-represented in this group and account for 75 per cent of amputees.

There are two main causes of amputation: diseases such as diabetes or peripheral vascular disease; and accidents. The most common types of accidents are traffic, industrial and farming accidents.

Amputation is only ever considered when there is no way to save a limb, or where removing a limb is necessary to save life.

As part of the New Zealand health system, every amputee is entitled to an assessment for the provision of a prosthesis or artificial limb.

To find out more, visit [Life Unlimited's Online Information Hub](#) or call into one of the Life Unlimited stores in Hamilton, Rotorua, Tauranga or Gisborne.

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Silver economy booming in New Zealand

A significant silver economy is developing in New Zealand where older people are not only growing in numbers in the workforce but making increasing contributions as taxpayers and consumers.

The Business of Ageing

The Business of Ageing Project highlights the contribution seniors will make to New Zealand's economic competitiveness over the next 45 years. The Business of Ageing reports outline the growing value of the labour market participation, income, tax, spending, and voluntary/unpaid work of seniors.

Realising the Economic Potential of seniors in New Zealand 2016 - 2061

The 2017 model has been revised to include updated population and labour force projections and revised income data and methodology from Statistics New Zealand. The projections are consistent with those used by Treasury in the 2016 Long term Fiscal Statement. The values have also been rebased to 2016 dollars, so the data can be compared over time in real terms.

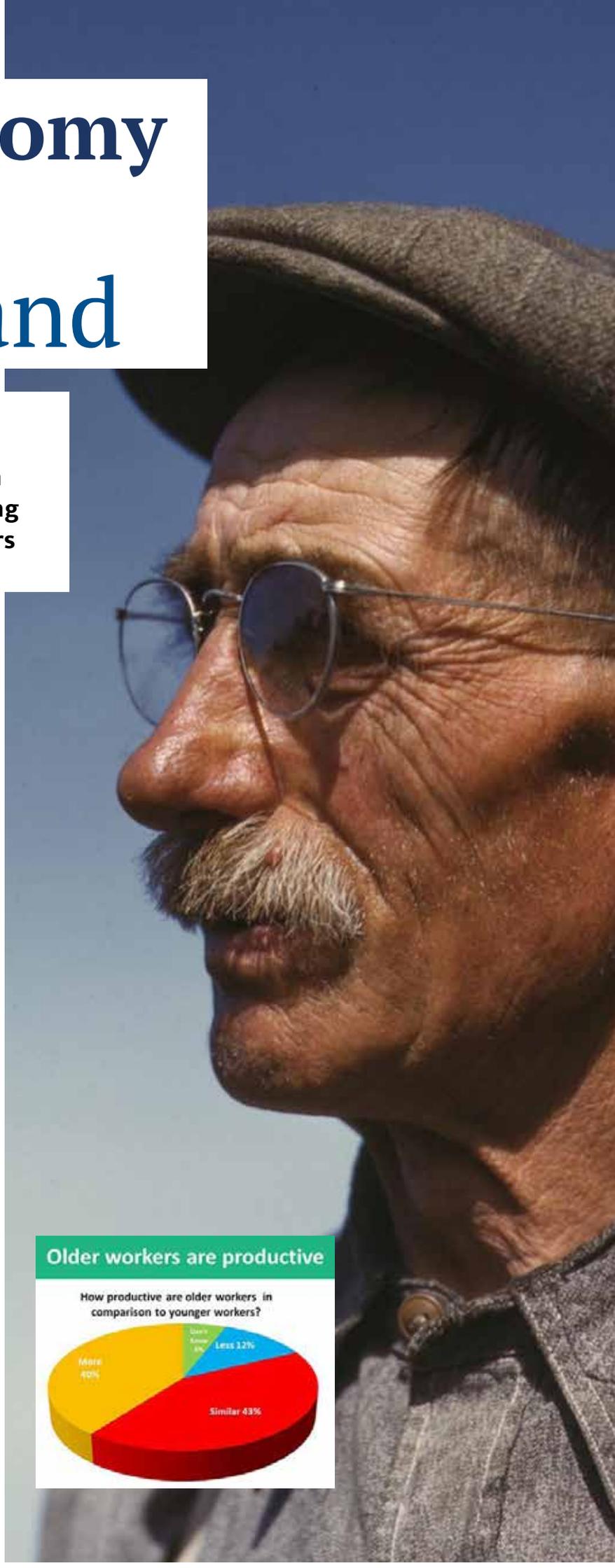
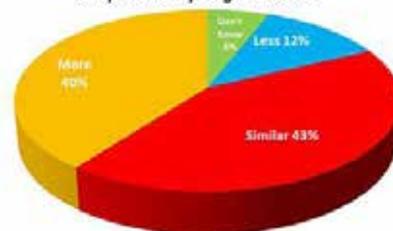
Key findings of the 2017 update

The revised projections confirm that seniors (65 years and over) will make a growing economic contribution as workers, taxpayers and consumers.

The most notable change from the 2015 report is slower projected growth in seniors' workforce participation. Statistics New Zealand revised its projections down after lower increases between 2012 and 2015 than in the previous 10-15 years.

Older workers are productive

How productive are older workers in comparison to younger workers?



More seniors in the workforce

The 2017 update projects that between 2016 and 2061 (real 2016 dollars apply):

- the overall labour force participation rate for seniors (the proportion of seniors who are in the labour market) is likely to rise from around 24 percent (current) to around 25 percent by 2061. Statistics NZ estimates there is a 90 percent chance labour force participation rate for seniors will be between 16 percent and 31 per cent in 2061.
- seniors are likely to make up 12 percent of the overall labour force in 2061, up from 7 percent in 2016
- wage and salary (i.e. paid work) earnings of seniors are likely to rise from around \$4.8 billion in 2016 to around \$10.7 billion in 2031, \$13.6 billion in 2041 and \$22.8 billion in 2061.
- remuneration from self-employment for seniors is similarly likely to rise from around \$1.7 billion in 2016 to around \$3.8 billion in 2031, \$4.8 billion in 2041 and \$8.1 billion in 2061.
- the value of the unpaid work of seniors is projected to rise from around \$11 billion per year at present to around \$21 billion per year in 2031, \$29.3 billion in 2041, and \$47.5 billion in 2061, assuming a proxy value of \$16.49 [the 'Carer Wage' adjusted for inflation 2014-2016].
- the total value of expenditures by seniors [inclusive of GST] is projected to rise from around \$20.7 billion per year in 2016 to around \$42.4 billion in 2031, \$57.4 billion in 2041 and \$94 billion per year in 2061. On present patterns of expenditure, some 28 per cent of expenditure is expected to be spent on foodstuffs, alcoholic drinks and tobacco, and clothing and footwear, and a further 22 percent is expected to be spent on housing and housing related items. Health (11%), transport (13%) and recreation and culture (11%) are other important market segments.

Projections at a glance

- more seniors will participate in the workforce
- the economic value of seniors' paid and unpaid work is projected to increase from \$6.5 billion in 2016 to \$31 billion in 2061 (in 2016 dollars)
- the unpaid and voluntary work of seniors is projected to grow from about \$11 billion per year in 2016 to an estimated \$47 billion in 2061 (2016 dollars)
- seniors' contribution to tax revenue is projected to increase from a total of \$5.5 billion in 2016 to \$25 billion in 2061 (2016 dollars)



- consumer spending by seniors is projected to become more important, with spending of about \$94 billion in 2061– a rise from about \$21 billion currently (2016 dollars).

Why we are doing this

The Business of Ageing 2017 Update aims to inform and encourage discussion about the growing economic contribution seniors will make and the opportunities offered by this ageing group of consumers.

We will use the update to highlight the growing economic contribution of older people and the opportunities associated with an ageing population. We will continue to work to influence businesses to adapt to the ageing workforce and the opportunities offered by this growing consumer group. The update also informs the work we are doing as part of a group looking at New Zealand's ageing workforce. This group has been established by the Employers and Manufacturers Association and Business New Zealand.

Where to next?

The reports aim to inform and encourage discussion amongst business groups, employers, NGOs, individuals and government agencies. They focus on two opportunities the growing older demographic offers for future economic growth. These are to:

- ensure the labour market is accommodating of those seniors already in, or wanting to re-enter, the labour market;
- and highlight the economic value and business opportunities that our ageing population creates

Information provided by Ministry of Social Development, Office for Seniors

Want to get the most out of life?

It can be frustrating when we experience health niggles that get in our way. At NZ Natural Formulas we developed the CARE range, using a natural, gentle approach to support you to stay as physically active, pain free and as alert as possible.

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Revive – Our fatigue formula supports physical and mental vitality. Ideal for daily use if you have fatigue from not sleeping well, being unwell for a period of time, over exerting yourself physically.

Endurance – For use during periods of any physical activity. Ideal for athletes, but for anyone embarking on any activity that uses your muscles. Finish that game of golf, cycle ride, long walk or gardening with less pain and fatigue.

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www.keetohealth.co.nz/seasons.pdf

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WALKING

still the best medicine

It's not surprising that walking is still one of the most popular forms of exercise.

Walking is a simple, low-cost, healthy activity, plus it's fun, social and energising and in New Zealand we have some of the most beautiful and inspirational tracks and paths in the world.

Walking more often is one of the best things you can do to improve your health and wellbeing. As explained further on in this article, we are not talking about miles and miles of slogging it out in rough terrain, we are looking at something that you can do daily to meet your own abilities and slowly improve on as you feel ready.

Remember, if you walk for 30 minutes or more each day, you don't have to do it all at once: you can break it up into three sessions of 10 minutes each.

Benefits of Walking

Walking is a safe, low-impact exercise for almost everyone, including people who may be overweight or have a medical condition, such as asthma, arthritis, or even heart conditions although we always recommend getting your GP's agreement when doing any form of exercise especially with any recent conditions.

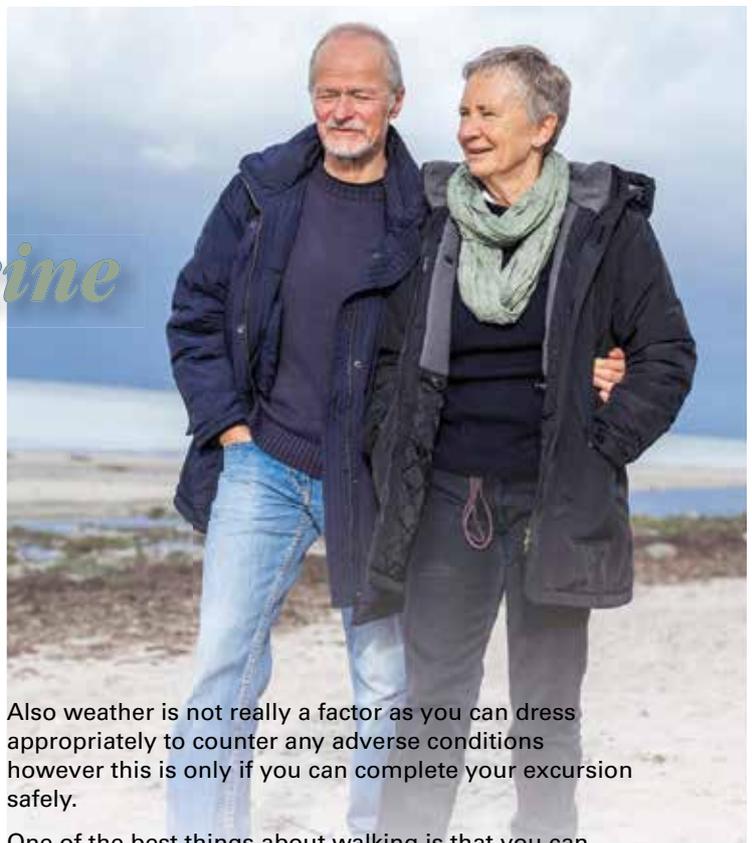
I know you have heard it before that just 30 minutes of brisk walking most days of the week will make you feel better, have more energy, and sleep better. But it is true, because when you walk you are stretching and working many muscles throughout your body - not just your legs. Swinging your arms at the same time also helps improve your upper body, which improves your cardio vascular function, muscle growth, joints, and helps maintain or improve body weight and fitness levels and it's all for free!!

Remember: If you can't walk briskly, walk at a pace that is right for you; you will still enjoy many benefits. For wheelchair users or people with other mobility issues, going for a walk with friends or an aide will provide a similar range of benefits as a light cardio workout so you have no excuses there.

Other benefits can include the reduction of stress, which is always of benefit to your mental health, or just because it provides a quiet time to relax and reflect on the coming or past day's activities or up and coming plans for the future.

Many others prefer to walk with a friend or join a walking group for the social contact, conversation, and the chance to get to know friends, neighbours, or to experience new places with like-minded people by taking trips to scenic areas or even other countries (for the more adventurous).

The only expense that should be looked at is a comfortable pair of shoes that can support you in the way needed, as there is nothing worse than walking with blisters or jarring your feet and ankles because the shoes are not fitted well for you.



Also weather is not really a factor as you can dress appropriately to counter any adverse conditions however this is only if you can complete your excursion safely.

One of the best things about walking is that you can walk at your own pace and in your own time and can fit it into other daily tasks that you have, for instance going to the local dairy for the milk and bread to visit friends down the road or to walk the dog if you have one.

Other benefits include:

- Reduces the risk of coronary disease and stroke
- Lowers blood pressure
- Reduces cholesterol
- Increases bone density, which helps prevent osteoporosis
- Helps back pain

Things to remember:

- Dress for the weather
- Good shoes
- Stretch and warm up before and cool down after
- Think safety (Early mornings and evenings wear a high vis vest if you have one)
- Have a small snack 30 minutes prior to your walk for energy (banana, muesli bar, piece of fruit)

Extra suggestions

Consider these helpful tips:

- Chart your progress. Keep track of how many walks you take and how far. You can use a pedometer to keep track of how many steps you take each day, and if you can, try and build up to 10,000 steps a day over time. Set realistic goals for yourself, taking into account any special conditions you may have.
- If you can't do one main walk per day, break it up into two or three smaller walks.
- A walking buddy can encourage you to walk on days when you might be less motivated.
- Take Walkman radio / I-pod with you and listen to your favourites, but remember to watch where you are going and be aware of your surroundings

Remember:

Seven days without exercise makes one weak

HOBBIES:

keeping mind and body active

For many in the 50+ age groups a little more time becomes available to looking at extra pastimes to keep busy which in experts' opinions is not only good for the mind and body but essential to feeling fulfilled, happy, and healthy.

Also many of us that have reached this time of our life can start to feel a little like we are missing something and need to find something to fill the gap that is developing with this extra time availability and finding that opportunity is exactly what we should be doing.

And now with winter approaching other outdoor pursuits can become more difficult to partake in as often as you may like.

So here we are going to explore the benefits of keeping active and some ways to use this extra time to develop not only extra skills but relationships / friendships and maybe even boost your finances along the way!!

Some studies have found that those who engage in physical or mental leisure activities for at least 20 - 40 minutes once or twice a week are less susceptible to fatigue and have perceptions of better physical function. Such activities were also correlated with higher levels of positive psychosocial states and lower levels of depression and negative thoughts.

Also hobbies are shown as important activities that bring meaning and fun to life and present the kind of challenge that requires us to use some of our best personal skills, and engage us in a sense of ease. This can put us in a near-meditative state where we lose track of time and feel removed from the stress of daily life as we fully engage in what we are doing and from this sense of well-being comes a sense of achievement and happiness.

Activities come in many different forms so there is always something for everyone no matter what restrictions you may feel you have.

For those in the earlier years of seniorship these may include some more physical activities or clubs that

can be joined such as cycling clubs, gym membership, tramping clubs, swimming, bowling, gardening - even other clubs such as classic car clubs where many weekend away with others. Obviously some of these also depend on the weather at this time of the year.

If in the later stages of the senior years there are also many options available to keep the mind and body active such as 500 clubs, pottery, knitting and quilting, painting, photography and even very low impact activities such as Tai Chi, yoga or crafts.

For many seniors, hobbies crafting has been a pastime they have enjoyed for most of their lives. For others, they discovered the enjoyment and rewards of crafting in their retirement years but for all involved the consensus is the same, they feel better for it and count their hobbies as one of the most important parts of their life.

Some other benefits

- For those still in the workforce hobbies are also shown to reduce anxiety and stress from their daily work stresses by giving the mind a time out from these daily stresses and allowing the body time to relax.
- For seniors living in retirement villages, assisted living facilities or who are members of senior citizen centres, making crafts brings people together. It helps them to have a sense of belonging and develop wonderful ongoing friendships.
- Many seniors that live alone find making crafts an enjoyable way to pass the time and create gifts for others.
- Crafting helps to keep the mind sharp and stimulated and in some cases has even lead to creating extra income through selling of their creations via markets or even through friends and family.



Hobbies for the 50+

Not all of the following craft ideas are suitable for all seniors. Most can be modified and adapted to suit the special needs of individuals.

We have compiled a list of outdoor and indoor recreational activities that you may be able to look over and get involved in to get that needed wellbeing / health / belonging and overall sense of achievement.

Golf

Bowling

Walking / tramping groups

Cycling groups

Tai Chi / Yoga

Gym

Book clubs

Model building

Card and 500 clubs

Painting

Sewing / Knitting

Crocheting / Quilting

Photography

Scrapbooking

Making greeting cards

Woodworking projects such as building birdhouses or making clocks or toys

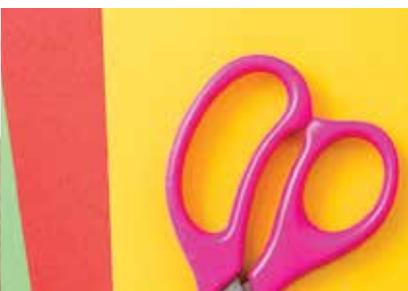
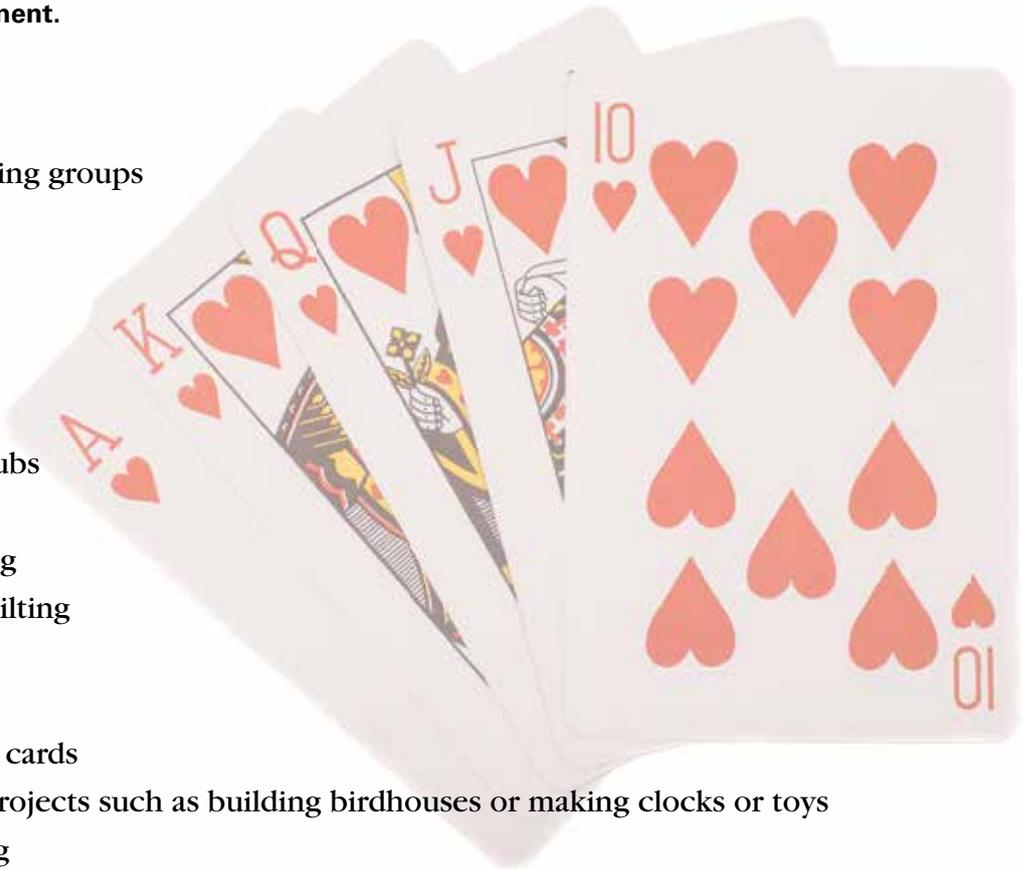
Flower arranging

Gardening

Darts

Collecting (Stamps, coins or any other desired items)

Remember the hobby is for you but it's always good to share



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We have the 'Forever Trim®' programme that was thoroughly researched over a ten year period making 'diets' obsolete. This is a six-week programme designed specifically to fit your needs, your timetable and to give you the motivation to stay on your chosen eating and/or exercise plan.

Over the years I have helped thousands of people to successfully manage their weight with my 'Forever Trim®' programme. By practicing the skills they have learned they have been able to gain balance in their lives by not only achieving their initial goal, but also maintaining a steady body weight.

Weight management is a skill that most people have to learn. To discover the long term answer you need to harness the power of your mind to work for, rather than against you. Your life is determined by how you see and feel about yourself, so in order to change the shape of your body you need to change the image of yourself that you carry around in your mind. It may even need a change of attitude.

You may feel that you have tried 'all' the diets perhaps been a yo-yo dieter, repeatedly losing and then regaining weight, or even just constantly being overweight. Well this will be a really

pleasant surprise for you as you discover that the 'Forever Trim®' programme is not only easy - it is fun! 'Forever Trim®' is a programme where there is no 'starving' no 'calorie counting' and no swallowing of 'pills or potions'. You are simply going to choose to eat plenty of fresh, health promoting foods.

The 'Forever Trim®' programme is a comprehensive lifestyle plan. Coupled with a simple, positive, fast and proven way to manage weight this programme focuses on Mind, Body and Motivation. This time you really are holding the key to staying 'Forever Trim®'

My 'Forever Trim®' programme includes not only the 'how to' but the 'reasons for' remaining Forever Trim. The techniques and strategies that you acquire coupled with the provided booklet and other resource materials are the pathway to your success.

The power of the mind is just that POWERFUL - so let's take the first steps along the path of your exciting journey and discover what you need to do to achieve your own goal.



Tricia Meister BCH
Specialist in Health & Wellbeing

Get the sleep your mind and body needs

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

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Readers Submissions

May 2018

Quotes & Words of Wisdom For Seniors

Going for one hour walk three times a week can help slow the effects of dementia.

Life is like a swimming pool, you dive into water but you can't see how deep it is.

The key to living longer is to have your nose in a novel for more than three and a half hours a week.

Age does not protect you from love, but love, to some extent, protects you from ageing.

God has given us the gift of life. It is up to us to give ourselves the gift of living well.

Life is like a riding a bicycle, to keep your balance you must keep moving.

It's time to get up, get out, and get moving, you'll be amazed what you find out there.

If you want happiness for an hour, take a nap, If you want happiness for a day, go fishing. If you want happiness for a month, get married. If you want happiness for a year inherit a future. If you want happiness for life, help someone.

Seek retirement as a journey, not a destination - a road to travel, with a lot of adventure along the way.

You can't change the past but you can change the way you view it.

All the people who live long regardless of nationality, race, gender, share one thing in common; none are overweight.

If I had known I would live this long I would have taken care of myself.

It's better to look back on life and say "I can't believe I did that" than look back and say "I wish I did that".

The past is behind, learn from it, the future is ahead, prepare for it, the present is here, live it.

Anyone who keeps the ability to see beauty never grows old.

Tahir Ali • Readers Submission

Thought for the Month:

WE SHOULD ALL SHOW GREAT RESPECT TO THOSE WHO VOLUNTEER IN OUR COMMUNITY, AS WITHOUT THEM WE WOULD BE WORSE OFF. THEY DO NOT GET PAID AND IT IS OFTEN A THANKLESS JOB.

Valda • Readers Submission

Time

There is no time for this or that, it is said,
And with all the jobs to be done it is hard to get ahead,
The hands of the clock continue round the dial
And the feeling to be doing can become a trial.

Make time to smell the roses as they bloom
And enjoy a scented soak in the bathroom,
The "now time" is all that we have to use,
So when asked out for a coffee it's best not to refuse.

Winter's the time when many go to the snow for fun
Though some of us look forward to summer and the warm sun,
Autumn has the beauty of leaves of orange and gold
While Spring is the time when new growth will unfold.

Bed time is often when children are heard to object
Though "time for a story" might have some effect.
Meal times when the table is set and food is served
Are happy family times especially when a treat is deserved.

Make time? But how is it done?
Does anyone really want to go for that run
When there's a good book by the bed to be read
Or a faithful pet waiting to be fed.

Time flies it is said when you're having fun,
Especially when it's spent with a special someone.
We've heard many times we kill time when we wait
And feel disappointed when for some reason we're late.

Life's too short to waste on worries or regret
So focus on what matters and on little things don't fret,
"Old-timers" like to remember back to the good old days
But to be as happy as possible **TODAY** is what really pays.

Delwyn White • Readers Submission

Treat to Mum

THIS MOTHER'S DAY

EASY BREEZY SCONES

Serves: 9 Cook time: 12 mins Prep time: 10 mins

Ingredients

350g self-raising flour, plus more for dusting
1/4 tsp salt
1 tsp baking powder
85g cold butter, cut into cubes
4 Tbsp golden caster sugar
150g natural full fat yogurt
4 Tbsp full fat milk
1 tsp vanilla extract
1 egg beaten with 1 Tbsp milk, to glaze

Method

Put a baking sheet in the oven at 220°C. Put the flour, salt and baking powder into a food processor, then whizz in the butter until it appears a crumbly texture. Pulse in the sugar, tip into a large bowl, then make a well in the middle.

Warm the yogurt, milk and vanilla together in the microwave for 1 min or in a pan; it should be hot and may well go a bit lumpy. Tip into the bowl and quickly work into the flour mix using a cutlery knife. As soon as it's all in, stop.

Tip the dough onto a floured surface, then, with floured hands, fold the dough over a few times – just enough to create a smoothish dough. Press out to about 4cm thick, dip a 7cm cutter into more flour, then stamp out 4 rounds, flouring the cutter each time. Squash the remainder lightly together, then repeat until the dough is used up. Brush tops with egg wash, scatter flour over the hot sheet, then lift the scones on. Bake for 12 mins until risen and golden. Best eaten just warm, or on the day.



SOY-BRAISED BEEF & TOMATO-MINT SALAD

Serves: 6 Cooking time: 6-8 hours Prep time: 10 mins

Ingredients

1.5kg of beef brisket, trimmed of excess fat and cut into 1-inch chunks
5 cloves garlic, chopped
1/4 cup brown sugar
1/4 cup rice vinegar
1/4 cup soy sauce
3 Tbsp fish sauce
1/2 tsp pepper
1 punnet cherry tomatoes, cut into halves

1 small red onion, thinly sliced

1/2 cup mint leaves

Steamed jasmine rice

Method

In a slow cooker, combine beef brisket, garlic, brown sugar, rice vinegar, soy sauce, fish sauce, and pepper.

Cook on low 6 to 8 hours or until tender; toss with grape tomatoes, red onion, and mint leaves. Serve with steamed jasmine rice.



LEMONY SALMON PICCATA

Serves: 4 Cooking time: 10 mins Prep time: 15 mins

Ingredients

4 skinless salmon fillets
1/2 tsp salt
1/2 tsp pepper
3 Tbsp all-purpose flour
2 Tbsp olive oil
3 garlic cloves, minced
1/4 cup dry white wine
1/4 cup lemon juice
Plus lemon slices for garnish
2 Tbsp rinsed and drained capers
2 Tbsp chopped parsley
2 tsp unsalted butter

Method

Season salmon with salt and pepper; dredge in flour in a shallow bowl, shaking off excess.

Heat oil in a large cast-iron or nonstick skillet over medium-high heat.

Cook fillets, turning once, until golden, about 2 minutes.

Reduce heat to medium, and add garlic; continue to cook, for approximately 1 minute.

Add wine, lemon juice, capers and parsley; simmer over medium-low heat until fish is just cooked through.

Remove pan from heat. Add butter; stir until melted, about 30 seconds.

Garnish with lemon slices; top with sauce before serving.



MUM'S MINI PAVLOVAS

Serves: 8 Total time: 2:30 mins Prep time: 25 mins

Ingredients

FOR PAVLOVA

6 Tbsp chickpea brine
1/4 tsp cream of tartar
1/2 cup sugar
1/2 tsp vanilla extract
Jam or Whipped Coconut Cream (recipe below), for filling
Berries or chopped nuts for topping

FOR WHIPPED COCONUT CREAM

2 cans full-fat coconut milk
2 tsp vanilla extract

Method

Preheat oven to 120°C

In stand mixer with whisk attachment, beat chickpea brine and cream of tartar on medium for 5 minutes. Continue beating, adding sugar 1 tablespoon at a time. Beat 10 minutes more until medium-stiff, glossy peaks form. Add vanilla.

On large baking sheet, spoon 8 large dollops of meringue, pressing lightly in center to form indent for filling.

Bake 1 hour. Turn off oven; let stand in oven 1 hour. Cool completely.

FOR WHIPPED COCONUT CREAM

After refrigerating coconut milk overnight, scoop coconut cream from cans, reserving liquid for another use. Add to large mixing bowl. Add vanilla extract. With mixer with whisk attachment on high speed, beat until stiff peaks form.

To serve, fill with jam or whipped coconut cream; top with berries or nuts. Unfilled pavlovas can be stored in airtight containers at room temperature for up to 1 week.



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ADAPTING TO CHANGE

Over the 44 years that I have enjoyed living in the Bay of Plenty, I have seen incredible changes. Back in 1974 the population was 38,000. What was a pretty seaside town has now grown to be the fifth largest city in New Zealand. In 1974 there was just one supermarket. Now there are 11!

For many of us, life can throw some curve balls. Sometimes we have to adapt to change and it can be stressful at times. Selling or buying a home can be one of those situations that tests us. Do we sell at a fixed price or do we auction? Is this a good time to sell? If I am buying, will this property hold its value? These are typical decisions that need careful consideration and a guiding hand. After all, you want the best possible outcome.

The best way to manage change, is to be as informed as possible. For instance, Mount Maunganui and Papamoa continue to be highly desirable locations, with school zoning having a significant effect on choices. Sales stats for these beachside suburbs show an increase from February to March 2018, with sales numbers up 0.6% and the median price up slightly to \$685,000. Sales figures for March 2018 were up compared to March 2017, a trend well above national figures. The current market is described as being fairly balanced between buyers and sellers. If you would like to find out more and work with someone you can trust, contact Bob Tulloch at LJ Hooker today.



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PO Box 174, Whitianga

Name/ Message for certificate and your recognition

(no more than 50 characters)



Autumn is Here!

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

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

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

Everyone is welcome!

Laughter

IS THE BEST MEDICINE

GET THE LICENCE

Judge: "Why did you steal the car?"

Man: "I had to get to work."

Judge: "Why didn't you take the bus?"

Man: I don't have a driver's licence for the bus.

50 YEAR SENTENCE

A couple goes out to dinner to celebrate their 50th wedding anniversary. On the way home, she notices a tear in his eye and asks if he's getting sentimental because they're celebrating 50 wonderful years together.

He replies, "No, I was thinking about the time before we got married. Your father threatened me with a shotgun and said he'd have me thrown in jail for 50 years if I didn't marry you. Tomorrow I would've been a free man!"

HEARING TEST

A man was telling his neighbour, "I just bought a new hearing aid. It cost me four thousand dollars, but it's state of the art. It's perfect."

"Really," answered the neighbour. "What kind is it?"

"Twelve thirty."

MEMORY TEST

Three elderly men are at the doctor's office for a memory test. The doctor asks the first man, "What is three times three?"

"274," came the reply.

The doctor rolls his eyes and looks up at the ceiling, and says to the second man, "It's your turn. What is three times three?"

"Tuesday," replies the second man.

The doctor shakes his head sadly, then asks the third man, "Okay, your turn. What's three times three?"

"Nine," says the third man.

"That's great!" says the doctor. "How did you get that?"

"Simple," he says, "just subtract 274 from Tuesday."

NICKEL & DIMES

Little Johnny is always being teased by the other neighbourhood boys for being stupid. Their favorite joke is to offer Johnny his choice between a nickel and a dime -- Little Johnny always takes the nickel.

One day, after Johnny takes the nickel, a neighbour takes him aside and says, "Johnny, those boys are making fun of you. Don't you know that a dime is worth more than a nickel, even though the nickel's bigger?"

Johnny grins and says, "Well, if I took the dime, they'd stop doing it, and so far I've made \$20!"

I NEED TO WIN

Harry prays to God: Dear Lord, please make me win the lottery.

The next day Harry begs the Lord again: Please make it so I win the lottery, Lord!

The next day, Harry again prays: Please, please, dear Lord, make me win the lottery!

Suddenly he hears a voice from above: Harry, would you kindly go and buy a lottery ticket.

DEATH IN THE FAMILY

A blonde goes to work in tears. Her boss asks, "What's wrong?"

She says, "My mom died."

He told her to go home, but she said, "No, I'll be fine."

Later that day, her boss finds her crying again. He says, "What's wrong?"

She replies, "I just talked to my sister, and her mom died, too!"

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May 2018

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

**Important Dates:
Mothers Day 13th May**

01

African Hand Drumming Course
6pm - 7:30pm
Creative Waikato,
131 Alexander Street,
Hamilton
CLASS ADMISSION: \$30.00
FULL COURSE: \$100

02

03

Musical Feast
12pm - 1pm
Waikato Museum,
1 Grantham St,
Hamilton
ADMISSION: FREE

04

05

Olive Copperbottom
12pm - 1pm
Gallagher Academy of
Performing Arts, Gate 2B,
Knighton Rd,
University of Waikato
SENIORS: \$20
BUY - 08003835200

06

07

New Zealand Sign Language Week Trail
6pm - 7:30pm
Waikato Museum,
1 Grantham St,
Hamilton
ADMISSION: FREE
FROM 7TH - 13TH MAY 2018

08

African Hand Drumming Course
6pm - 7:30pm
Creative Waikato,
131 Alexander Street,
Hamilton
CLASS ADMISSION: \$30.00
FULL COURSE: \$100

09

10

Storytelling On the Marae
10:30am - 11am
Waikato Museum,
1 Grantham St,
Hamilton
ADMISSION: FREE

11

Mayor's Music Matinee
1pm - 1:50pm
Creative Waikato,
131 Alexander Street,
Hamilton
ADMISSION: FREE

12

13

MOTHERS DAY
Beyond the Barricade
3pm - 5:30pm
Clarence St Theatre,
59 Clarence Street,
Hamilton
CLASS ADMISSION: \$82.90
BUY - 0800 TICKETEK (842 538)

14

15

African Hand Drumming Course
6pm - 7:30pm
Creative Waikato,
131 Alexander Street,
Hamilton
CLASS ADMISSION: \$30.00
FULL COURSE: \$100

16

Beyond the Barricade
7pm - 10pm
Great Lake Centre,
5 Story Place,
Taupo
CLASS ADMISSION: \$82.90
BUY - 0800 TICKETEK (842 538)

17

Women of the Waikato
8:15am - 6pm
Woodlands Historic
Homestead,
42 Whitikahu Road,
Gordonton
BUY TICKETS - 021 047 8446

18

19

20

21

CMNZ Presents:
Alex Ross with Bianca Andrew and STROMA
7:30pm
Gallagher Academy of
Performing Arts, Gate 2B,
Knighton Rd,
University of Waikato
BUY TICKETS - 07 858 5105

22

23

24

25

26

The Mermaids Perform the Music of ABBA
7:30pm - 11pm
Morrinsville RSA,
27 Studholme St,
Morrinsville
ADMISSION: \$20.00
BUY TICKETS - 07-889 7014

27

28

29

30

World Challenge Day
12am - 11:55pm
Matamata Piako District
Council,
35 Kenrick St, Matamata
ADMISSION: FREE

31

Notes:

TAURUS APR 19 - MAY 20 Sun in your decan means birthday time. The focus is now on you and your goals for the year ahead. It is time to draw a line under the previous year and make a fresh start. Your energy and initiative is best used by expressing what you want, what your goals are, and getting the ball rolling.

QUOTE OF THE MONTH

*"One is loved because one is loved.
No reason is needed for loving."*



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SEDDON PARK

steps up for your loved ones

Seddon Park Funeral Home in Hamilton has long prided itself on being a warm, welcoming place for people to gather to say farewell to loved ones and friends. Now the facilities are even better.

Seddon Park Funeral Home has just completed an extensive programme to modernise and update its facility in central Hamilton. The building has been part of the Hamilton landscape for many years, but the time had come for a revamp and extensions, to cater for the growing number of families who entrust Seddon Park with helping them say goodbye.

The work began with updating the exterior of the building and its surroundings, including a new boundary fence and improvements to car parking. The building has been painted both inside and out.

The office space at Seddon Park has been reconfigured to enable greater engagement between the staff of Seddon Park and visiting families. As soon as people walk through the door, they will see a staff member, who will be able to help with whatever is required, be it an inquiry, or a hug!

The 170-seat chapel facility has also undergone a major revamp, with new colours, seating and carpet. The audio-visual system is the latest available, including a new camera

and sound system. This means Seddon Park is capable of high definition broadcasting and recording. Photo presentations and internet streaming are now a common part of funeral services, and it's important that the facilities for this are as modern as they can be.

Behind the scenes, we have a brand new mortuary, as well as a temperature-controlled facility for families who prefer not to have a loved-one embalmed.

To complete the package, Seddon Park has recently taken delivery of a new hearse from the USA.

Staff at Seddon Park go to great lengths to ensure grieving families don't have any undue stress, and creating a homely environment is an important part of the process of arranging a funeral. It's hoped that the renovations will ensure visitors are comfortable and feel very welcome.

Those placed in the care of Seddon Park are treated with the utmost care and respect by a team of staff who are experienced and kind.

Plans are underway for an open-day at Seddon Park Funeral Home, but the door is always open to those who might want to discuss plans for a Funeral for a loved one – or their own.

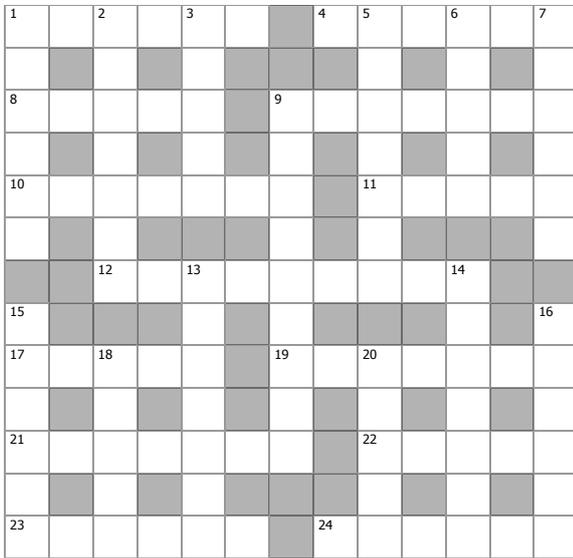


Ph: 07 846 1561
 24 hours, 7 days
 www.seddonpark.co.nz



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

Quickie Crossword 01



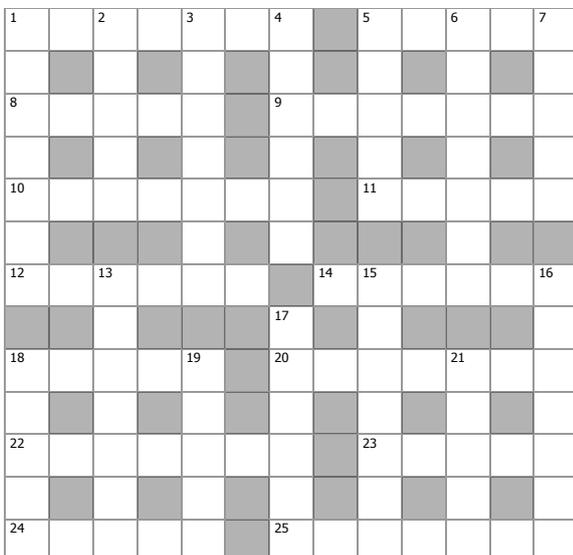
Across

- 1 Church or local government area (7)
- 4 Unmarried (6)
- 8 Rapidity (5)
- 9 Savings (4,3)
- 10 Cut into three parts (7)
- 11 Upper part of a wave (5)
- 12 Female deities (9)
- 17 Something of value (5)
- 19 Non-attendance (7)
- 21 Fretful (anag) (7)
- 22 Fresh bracing air (5)
- 23 Conundrum (6)
- 24 Immediately (2,4)

Down

- 1 Former Spanish currency (6)
- 2 Staggering (7)
- 3 Grasslike plant of wet places (5)
- 5 Flies, beetles, etc (7)
- 6 Web-footed birds (5)
- 7 Fourscore (6)
- 9 Paris cathedral (5,4)
- 13 Obedient (7)
- 14 Isle of Wight resort (7)
- 15 Fried fish coating (6)
- 16 Erase (6)
- 18 In good condition (5)
- 20 Brief (5)

Quickie Crossword 02



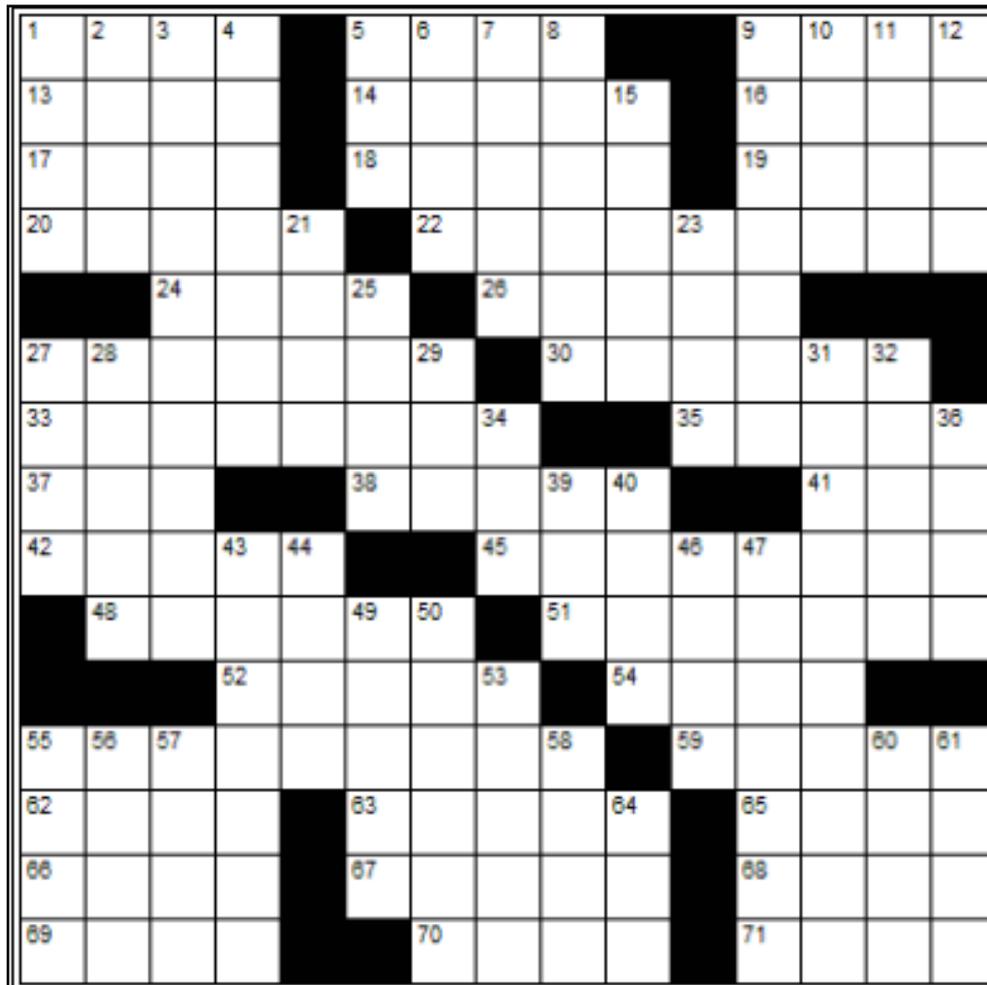
Across

- 1 Day of rest and worship (7)
- 5 Drink in large draughts (5)
- 8 Woodwind instruments (5)
- 9 Bringing up (7)
- 10 Azure (3-4)
- 11 Begin (5)
- 12 What follows (6)
- 14 Assail (6)
- 18 Skin of the head (5)
- 20 Poker-faced (7)
- 22 Exterior (7)
- 23 Two times (5)
- 24 Metric unit of capacity (5)
- 25 Magic (7)

Down

- 1 Husbands and wives (7)
- 2 Plunder (5)
- 3 Exonerate (7)
- 4 Large wasp (6)
- 5 Even (5)
- 6 Arabian Nights hero (3,4)
- 7 Combat (5)
- 13 Group of four musicians (7)
- 15 Farm vehicle (7)
- 16 Assassinated US president (7)
- 17 Vipers (6)
- 18 Angry frown (5)
- 19 Group of lions (5)
- 21 Amount paid (5)

Giant Crossword



Across

1. Chooses
5. Convent
10. Bothers
14. Indian dress
15. Clamor
16. Buckeye State
17. Traverse
19. Information
20. How old you are
21. Not those
22. He plays the bagpipes
23. Sequoia
25. Persons, places or things
27. Manner
28. Surveillance
31. Pertaining to burning
34. Divinity
35. Not wet
36. Boor
37. King with a golden touch
38. Speech disorder
39. Website address
40. Kidney-related
41. Chocolate source
42. A body's frame
44. Black bird
45. Angers
46. A person who disputes
50. Hazardous
52. Daisylike bloom
54. L
55. Throb
56. Mercy killing
58. Cover with plaster
59. Wept
60. Shredded cabbage
61. Catch a glimpse of
62. Utilizers
63. Boys

Down

- | | | |
|------------------------|----------------------------|----------------------------|
| 1. Academy award | 29. Constellation bear | 53. Anagram of "Ties" |
| 2. Plaster | 30. Misprint | 56. Euro forerunner |
| 3. Attempted | 31. Add | 57. American Sign Language |
| 4. Female sib | 32. An English royal house | |
| 5. Drogue | 33. Having dominion | |
| 6. Uninterested | 34. Prehistoric animals | |
| 7. Life stories | 37. Distribute | |
| 8. Vital | 38. Statutes | |
| 9. Aye | 40. Depend | |
| 10. A type of tincture | 41. A marker of stones | |
| 11. Rapturous | 43. Probably | |
| 12. Go fly a ___! | 44. Fears | |
| 13. Fly high | 46. Aromatic solvent | |
| 18. Unemotional | 47. Electrical pioneer | |
| 22. Nauseated | 48. Homeric epic | |
| 24. Pause | 49. Talons | |
| 26. Horse feed | 50. Dash | |
| 28. 4-door car | 51. Frosts | |

Find the answers to the May puzzles in the June issue of Seasons Magazine

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

Sudoku

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

Mastermind

1. The HP-35, launched in 1972, was Hewlett-Packard's first what?
2. In which year did children's television show 'Sesame Street' debut on US television?
3. What is the title of the novel which won the 2011 Man Booker Prize for Fiction for Julian Barnes?
4. 'The Codex Leicester' (or Codex Hammer) is a collection of mostly scientific writings by which scientist/inventor?
5. In Greek mythology, Actaeon was changed into a stag by who when he saw her bathing, and was then killed by his own dogs?
6. 'I'll eat my 'what' is a favourite expression of Mr Grimwig in the novel Oliver Twist by Charles Dickens?

Mini Crosswords

Mini Crossword 01

	1	2	3	4
5				
6				
7				
8				

Across

- 1. Stupefy
- 5. Recurring theme
- 6. Skillful
- 7. Brilliant feats
- 8. Catch a glimpse of

Down

- 1. Dummies
- 2. Depleted
- 3. Speedy
- 4. Young newts
- 5. Defensive spray

Mini Crossword 02

1	2	3	4	5
	6			
7				
8				
9				

Across

- 1. Important exam
- 6. Command for a canine
- 7. Broadcasted
- 8. Bridle part
- 9. Commerce

Down

- 2. More slippery, as roads
- 3. Water wheel
- 4. Modify
- 5. _ Zeppelin
- 7. College major

Word Ladder

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

GROWL
SNARL

Clues:

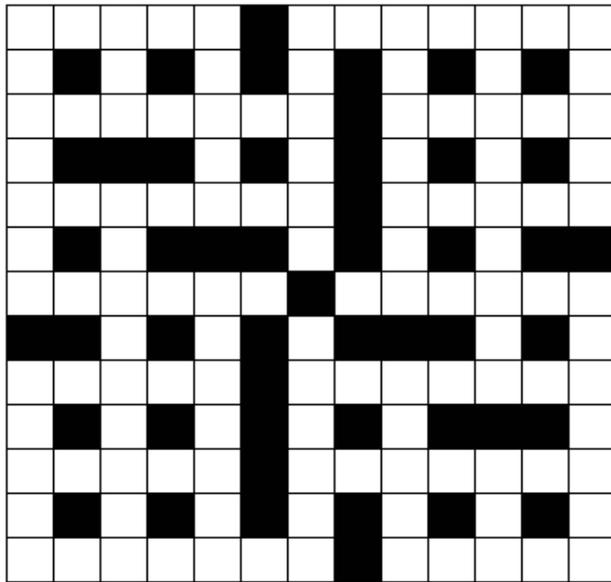
- Develops
- Radiates
- Decelerates
- Gambling machines
- Splines
- Roofing material
- Condition
- Gape
- Trap

HANDS
GLOVE

Clues:

- Domains
- Paths
- Diminishes
- Desires
- Delays
- Legal documents
- Hot cereal
- Clutches
- Complain
- Fumble
- Orchard

Word Fit



3 letter words

DIG
OFF

5 letter words

AGENT
COMIC
CREPE
EASEL
ELECT
MEDIA
PACES
PURSE
SOGGY
WROTE

6 letter words

ACIDIC
DEDUCT
ENMESH
GOSPEL

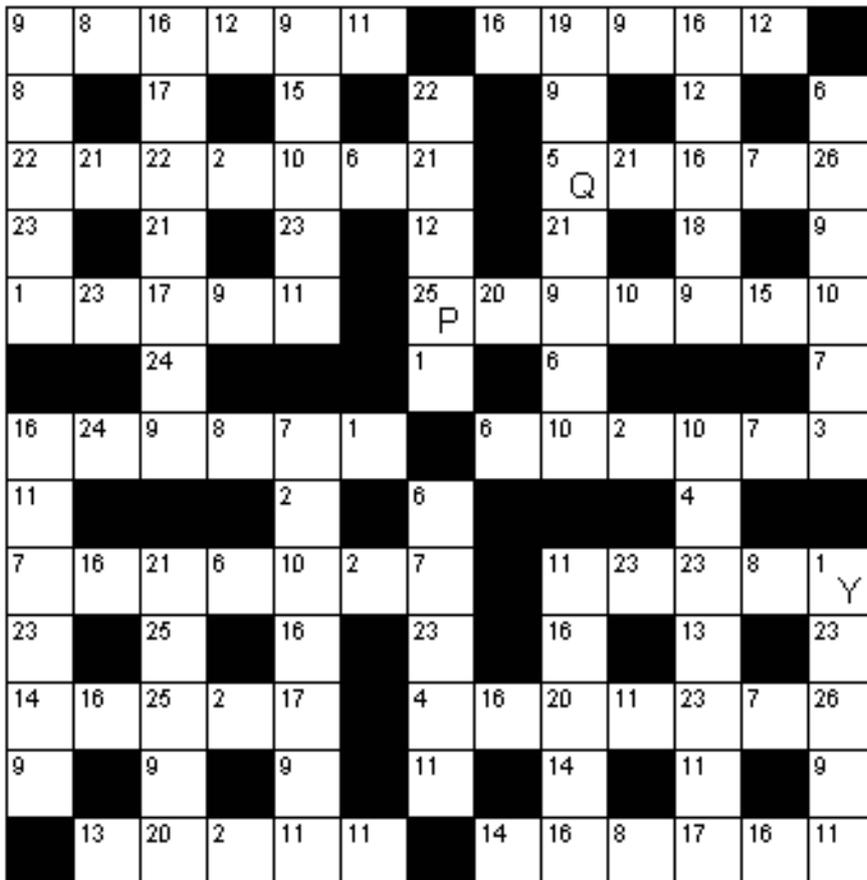
7 letter words

CAPITAL
CAPTAIN
CRYPTIC
DECIDED
DECLARE
ELEGANT
HOLIDAY
IDYLLIC
INFUSED
WAITING

9 letter words

AGREEMENT
YESTERDAY

Code Word



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

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Seddon Park Funeral Directors are always available to help.

A funeral director's week is anything but normal. It's not an 8 till 5, Monday to Friday job. It is a 24-hour job that requires us to be ready at any time.

The phone could ring at 8am in the morning or at 5pm when we're heading home; it could even be 3am in the morning while we're fast asleep.

The role isn't one for predictability, we could be quiet one minute and then rushed off our feet the next.

When we first come in on a Monday, we never know what we are walking into or where the week will take us.

We never know who we are going to meet, what new challenges we'll face or how we are going to make possible, challenges that are seemingly impossible.

“... it's about being able to show them compassion, empathy, care and in a way, love as well...”

Funerals are arranged and conducted at a variety of different venues around the Waikato region. One of our responsibilities is transferring families' loved ones from wherever they may be, in preparation for their funeral. Whether they are at home, hospital or rest home, within Hamilton or further afield.

There's more to being a funeral director than just meeting with families and overseeing their plans to farewell their loved one.

It's about being able to show them compassion, empathy, care and in a way, love as well. Showing that there is someone who understands what they are going through, who can help them through this time.

Every week there are more families in need of our services and it's about being the person that these families can turn to, answering the difficult questions and being the support they need during one of the most difficult times of their lives.

Please call us if we can help you.

MEET THE FRIENDLY SEDDON PARK TEAM




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SADLIERS
FUNERAL
SERVICES

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