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Life Beyond 50

September 2017 • Waikato/Bay of Plenty

Kingsley Field

Tui and Spring

Lakeview Archers

Archery Club hits National Stage

Campbell Forlong

From Rotokauri to Raglan



Cover art supplied by Olivia Bezek



Innovative is name of the game for solo travellers

House of Travel Solo Travellers Club members in the Waikato can wing in on a selection of new and exciting trips released by the Innovative Travel Company.

Angela Taverner, the House of Travel consultant co-ordinating the Solo Travellers Club, said Innovative Travel are experts in small tours, specialising in local knowledge and flavour,

“So they are fabulous at putting together interesting and fun itineraries.”

Angela said Innovative has seen the need to offer solo travellers options for varied and cost-effective tours.

For 2018 Innovative has an art deco package in Napier (February), plus Easter in Norfolk Island and an escorted tour to Vietnam and Cambodia in August with Colleen Doyle.

Colleen is an exclusive tour escort for Innovative Travel. She brings with her over 25 years’ experience with groups to Asia, Europe, the Middle East, Africa, Canada, the Pacific and Australasia.

She recently hosted a group to Gallipoli for the Anzac Day Centenary.

Her unique style, sense of humour and genuine concern for passengers enhances the tours she hosts.

Angela Taverner sees this as a perfect fit for the Solo Travellers Club, with a particular focus on the over-50 age group in the Waikato.

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

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

“We want to give our over-50s who can’t get the travel bug out of their systems an opportunity to connect, discuss and plan their travel adventures. The best holidays are created together.”

Membership of the Solo Travellers Club is free.

To register, contact Angela Taverner at:

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ANGELA TAVERNER

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Contents

- 03 Contents
- 04 CEO Note
- 06 Tui & Spring, good reason to spread our wings
- 09 Hon Tim Macindoe MP for Hamilton West
- 11 Simon Bridges MP for Tauranga
- 13 Message from the Minister of Senior Citizens
- 14 Good for the Body, Good for the Soul - Geoff Lewis
- 19 Springing into action - Jenny Magee
- 20 Just a phone call away - Caring Callers
- 32 Elections - Geoff Lewis
- 42 Womens Lifestyle Expo - Tauranga
- 47 Roaches guide to Citrus
- 48 Hamilton Gardens Cafe - Recipes
- 55 Laughter is the Best Medicine
- 57 August 2017 Calendar
- 58 Trusted Tradies & Services
- 60 Puzzle Pages



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CEO Mijda Jamieson

Dear Readers,

At last Spring has arrived! It's time to put a 'spring in our step' and get active this month, taking advantage of the fresh early mornings and crisp early evenings, to burn off all those lumps and bumps we gained whilst hibernating over the last few winter months! I plan to challenge myself to

do a few more 'doggie' walks than usual this month, which my little dog LADY will think is 'heaven'. She too needs to burn off some of those extra winter rolls.

In saying this, I would also like to mention how proud I am of our Team at Seasons Magazine for an excellent job well done month by month, and for their loyalty, commitment, endurance, energy and enthusiasm our staff and delivery drivers display in working with us and delivering Seasons Magazine to you, our avid readers and advertisers! The point I am trying to make I suppose, is that I realised the majority of our Team, including our columnists, writers and our delivery team are over the 50+ age group, and although the physical activity of deliveries is very tiring, draining and exhausting, there are no complaints, we have lots of laughs, and they just get 'stuck in' and do the job with a smile on their face. I commend them all for their exuberance and love for living life!

The August Women's Lifestyle Expo at ASB Baypark, Tauranga was a success and we were pleased to see that our advertisers who had sites there were successful and had a great time. Thanks to all our readers who stopped by the Seasons Magazine site to say 'Hi' and to pick up copies of some past issues. I noted that there were many visitors who were younger than the 50+ age group who stopped to

pick up copies of Seasons Magazine and commented that they too enjoyed reading the magazine and passed it on to their friends and family to enjoy.

The exciting news is that we now have our SEASONS mobile APP up and running for your download on to your mobile devices from Google Play store for a small one-off fee where (once the APP is downloaded) you will be able to view the latest monthly issue of Seasons Magazine instantly, for FREE!

Follow this simple guide on how to get your Seasons Magazine Mobile APP: (go to GOOGLE PLAY STORE on your mobile phone; type in Seasons Magazine in search bar; click on seasons magazine in the list; click on black button with white letter S; this takes you to the in-app purchases page for payment of the APP which is then downloaded immediately onto your mobile device and is ready for you to click on your Seasons Magazine button on your screen to read the latest issue instantly!)

Our September issue is focused on Spring (a new season) and many of our stories and articles are centred around this, as well as an article on the NZ Elections coming up this month! Our recipes pages and jokes pages have taken on a new 'look' this month (thanks to our brill new graphic artist Melissa) and please take note of our not for profit charities in this month's issue, such as the St. John's Caring Callers who need more volunteers to help with this great service to those who are lonely and who have no-one to speak to or no-one who visits them for one reason or another.

So let's put a 'spring in OUR step' to help change a season for someone who needs a 'spring in theirs!

Cheers

Mijda

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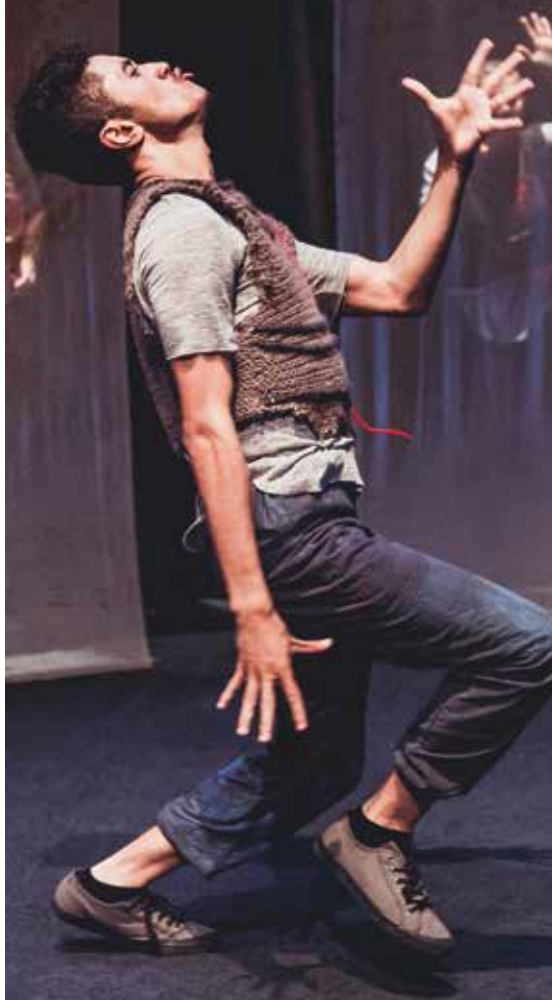
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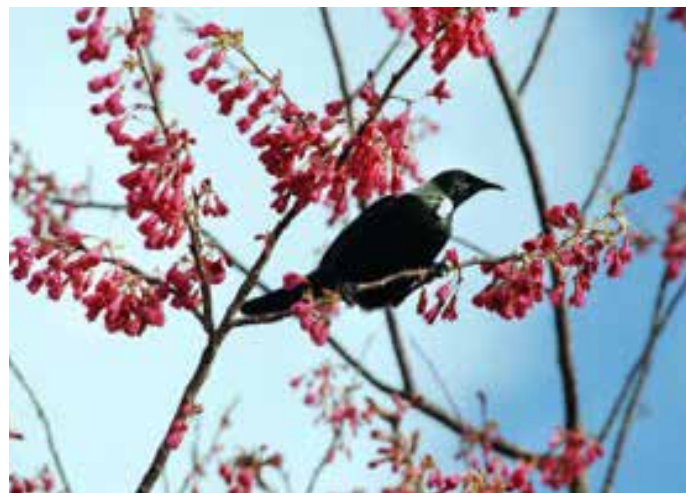
It's probably the only thing I don't like about living in this lovely home with its warm insulation and double-glazed windows – it's almost completely soundproof.

And with the advent of spring busting out all over, I'm starting to miss out. For the past few weeks, a million and more butter-coloured daffodils have cheerfully made their presence obvious, mobbing up in suburban gardens and forming serried ranks of golden gladiators along farm driveways and tanker tracks. Sometimes there are great swathes of them splurged across sheep-farm paddocks, showing up starkly against the close-cropped green grass – grazing animals obviously don't like the bitter taste of the daffodils' spear-leaves or their bell-flowers, and the plants are left alone to thrive and make themselves obviously known as one of the first post-winter blooms.

True, they do it all in total silence – or at least beyond the pitch of the human ear, though I wouldn't be at all surprised if they burst out of the cold, sodden earth singing a hymn of exultation or a great Magnificat, they look so brilliant against the weary chill of a muddy winter. So do the early-cheers, jonquils and the heady-scented daphne.

But it's the burgeoning bird-song which every day grows stronger and more vibrant that I'm missing out on. And some of the best of it is happening within a few metres of our front windows.

This morning I got up just before 6am, as I sometimes need to do. Passing through the kitchen I sparked up the kettle before heading for the bathroom. Fifteen minutes later I was feeling more comfortable, had cleaned my teeth, rubbed several handfuls of cold water on my face, and dressed in some warm gear. I made a necessary mug of coffee, peeled back the curtains and saw that a grey-looking day was wandering listlessly over the dark, saw-edged spine of Maungatautari, perhaps 10km away to the north-east. It didn't look very promising.



But outside the front door, which faces west, more or less, is was a totally different story. Fleece hat on balding head, hot coffee in hand, I stepped out into the murky morning chill. And there it was – a swirl of chirling, honking, trilling, squeaking, rich round bubbling series of melodies that only tui can produce. And there the birds were too, in numbers.

There may have been 30 or more of them. It's difficult to get an accurate count, they are such busy-body birds, dabbling and flitting and darting and swinging through the branches and swishing in their swooping, flittering flights between trees and sometimes chasing each other in short-lived chattering racing rages. But they were there, a whole mob of them. Some were in the bottle-brush, where they've been feeding intermittently for the past month or so, but the majority were dancing through the branches of the first of the prunus trees to burst into bloom.

There are half a dozen well-grown prunus lining the north-western boundary of the property. We moved here in late October last year, which time the prunus were past their blossom and instead were well in leaf, harbouring the nests of blackbirds and thrushes and goldfinches and several fantail couples.

But in the second week of August, when this is being written, the prunus are just beginning to show their annual blaze of deep pink blossom. The tui are loving it. Two of the seven trees are flowered up so far, but the other five are striving hard to join them within the week; and then perhaps for the next month we will be entertained throughout each day by a continually changing parade of tui ducking and diving and singing with gusto and glee as they guzzle on the sweet nectar.

Later this morning a friend arrived carrying paper bags of sweet things to be savoured with mid-morning coffee. He also had his camera to catch the tui in action. I made more coffee and we ate a fat-cake each before sidling quietly outside and across the driveway to the prunus most heavily in flower. We stood still and talked softly, watching the birds rapidly probing the multitude of flowers, sometimes dangling themselves upside down to reach in among the tight hanging petals, at other times stretching high to dart a sharp dark beak into the overhead blooms. At such close range it was easy to see their

delicate shoulder-wraps of white-edged feathers, their jaunty cravats of white, and their burnished blue-green wing feathers. They really are quite beautiful.

Richard and I stood for maybe half an hour close to the edge of the tree and often within a few metres of the seemingly fearless birds. They were never still, constantly hustling along little twigs or flitting to another possie or making an irritable dab at an interloper. At times there were 20 or more birds in the tree, with more close by checking new buds. Then suddenly one bird would decide to seek sweetmeats elsewhere and away he/she would go in a series of rapid wing-beats and scalloped dives, heading for another massive lone prunus 400 metres away.

Others were keen to follow and within seconds our tree would be bereft and almost deserted as a small flock soared and swooped across the open space to the faraway tree. Ten minutes later they would come hurling back, flinging themselves into a series of last-second dives into the branches, tails and wings flared to bring them to a sudden halt. Then they would be clunking and buzzing and whistling and chuckling as they hunted honey.



But by 5.30pm they are gone, probably fleeing back through the light drizzle of a miserably-louring, scowling evening to the safety of nests and roosts in high trees in the Maungatautari ecological reserve where rats, stoats, cats, possums and other hollow-gutted predators are non-existent. They may even be starting to build new spring-breeding nests as the population thrives and multiplies in their predator free environment on Maungatautari.

Just ten years ago such a sight was rare. Now, it's wonderful to see how our native birds, which once teemed in their millions in the New Zealand bush, mountains, wetlands and coastal waters, are making a comeback, nurtured by an ever-growing nation-wide band of extraordinarily dedicated people who deeply believe that the world really needs a diversity of species. Other little critters are being given a hand-up too – weta, gecko, fish, bats, creepy-crawlies of all sorts, and a whole host of native plant species. All power to them all – and may the incoming Government, whoever it is, recognise the immense

value of actively and seriously working to preserve the nation's biodiversity. It's a great deal more important than holding yet another million-dollar inquiry into whether an inquiry should be held...

In the meantime, the tui outside our front door are a delight.

In another month or so, the five flowering cherries along the nor-eastern edge of our back lawn will also burst into flower, providing another ongoing feast. I'd love to see and hear bellbirds feeding there too. When we arrived in October last year those trees were a mass of magnificent colour and the tui numbers were extraordinary. They were so intent on lapping up the luscious liquid on offer that they took almost no notice of the near approach of humans, and we were able to get right under the trees and watch from just a couple of metres as the fat, glistening birds fed greedily.

Six kilometres back along the road towards Kihikihi and close to the 1864 Orakau Waikato war battle site, there is a farm driveway lined on both sides with perhaps 20 flowering cherry trees. Last year, when they were in full October bloom, we stopped several times and marvelled at the extraordinary numbers of tui dotting the branches with their shimmering plumage. There was easily a hundred of them feeding at any one time and with their constant comings and goings there must be literally thousands of the birds now harboured on Maungatautari.

The region around the mountain, which includes the townships of Te Awamutu, Cambridge and Putaruru, is packed with gardens and trees planted specially by sympathetic growers to offer sustenance to members of the meriphagidae (honeyeater) genre, which also includes the stitchbird and bellbird. And the birds, taking advantage of a lifestyle that is now not constantly under attack from an array of introduced killers, are blossoming also.

Pirongia and Kakepuku mountains, along with the Hakarimata, the Mamaku and Kaimai Ranges and much of the Coromandel bushland, together with bird-loving farmers and urbanites, are all contributing to this remarkable resurgence as DoC and the public jointly ramp up the war on predators.

All of which, it being spring and everything, is a very good reason for us to get out there and enjoy this obvious resurgence of new life.

I'll get my boots out in the morning.

PHOTOS BY RICHARD STOWERS

Kingsley Field

Columnist Kingsley Field has published two illustrated volumes of his columns, and will have a third volume available shortly. He can be contacted at kingsley@accuwrite.co.nz



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True Colours

Few things could be more distressing and frightening for parents and siblings to cope with than the diagnosis and treatment of a child with a serious illness. That's why I am so grateful for the outstanding care offered by the Waikato-based health care organisation, True Colours Children's Health Trust. It exists for the sole purpose of supporting children and young people suffering from complex serious illnesses and their families.

Nurse specialist and CEO Cynthia Ward founded the True Colours Children's Health Trust in 2004. With a background in Hospice care and her postgraduate research into what was really important to children living with a life-threatening illness, be that cancer or any other serious health condition, she developed an integrated model of care that could embrace both child and family.

This all-encompassing care and support is what makes True Colours unique. The trust's assistance is readily available to those in need, from the time of diagnosis through to cure, bereavement or on-going adjustment to living with a life-limiting illness, and is funded entirely by community generosity.

"Our approach to care combines counselling, nursing and education with a full recognition of the physical, emotional, social and spiritual contexts of health and wellbeing," says Cynthia. "We deliver support services and continuity of care for the entire family unit, from the time of diagnosis through to cure, bereavement or on-going adjustment to living with a life-limiting illness."

The True Colours team consists of counsellors who work in close partnership with the child or young person with the health condition and his or her family. "We listen, we respond and we aim to 'help courage shine through'. Our goals are those of positively enhancing the quality of life for the child or young person with serious illness while delivering the tools to support them and their families every step of the way," says Cynthia.

True Colours supports children and their families throughout the greater Waikato region. Counsellors work closely with health professionals, schools and other community groups to promote further education and understanding of the many and complex challenges facing children, young people and their families.

The organisation also provides support to parents with premature babies and in the perinatal stage, where an abnormality may have shown on a scan, through counselling and psychological support.

Siblings are also supported by True Colours, through play and art therapy. "Sometimes they feel like they are missing out, as Mum and Dad may be sad or grieving and the sibling may not really understand," explains Cynthia. "We will even go in and talk to schools, if there is a child who is unwell and their classmates need support."

The benefits of True Colours' home visits are felt far and wide. Philippa and Brett Kirkland are grateful for the visits to their Benneydale farm, where they live with their three children Jamie, Hollie and Sam. Jamie has a severe brain injury and is unable to walk or talk. He requires a complex level of care that his parents provide to him on a daily basis.



Cynthia and Counsellor Stephen Parkinson have been involved with the Kirkland family from the time Jamie was born. "They really helped us through the hospital system," recalls Philippa. "You don't know how the process works so having their support to explain what was going on was really valuable."

Living and farming in Benneydale means the Kirkland family travels constantly to Waikato Hospital for appointments. "Where we live makes it difficult to access hospital services, so the home visits from Cynthia and Stephen have been really important for us," explains Philippa.

The True Colours house in Joffre St, Frankton, has become a haven for the Kirklands when they visit Hamilton. "It's a place we are familiar with and somewhere that we can talk about our feelings and about what's going on," says Philippa.

Over 1,500 families in the greater Waikato region have been helped by the free services that True Colours provides – and all of the costs have been covered by the generosity of local communities, through sponsorships, donations, trust grants and fundraising events.

True Colours' major fundraiser for the year is the hugely entertaining Kerr & Ladbrook Long Lunch, held on Melbourne Cup Day at the Wintec Atrium, and they are currently looking for quality auction prizes and mystery envelope gifts to help them raise money on the day.

If you would like to help, or find out more about True Colours, go to www.truecolours.org.nz.

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Simon Bridges

MP for Tauranga



General Elections

This year seems to be flying by. Spring is finally in sight and we are racing towards a general election.

So many things have happened here in Tauranga and in Parliament and it's great to be able to share that with you. I have been getting out and about and it has been fantastic catching up with you and hearing your views about Tauranga, which are so positive.

I was honoured to be asked to take part in the Silent Leadership challenge recently. The event aims to raise awareness for those living with hearing loss. As part of the challenge, Bay of Plenty MP Todd Muller, Tauranga Mayor Greg Brownless and I had to wear ear muffs and try to effectively communicate. The event made me realise just how tough it could be to have hearing loss. It was very challenging but important to be able to get an idea of what other people are going through. It is also great to be able to raise awareness on issues such as this.

Recently I was also able to catch up with several constituents at the annual Women's Lifestyle Expo. My wife Natalie and I manned our stand and we were able to talk to people about the issues which were important to them.



I have been holding regular events with constituents, whether it is a clinic in my office or a morning tea, but it gives me a chance to hear from people about issues they may be having and ways they might need assistance. It is a rewarding part of my job to be able to help them.

I also held another successful MP Question Time, an event which I hold a few times a year. This event gives people an opportunity to hear from me about what I have been up to both in and out of Parliament, plus find out my views and visions for Tauranga.

Parliament has now finished sitting and politicians are all gearing up for the election. I believe the past three years have been successful and a number of important steps were taken during the last parliamentary term to help New Zealanders get ahead and realise their dreams and ambitions.

Some of my favourite new measures, which will benefit people in Tauranga include the completion of the Eastern Link, funding for new classrooms and new schools in Tauranga, committing to providing more police on the street and completing the urban ultra-fast broadband rollout in Tauranga.

Some real benefits for families include the first real benefit increase in more than 40 years, giving families another \$25 a week. We introduced free doctor's visits and prescriptions for under 13s. And we're helping more young Kiwis into their first home through Home Start. Your feedback on these measures has been overwhelmingly positive.

Over the next few weeks I plan to catch up with as many of you as possible so I'll be out door-knocking, dodging dogs, and talking to Tauranga residents about what concerns and motivates them.

I'm excited to hear from you and look forward to hearing your views and concerns about where Tauranga is heading.





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A Message from the Minister for Seniors



Maggie Barry

Focus on Financial Elder Abuse

Since I launched the new Elder Abuse Response Service, EARS on July 1 there's already been a steady stream of calls requesting help and advice to the free 24/7 helpline **0800 32 668 65 (EA NOT OK)** The registered nurse who'll answer the phone can put you in contact with the right people to meet your needs in your area - including expert financial or legal advice. It can be complex and hard to admit or to prove your money's being stolen - it's especially difficult when the scammers are family members as is the situation in 75% of cases.

All the various forms of elder abuse are under-reported and financial abuse is no exception. New Zealanders lost over \$12 million to scammers in 2016 so for anyone who's found themselves a victim, you are not alone. Scammers make their living ripping people off and it must be a full time job for some - 900,000 scam phone calls were made from one number in June/July 2016 last year asking people to pay outstanding fines with iTunes vouchers.

No-one has the right to control you or your money and there are some simple rules to keep you and your money safe. Rearrange your accounts so that you keep just a small amount in any easy to access accounts and put substantial funds in a different account that can't be accessed by EFTPOS or an ATM. Banks can give you advice on how to protect your account and they can also monitor accounts for any unusual activity, so if you feel pressured to give someone access to your account contact your bank and let them know.

I'm currently talking with the Retirement Commissioner Diane Maxwell, who leads the Commission for Financial Capability, about running a series of seminars tailor-made for Seniors, to give more information on financial abuse and how to protect yourselves and avoid having your hard earned money stolen. The Commission has a good track record of providing easily accessible information for Seniors such as their very popular series of seminars on how to decide and what questions to ask about your retirement village options.

Putting in place an Enduring Power of Attorney so someone you trust can make decisions for you when you are no longer able to, will give you peace of mind and mean your family will know who you want to make decisions on your behalf. There are two types of EPA - one for your property and the other covers how you'll be cared for if you lose the mental capacity to make decisions for yourself. You can choose one or more people who you trust to act in your best interests and know that you can always change your EPA. The Government recently simplified the EPA forms to make them easier to understand but it's a very important decision so do get legal advice.

Financial abuse and the significant changes associated with ageing can cause both short term and chronic stress so it's important to reach out for help if you need it and try to develop a positive attitude to ageing to combat life's inevitable stresses.

Feeling good about yourself, keeping fit and healthy, and engaging fully in life as you get older are all part of having a positive attitude towards ageing which will help you feel motivated to get out and about and give you a sense of control.

We can stay connected with other people by joining a club, doing voluntary work and making the effort to keep in touch with family and friends. It promotes good mental health and physical activity and will keep your mind sharp. Through the Community Connects Fund we've allocated money to SeniorNet to help improve their capacity to reach older people who want to be more computer savvy and also funded a pilot for senior cooks with the Nutrition Foundation.

Regular physical activity is vital for health and wellbeing and it's never too late to improve your muscle strength and aerobic fitness. As you age your physical capabilities are likely to change so you could scale back the walking or swimming for alternatives like yoga, Tai Chi or dancing which will increase your strength, balance and mobility.

If you're looking for impressive role models for positive ageing you need look no further than our SuperSeniors Champions. This group of articulate older New Zealanders, led by Patron Sir Peter Snell, encourage a society that respects, celebrates and values seniors. You can sign on to receive our SuperSeniors newsletters - including updates on what our Champions are doing - and to read how Sir Peter stays positive, on the SuperSeniors website www.superseniors.msd.govt.nz

Elder Abuse - It's not OK.

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"Good for the Body, Good for the Soul"



Campbell and running mate Mark Innes in the Waikato

Hamilton church pastor and Agora Community Trust Director Campbell Forlong, running from his Rotokauri home to Raglan, at the age of 50, seemed a bit crazy. It also turned out to be the start of a world adventure which saw Campbell and adopted son Octaves visit Africa.

Campbell has been a keen recreational runner for about 12 years. But to celebrate his 50th birthday he decided to run from his Rotokauri home to the Raglan Wharf - a distance of 90kms return. The following year for his 51st birthday he decided he'd like to undertake some more long runs. Closing on his 52nd year, he and two mates, another 50-year-old and a teenage Afghan friend took advantage of the Waikato river trails to run from Atiamuri to Mangakino, 38kms - effectively his first marathon distance. "A couple of days later Lorraine (wife) decided she wanted to go to Raglan for the day and said "I'll see you out there," so that was my second marathon."

Both efforts were recorded on Instagram and Facebook.

A few weeks later he hit the Raglan trail again clocking up his third Marathon. "My brother Paul said he knew what I was up to and that I should plan to do 52 marathons for my 52nd year, I said that was a crazy idea but it sowed the seed in my mind and a week later I went out and ran another one with Mark Innes from Rotokauri to Karapiro. People kept asking me it that was what I was doing and I kept denying it. It just festered in my brain so by the end of June I'd run the 26th marathon in and around Hamilton in the 26th week of the year, finishing outside the Waikato Museum at midnight."

In mid-August Campbell and Mark ran from the Waipapa dam to Mangakino and back, Campbell's 32nd marathon and Mark's first full run - an eight hour trial in wet and hilly conditions. Into all this physical exertion comes the next big part of the story - Octaves.

With one family member Octaves had arrived in New Zealand from the Republic of the Congo as a refugee in 1997, fleeing war in the central African nation. To cut a long story short, Octaves came to live with the Forlongs in 2007 and has become their informal adopted son. A trip was planned last year. The idea was that Campbell and Octaves would make a journey back to Octaves' home country and original village with the aim of finding members of his family - people he had not seen since he was a child. The pair studied the issue for a year, researched on-line and with the lucky expansion on Facebook in the remote area of Africa, were able to make contact with some of Octaves' family. Getting from New Zealand to central Africa is no easy feat. The flights went from Auckland to Hong Kong, to Germany and finally Paris, about 30 hours. Campbell and Octaves spend two days in Paris where Octaves met one of his aunties, and Campbell kept running - pounding out a pre-dawn marathon and chasing rats around the Seine river paths. On they went, flying from Paris to Brazzaville, the capital of the Congo and then taking what was meant to be a six-hour bus trip, turned into 18 hours, as the bus broke down en route to Octaves' home village of Makoua, a mud-brick settlement of a few thousand people. There he and Campbell were welcomed by dozens of relatives, aunties, uncles and cousins who had wondered if Octaves was still alive. The reunions were emotional.



Campbell with Octaves Ibounga in Africa

His mother had died when he was only three years old and Octaves was able to find and put his hands on his mother's grave. Campbell took the opportunity to continue his running in 10km loops until he was talked out of going long distances away from the village by Octaves' family members for safety reasons.

Octaves said to me, "your passion needs to give way to wisdom today."

There was a store two kilometres one way from the family home, and another four kilometres the other way. So I ran back and forth. Makoua is on the equator and it was so hot every time I passed the house I would head around the back to a big tub of water and douse myself to keep my temperature down.

While in the Congo, Campbell and Octaves had a change of plan brought about by not being able to get a visa to enter neighbouring Gabon. At this point Campbell and Octaves split and Campbell flew to Barcelona in Spain with the aim of running in the 'Trail des Citadelles' marathon in the Pyrenees. "I checked it out online and the entries had closed in November. So I called the organiser and asked if I could still take part. I was welcomed and became something of a novelty, 'the Kiwi visitor'".



Campbell with son Jordan in Canada

The event was in southern France and Campbell drove up from Barcelona, stayed the night, ran the race and returned. The next stop on the adventure was meeting up with Lorraine in Calgary Canada and driving to Banff to meet son Jordan. Campbell and Jordan, a kick-boxer, ran the Mt Rundle marathon together in the snow.

In New Zealand Campbell's next aim is the 'Tarawera 50' and 'The Goat' around Tongariro in December with the 20-hour 'Ring of Fire' event around Ruapehu which is scheduled for April 2018.

Campbell's enthusiasm for running has also led him to explore many of the Waikato's scenic trails including Karangahake, Pukemoremore, the Hakarimata Range, the Te Uku Windfarm, Mt Pirongia and the Waikato River Trails.

"It's cost me a bit trying to find places. I've worn out shoes and there's a few niggles, but I feel really good for it. Good for the body, good for the soul."

Geoff Lewis



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SOCIAL COMMUNITIES

The days are getting longer and our dog has a real spring in her step now as the parks are starting to dry out too.

I reviewed a comment from one of our programs recently. It read (abridged): "I'm not much of a mixer. I haven't been socialising since my wife died. I realise now it's ok to accept an invitation and share a meal with a friend".

On a couple of levels, it says it's okay to feel lonely, as long as you do something about it. We have the Accredited Visitors Service for people who would welcome a regular visitor. We also have a lot of activities happen at the Celebrating Age Centre, including Friday guest speakers, followed by hot drinks and a snack, sit and be fit, stand and be active, Zumba Gold, Tai Chi and seminars with Senior Net and Grey Power.

So, consider this an invitation from your neighbour, Age Concern and put a spring in your step too by making contact with us here to attend or find out about the visitor service, or the many activities and social opportunities at the Celebrating Age Centre.

Brent Nielsen | Executive Officer | Age Concern Hamilton
Celebrating Age Centre | 30 Victoria Street, Hamilton 3204
www.ageconcern.org.nz



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TRACY'S NEW LEASE ON LIFE

Tracy decided to join MiracuLoss to support a friend with arthritis who was losing weight with MiracuLoss to take the pressure off her painful knees. But in the process Tracy discovered a lot more for herself than she expected. In just 5 months Tracy lost more than 30 kilos and says the experience has changed her life.

"I am a different person, a happy person. I have the confidence to wear what I want to wear, dropping from a size 22 to a size 12. It's fun to go clothes shopping now - I shop in the same stores as my daughter which she loves!"

"When I first began, my workmates used to comment on the bounce in my step. Now its situation normal" laughs Tracy. "I can't believe how much energy I've got. I hardly ever feel like sitting still and right now I'm training for a 62 km walk in Feb 2018. I never thought that would be me!"

Tracy's whole family have seen the difference and supported her fully, but it's her children who've benefited most from a more energetic happier mum. They only knew Tracy as plus size and are amazed at the lovely vibrant woman she has become, the one who was always there on the inside. "My kids can't believe the change in me - they've never known me like this".

And Tracy has been inspiring workmates and friends with her new found energy and several have also joined the MiracuLoss programme with similar success. "There's a group of us now who inspire each other." She added.

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Before



After

Free Introductory talks are held weekly.

Springing

INTO action

'What a beautiful morning to be out!' she called as she ran by.

In sunshine and melting frost, with breath muffled by a woolly scarf, I agreed. As she passed, I thanked her for the beam of sunshine she brought into my day.

A greeting, a smile, a friendly word is just what was needed. When you're getting back into morning exercise after too long a break, you take all the encouragement you can find.

It has been too easy to stay in a warm bed on winter mornings, with plenty of excuses at hand, but deciding to break the habit is a bold challenge that I'm ready for.

Why am I doing this? There are all sorts of sensible reasons around staying healthy, but what really underpins the motivation is my new grandson, Jack. As he grows, I want to be fit and flexible to play with him. Sometimes personal change needs a reason that is bigger than we are.

It's taken me several years to undo my fitness, so I'm under no illusions that the repair will be a quick fix. What I do know, though, is that every step in the right direction is positive.

On my bathroom mirror, updated daily in liquid chalk, are reminders of why this matters, as well as strategies to keep me going. Perhaps they might be useful for you too.

Keep Your Eye on the Prize. There's a photo of Jack on my mirror, updated each week as he grows. The prize is to be able to keep up with him once he's really mobile. For now, the smiles that light up his face when he sees me are my reward. Last week a friend described herself as a Bold Granny, climbing trees and running races with her grandchildren. "If I'm heading into my second childhood," she said, "then I want to do it alongside those in their first!"

What is your prize? Is it bold enough to inspire you? Is it outrageous enough to make the effort worthwhile? What if you don't reach your prize? Is the risk of regret a prod you'd rather avoid?

Don't Break the Chain. Deciding to make change is easy - the hardest part is sticking with it. Consistency, when other tempting possibilities make it all seem too hard. There are bound to be late frosts and wild wet mornings when walking is the last thing I want to do.

Do you remember the chain letters that did the rounds when we were young? Apparently, it was bad luck to break the chain, so we'd be sitting at the dining table, copying out letters and begging Mum for stamps and envelopes. A load of superstitious nonsense - unless it's useful.

This chain, a number on my mirror, logs the number of walking days done in a row. It's my winning streak, a personal accountability meter and missing one day resets the counter to zero. It's my way to ward off the excuses, because keeping the chain going here matters. Starting from zero every time I miss a day means that I'm letting myself down and when it comes right down to it, the promises I make to myself are the ones that are most worth keeping.

Whether the commitment is big or small, stickability is essential, with willpower a muscle that needs training and replenishing. What tricks and treats keep you on track?

Count the Gratitude Moments. Each day I'm grateful for three things that support my walking progress. On my list this morning are the cheerful runner, the new walking shoes that are becoming more comfortable by the day and the noticeably lighter, early morning sky as spring approaches.

Practicing gratitude is a gift that multiplies. As Zig Ziglar wrote, 'Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more to express gratitude for.'

Who would have thought that deciding to go walking in the morning could have such broad and bold implications! Somehow, though, it is that depth of meaning that makes it easier to stay committed.

So, how are you springing into action? And is your real reason strong enough to keep you moving?



Author, Jenny Magee works with women 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



Just a phone call away

There are many charities and not for profit organisations that we at Seasons Magazine come into contact with every day, and all of them are super heroes with the efforts they put in to serving our communities and individuals. Their only gain is the smile they can bring to the individual, the family or community.

Now and then I stumble into a situation where I get to meet an organisation that impresses me with the kindness of heart and soul that this service, St John Caring Callers do.

St John as we all know has multiple arms in helping the community with many services such as ambulance services, first aid training courses and a health shuttle service for those needing to get to hospital appointments on a daily, weekly or even monthly basis.

However for this article I would like to highlight a service that St John have been providing for up to 17 years. To me that highlights the current situation not just in NZ but around the world, with life becoming more fast-paced than ever before and resulting in separations of family and friends in the search for work or lifestyle, and for many other reasons.

The Caring Callers is a service that St John provides for people who live alone or feel lonely, perhaps because family and friends have moved away for various reasons, and now this person is left alone to fend for themselves in what seems to be a new and scary world. This problem faces many people every day than what we are aware of, especially those who are in their much later years of life.

Loneliness is one of the worst life experiences anyone can be confronted with, as it brings a raft of other issues and problems, not to mention the effects on a person's mental health and wellbeing by having no one to talk to or confide in on a regular basis.

On-line psychology today indicates that Friendship is a lot like food. We need it to survive. What's more, we seem to have a basic drive for it and we function best when this social need is



met. But when our need for social relationships is not met, we fall apart mentally and even physically with effects on the brain and on the body.

These times can be enhanced purely by hearing an emotional soundtrack which makes us sad or feel an emptiness and a longing for contact, and in adults can lead to depression and alcoholism, as well as increasingly appears to be the cause of a range of medical problems, some of which take decades to show up.

Also Studies show that loneliness can compromise people's health and mental wellbeing in some of the following ways:

- Living alone increases the risk of suicide for young and old alike.
- Lonely individuals report higher levels of stress and suffer from the inability to have good social interaction .
- Loneliness raises levels of circulating stress hormones and levels of blood pressure. It undermines regulation of the circulatory system so that the heart muscle works harder and the blood vessels are subject to damage by blood flow turbulence.
- Loneliness destroys the quality and efficiency of sleep, so that it is less restorative, both physically and psychologically. They wake up more at night and spend less time in bed actually sleeping than needed for healthy living.

However back to our latest super heroes, the St John Caring Callers who offer the 'phone a friend' service. After meeting with them several times I was amazed at the amount of care and compassion these volunteers show to their phone friends, and they ensure the people that need a call whether it be just to talk or because they have no one else to check on them, or for many other reasons, they get their daily phone call and have the opportunity again of feeling they are part of the community and that they have someone that cares who is just a phone call away.

This service is a totally confidential service under the umbrella of St John, where people can receive a phone call from a



selected caller who has similar interests to their own. All callers have been interviewed and police checked and only know your 'phone friend' name by their Christian name. No surname or addresses are given to either person just so it is safe for everyone.

The calls can be daily, twice a week or whatever times or days that suit both new 'friends'.

You do become friends with your caller as you're free to talk about anything, and the conversations are both private and confidential. There are no time frames for each call. The Caring Callers will spend as much time as needed to ensure their "friend is feeling well and motivated for their day ahead".

One story which brings this home is a person we will call Jane, who is reached daily by caring callers and is a single



person with no relations in NZ. She is not an elderly person but has some medical problems which make her anxious and she simply wishes to have contact with someone once a day, to reassure her and share some of her daily activities and interests, and for this person the Caring Callers bring peace of mind for the day ahead.

Another example is a person who we will call Tom, who has some serious health issues, and has no-one to check on him to ensure that his safety, health and wellbeing is being addressed if needed.



Other examples include people who, although they have family, are estranged from them for various reasons and as a Caring Caller, gives them the opportunity to normalise their situation by having a friend and confidant to talk about their problems and situation in a non-judgmental way.

Whatever the reasons Caring Callers are a lifeline for many, and a godsend for all as they are always there when needed and genuinely want the best for their clients in every way. They have the ability to listen, laugh and have conversations that will be treated in a totally confidential way.

However, of large concern is having the resources of caring people to get involved with this group to ensure all those in need can be cared for. Please see contact details at the end of this article if you feel you would like to become involved in this selfless and worthy cause. Remember, Caring Callers can also be there for you if you need that phone call every day to keep you smiling.

Grant

"Caring about others, running the risk of feeling, and leaving an impact on people, brings happiness."

- Harold Kushner



If you would like to talk to a Caring Caller or become a Caring Caller yourself, Call 0800 000 606 or visit www.stjohn.org.nz



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There is a rumour going around that it is now officially spring! This year, spring brings a lot of excitement, not just the beautiful flowers bursting into life, but it is ELECTION year. Grey Power is working hard to make sure that those people who are going to be voted into Government understand the needs and requirements of the older person to be able to live a respectable, pleasant and affordable life.

It absolutely makes a difference if people vote. If everyone got to the polling booth and voted with their hearts – what a difference that could make to the country.

By becoming a member of Grey Power you can add your voice to the growing number of seniors who want our country to be the best it can be. We do not agree with apathy; that is never going to help. That is why our board members are meeting on a regular basis to discuss and formulate the areas which are most important to us as we age.

As mentioned in the last article, housing is a critical factor and there are many facets to it. The Board has just drawn up a comprehensive list of initiatives to make the Retirement Village rules and regulations more in favour of the purchaser than the RV owners. This could ultimately make it a much more attractive and viable option for people downsizing.

Other subjects which are being addressed by Grey Power is the ease with which Superannuitants can access their WINZ offices, the continual push for Government assistance for dental care for those who struggle on a small Nat Super income. It is a proven fact that good oral health saves significant costs in the long term.

We can't perform miracles but as a really large organisation of 60,000+ imagine the influence we would have with 80 to 100,000 + members. Grey Power strives to fully represent all senior people on a range of issues by travelling to Parliament to lobby Ministers and Select Committees in the hope that politicians will put policies in place which will ensure that our quality of life, as we age, is upheld and hopefully improved which is also important for those generations following us.

Grey Power can't do this on their own; it does take some personal responsibility from all of us to make good choices, and create good principles so these can be handed down to the younger generations – giving them the tools to use in their life to keep NZ the best place to live.

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Waikato River Trails

The Mighty Waikato River linked beautifully with the Waikato River Trails. Like the Nile, the Mississippi, the Volga and the Rhine there is something that excites the imagination when we consume the notion of a body of water weaving through the landscape. The constant flow, like an artery feeding the body evokes our senses and imaginations. It seems we just know in our core how powerful and constant such a body of water is. Great news!! We can cycle or walk along long stretches of our Mighty Waikato River for free, any time, with anyone. A bonus with the Waikato River Trails is that the surface doesn't really ever get too muddy. The soil structure under the Trail is either sandy gravel from old river flats or pumice from the Taupo Eruption. We are not promising you will be shiny clean but we are confident you will be recognisable to your loved ones.

If you have been on the Waikato River Trails before, we welcome you back. If you are yet to, please visit some stuff that might help.

- The Trail is 105km long extending from Atiamuri to the Southern end of Lake Karapiro.
- The Trail takes in 5 hydro lakes and lives in both the South Waikato and Taupo Districts.
- The Trail grade ranges from Easy/Intermediate to Advanced. The ends are easier the middle is harder.
- There are excellent cafes in Whakamaru, Mangakino and Arapuni villages.
- Bike Hire and Shuttle services are available.
- There are three suspension bridges on the Trail. The oldest in Arapuni was built in 1927.
- The Trails cross the Mighty Waikato twice via the Whakamaru and Waipapa Hydro Dams.

For some of you it may have felt like an unreasonably wet and dreary winter. It now feels its time to let loose a little and open that treasure chest of fun, pull up the anchor and put a little gravel in your travel. So layer up the lycra, shake the spiders off the bike, come and explore our Mighty Waikato River Trails by bike or on foot.



For more information go to
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BY GEOFF LEWIS



NEW ARCHERY CLUB HITS NATIONAL STAGE



NZ Black Arrows national team member Christine Finnegan

Members of the Lakeview Archery Club turned up for a club working bee in August in the rain - but still found time to do some shooting.

Lakeview was established five years ago and has quickly developed into one of the North Island's foremost field archery clubs recently hosting the North Island Bowhunters Society's 60th annual tournament.

One of the club's big advantages is its base - the 14 acre property of Christine and Don Finnegan near Karapiro which includes large sand banks and a seven acre gully system ideal for field archery. This is currently being connected into a neighbour's gully to add further opportunity to the archers' domain.

The range has a selection of targets - wool bales stuffed with plastics, flat targets with pictures of animals and cast rubber animals.

Christine took up the sport when Don bought their grandson a bow.

"It was hanging in the shed and I thought it would be interesting to learn how to use it. We got someone to show us the basics in an indoor range. We were travelling down to Tokoroa to shoot with the club there but decided to establish a club ourselves and it's just taken off. Now we are hosting national and international events."

"Lakeview Archers has about 60 members in juniors, intermediate and senior levels. Most of our members come from the Cambridge and Hamilton area" explains Christine.

A member of the NZ Black Arrows national team Christine has recently returned from competition in the world Bow Hunters Championships in Italy where she competed among 1700 archers from around the world. She also competed in the same event in Budapest in 2015 and South Africa in 2013 coming away with a bronze medal.

She was a member of a 27 strong group of Kiwi archers which competed in key US National Field Archery Championship tournaments in Fresno and Redding in April 2015 and is entered in the coming International Pacific Archery Champions which will be held in Whangarei in October.

Hamilton couple Tony and Robyn Denton, the club's course captain and registrar, are Hamilton City Council civil engineers. Tony had joined NZ Bowhunters as a teenager and last year with a couple of other Lakeview members took part in the World Field Archery Champs in Wagga Wagga in Australia.

"Quite a lot of people spent time in the bush. Hunting with a bow is different to shooting with a gun. You have to get a lot closer, often closer than 30 metres so there's a lot of stalking and game tracking and knowing the animal.

"I gave it up for a while but then noticed there was this new field archery club so got back into it," says Tony.



Lakeview Archery Club Captain Tony Denton

There are three types of bows and all are represented by archers in the club. First there is the traditional wooden long-bow as used for hundreds of years, then there is the 'recurve', which as its name implies is curved two ways to give additional power to the shot, and finally there is the modern 'compound' bow, a technical fantasy of wheels, cams, stabilisers, and optical sights which is designed to allow the user to gain maximum power with only reasonable arm strength.

There are three types of archery; target, field and bow hunting, represented in NZ by three organisations, Archery NZ, the NZ Field Archery Association and the NZ Bow Hunters Society. Lakeview offers target opportunities for all types.

"Field archery is a bit like golf, you walk around a course with a small group of other archers and this can include forest, farmland and even old quarries," Tony said.



Lakeview Archers team member Steve Watkins

Fellow club member and bow hunter Steve Watkins said being quiet the bow had an advantage over a rifle in the bush and a day's shooting drawing a 70 - 80lb bow can be a workout.

Meanwhile Lakeview Archers will host the field section of the Archery New Zealand Youth National Championships in October and has been used as a training ground for young archers, including those training for the Halberg Junior Disability Games to be held in Auckland in October.

Anyone interested should call Christine 0274 894457 or Don 0275 894457. Email: lakeviewarchers@gmail.com



MIKE SEARCHES NEW TARGETS

Hamilton archer Mike Savage, 60, is rapidly running out of things to win.

Growing up in Huntly, Mike had been mentored in the sport of archery by Jimmy Hinchco, one of New Zealand's foremost archers in the 1960s. But when Jimmy was killed in a car accident Mike gave the sport up.

That was until five years ago when he took up the bow again and joined the Lakeview Archery Club.

"It's been going a bit crazy, last year I won the IFAA (International Field Archery Federation) Field archery championships in Wagga Wagga Australia - the only time in 10 years the competition is held in the Pacific region."

Mike competed in the World Masters Games, held earlier this year in Auckland, and won gold in all four archery events - Target, Field, Indoor and Outdoor.

"It was a tough competition against the best in the world."

On September 9 Mike flies out to compete in the world 3D tournament in France - called 3D because the targets are rubber animals. Mike got back into the sport with all his old gear and still shoots bare-bow recurve with no sights.

He will be accompanied by New Zealand long-bow champion Darren Day.

Next year Mike is planning to compete in a professional 'Money Shoot' in Las Vegas with prize money up to \$US5000.

"It pays for the accommodation and the airfares. I'm always looking for a challenge and it's a good way to keep fit."

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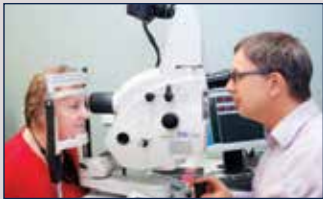
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"THE ONES THAT GOT AWAY"

ROGER HALL BRINGS HIS TRADEMARK HILARITY TO TAURANGA'S BAYCOURT

New Zealand's most popular and prolific playwright, **Roger Hall**, is coming to Tauranga's **Baycourt Community & Arts Centre** with his hit-show *Last Legs*, produced by Auckland Theatre Company (ATC).

Alongside the three-night season of *Last Legs* at Baycourt, ***The Ones That Got Away*** is a special talk by Roger Hall himself on **Saturday 14th October 4:30pm**.

The Ones That Got Away is about Roger's scripts that never quite made it to box office success. In quintessential Roger Hall style he's even found a way to turn his failures into side-splitting entertainment. This is a once-in-a-lifetime opportunity to see one of New Zealand's most successful playwrights live onstage.

Over his career, Roger Hall has written more than 35 plays plus 70 TV sitcom episodes. Most of his plays and musicals have been successful, but some have failed – such are the vagaries of getting a play on. Naturally these are the ones you don't know about.

The one that had a big British star in, but failed to transfer to the West End; the one that was going to be his big breakthrough in the USA, but wasn't; two that he was in love with, but audiences didn't reciprocate; and a recent play that got off to such a bad start on opening night, the season had to be cut short.

Roger Hall is no stranger to Tauranga's Baycourt, having spent time there in the early 2000s.

"*A Way of Life* (possibly my best play) premiered at the Baycourt Theatre in 2001. It got a standing ovation (though I didn't realise it from the stage, the lights were so bright). And Tauranga audiences do seem to enjoy my work. So it's a bit ironic that I should choose to talk about plays of mine that have failed in various ways. But if I can look back and laugh about them, then I'm sure the audience can, too."

Following a sold-out talk at Otago Settlers Museum in Dunedin earlier this year, this is only the third time he's presented his talk *The Ones That Got Away* in New Zealand.

Roger Hall is generously donating all proceeds from the talk to the Roger Hall Theatre Endowment Trust. All donations received at the event will benefit theatres and theatre practitioners nominated by the Roger Hall Theatre Endowment Trust.

Last Legs, however, is one of the shows that did make it past opening night! ATC's production of Roger Hall's *Last Legs* will play at the ASB Waterfront Theatre in **Auckland**, before



heading off on tour to **Hamilton's** Clarence St Theatre from 5 – 7 October, and **Tauranga's** Baycourt Community Arts Centre from the 13 – 15 October.

Last Legs is a lethally-funny black comedy about sex, death and politics, with an irresistible appeal to the old and bold of heart. News that Bill English is to open a new wing of the Cambridge Retirement Village sparks a revolution amongst its residents.

Though many want to turn on something special for the PM, others are less enthused and plan to stage a protest. Soon, new fractures appear along old fault lines, transforming the swanky facility into a hotbed of insurrection, intrigue and infidelity.

The shenanigans and skullduggery continue right up to the last minute - with the Prime Minister's car only moments away, a vehicle suddenly blocks the driveway. What's worse, it's a hearse!

Real Housewives of Auckland star **Louise Wallace** (*Agent Anna*, *Shortland Street*) will make her Auckland Theatre Company debut, alongside the star-studded cast which includes some of our country's most illustrious theatre actors, including **Mark Hadlow** (*The Hobbit*, *King Kong*, *Nell Gwynn*), **Ray Henwood ONZM** (*Lord of the Rings*, *Heroes*, *The Crucible*), **Alison Quigan** (*Shortland Street*, *Calendar Girls*, *August Osage County*) and **Catherine Wilkin** (*Mcleod's Daughters*, *Trees Beneath the Lake*, *The Importance of Being Earnest*).

Led by an expert creative team of experienced Roger Hall practitioners - including director **Colin McColl** and set designer **Rachael Walker** (*Venus in Fur*, *That Bloody Woman*, *Angels in America*), *Last Legs* is a chance to laugh, as if it were your last.

To Book for 'Last Legs' or 'The Ones that Got Away' call 0800 TICKETEK (842 538) or visit ticketek.co.nz



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A WAIKATO SUCCESS STORY

U-Sell Hamilton (Park & Sell Yard) continues to enjoy strong success. Hamilton was the first franchise in the U-Sell chain of Park & Sell Yards to be established outside of the Auckland region, and has proven with the dedication of company directors Norman and Allana Inglis that giving customers an ability to name their own price and negotiate directly with a buyer in a professional environment, brings immense satisfaction to both seller and buyer alike.

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

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

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

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

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

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

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

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

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

CUSTOMER FEEDBACK

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

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

David Stowers - Volkswagen Beetle, sold March 2013

Hi Allana and Norman

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

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

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CHANGING FACES ELECTIONS 2017

As we approach September's general election with all the usual to and fro of election campaigns, there are bigger trends afoot around growing ethnic and cultural diversity which will make a large difference to New Zealand in the medium to longer term.

A quick look at the 2017 election candidates for the traditional major political parties, Labour and National, shows the trends. Of Labour's 72 candidates, 23 were recognisable as white males carrying the sorts of names you would have seen on party lists 100 years ago. The rest came from a selection of ethnic and cultural backgrounds including Maori, Pacific Islanders, Chinese, Indian and possibly a smattering of Arab and Caucasian. About half the candidates were female.

The National party has 64 candidates and in April party president Peter Goodfellow said the party had refreshed its caucus with 20 new candidates from diverse backgrounds including farmers, scientists, military officers, pilots, business people, lawyers, police officers and community advocates.

"We have new candidates who are mothers, fathers, grandparents, Maori, Filipino, Indian, Samoan, Canadian, and European – all proud New Zealanders, and committed to serving their communities."

But 'diversity' has deep roots. New Zealand has been a mixing place and a melting pot since the late 18th century. Many white New Zealanders have Maori relatives. All of the candidates in the seven Maori seats can draw on a substantial westernised background both ethnically and culturally. There has been influx over the past century of people from the Netherlands, Dalmatia, the Pacific Islands and in the past 10 years a huge influx of migrants from a range of Asian cultural and ethnic backgrounds. Added to this are several thousand people who arrive in New Zealand annually as refugees from almost every conflict spot in the world - Cambodia, Somalia, Colombia, Iraq, Syria, Iran and others.



Massey University social sciences Professor Paul Spoonley points out the huge impact of immigration into New Zealand largely from Asian nations and the exodus of thousands of Kiwis including many young people mostly to Australia.

"Last year a world migration report listed the most ethnically diverse cities in the world - Brussels, Dubai, Toronto and Auckland. About 40 per cent of Auckland's population were born somewhere else - even in London the figure is only about 20 per cent."

Over the past 15 - 20 years New Zealand has lost many people. In 2012, the peak of the outflow, 54,000 Kiwis left New Zealand to live in Australia. This left a vacuum. The turn-around has come in the past five years. New Zealand is seen as a stable and welcoming country and in 2016 alone, 72,000 people arrived in NZ. Most immigrants go to Auckland or Christchurch with some spill-over regional centres including Hamilton and Tauranga.

"This is dramatically transforming. At central Government level the Government needs to win Auckland and the majority of Auckland is a city of immigrants and so is likely to get immigrant representation in Parliament."

On the other hand, the proportion of the population aged 65 and over is expected to double in the next 20 years and is largely dominated by white New Zealanders. However, a large part of the under 25 population is made up of Maori, Pacific Islanders and people of Pacific Island descent. The Asian population is expected to double over the next two decades from around 12 per cent to 22 per cent. At about that time white New Zealanders will become a minority in the population for the first time since 1858.

Spoonley points out that the varying cultural expectations of different groups will have a huge effect on NZ.

"Asian kids are such high performers. Rarely do we see people do so well academically. What will these people change once they take much greater interest in politics?"

Political party candidate nominations closed on August 29th and 71 members of the New Zealand House of Representatives



are to be elected from electorates in the general election set down for Saturday 23rd of September. The remainder of parliamentarians are made up of 'list' MPs selected and ranked by their parties and included proportionately depending on their party's success.

The Statistics NZ Ethnic Population Projection shows all major ethnic groups growing other than those identifying as European.

The Chinese and Indian population is set to double in the 20-year time frame.

Steven Young from the Wellington Chinese Association told 1 NEWS New Zealand is an attractive destination due to having an unusually pure environment, political stability, lack of violence and the welcoming nature of New Zealanders.

According to the projection the broad Asian group is set to increase from 12 to 22 per cent of the population by 2038, while Maori will make up 18 per cent, Pacific Islanders 10 per cent and European 66 per cent.

Of these groups the Europeans are the only one to decrease in number, which Statistics NZ Demographer Kim Dunstan says is due to birth rates being on the decline, coupled with an older population within the demographic.

The changing face of New Zealand has led some to call for a change in the way minorities are represented.

Professor Spoonley said "we could do better in terms of minority ethnic groups being represented in parliament."

He also believes the high number of immigrants may see a change in our values "Perhaps it will impact upon our sports, rugby might not be quite so popular".

Geoff Lewis



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Hamilton has secured much of the Government's \$1 billion Housing Infrastructure Fund. This will see more than 8000 homes built in the new Peacocke subdivision, bringing much-needed balance to our city's growth, a new bridge over Waikato River, rejuvenation and new services to our southern suburbs.

It's been a privilege to serve as your MP, and Hamilton West's first minister. I seek your support on 23 September to maintain our momentum, and pledge to keep working hard in the best interests of my electorate and our country.

Authorised by Tim Macindoe MP, 543 Te Rapa Rd, Hamilton, and funded by the campaign to re-elect Tim Macindoe.



Labour Leader **Jacinda Ardern**
Hamilton East candidate **Jamie Strange**

 **Party vote**



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Bridging the Gap

When Judith*, 67, was first told that she would eventually require knee replacement surgery for the disabling osteoarthritis (OA) she had been battling with for the last 3 years, not only was she left feeling overwhelmed and fearful at the prospect of undergoing such a procedure, but she was left with nowhere to turn in the long gap between her initial diagnosis and the inevitable and unknown date of surgery. A wait that can be anywhere from months to many years before the knee deteriorates to the point where surgery becomes the only option. Now just 6 months later she is back on her feet and enjoying the freedom of pain free movement she had missed for so long. She credits her success to a muscle strengthening routine, cartilage supplements, and an Unloading Knee Brace to relieve the pain of her OA.

Osteoarthritis is by far the most common form of arthritis, affecting a large and rapidly growing portion of our population. The statistics related to the prevalence of Knee OA in NZ are staggering, and the numbers are only expected to rise. Not only is the population ageing, but this group of society is more likely to remain healthy and active for a longer period compared to previous generations.

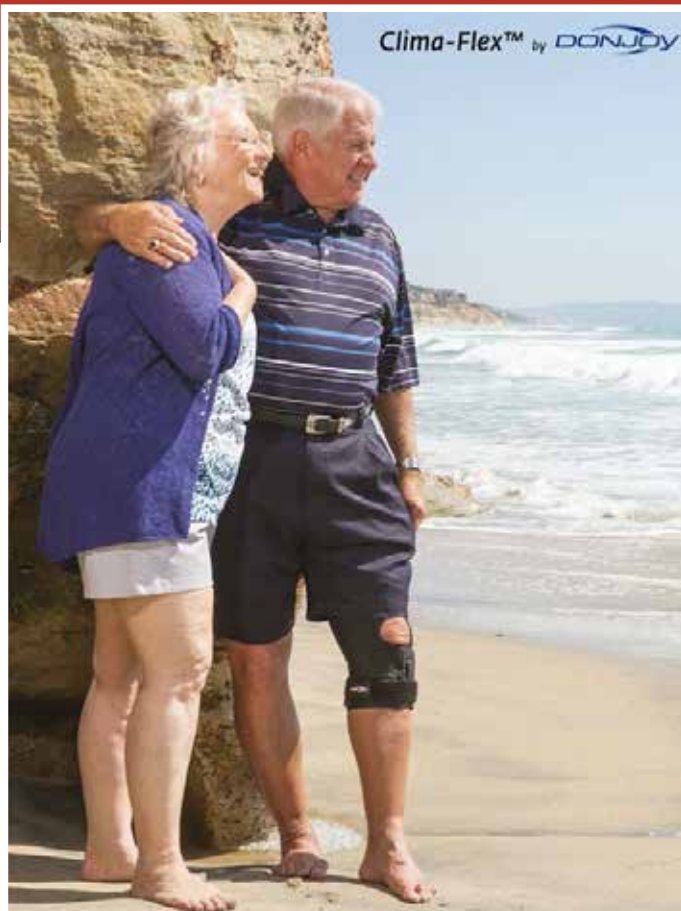
Being a progressive disease, OA manifests itself as wear and tear in the joints, and at present, has no cure. It usually presents with stiffness, swelling and pain on walking or other weight bearing activities.

The current healthcare system requires that in order to be an appropriate candidate for the long list of patients awaiting knee replacement surgery, the pain and disability needs to be rather severe with advanced degeneration of the joint in order to be considered. As a result, patients suffering with the earlier stages of OA are looking for other options in order to cope with their condition without pain and with improved function & confidence.

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

The Unloading Brace is very specific to each individual, with various options to fit the needs of the wearer in terms of severity of their condition and their required activity level.

The main benefits of the brace being the ability to ambulate with reduced pain thus allowing the muscles around the knee to strengthen. This gives the knee more support and stability, and delays the progression of joint degeneration. The brace therefore acts as an actual treatment option and not just as a support.



A growing number of people are gaining enormous benefit from the use of an unloading brace and are often, when used correctly, able to prevent the need for surgery further down the line, thereby bridging the gap in the system between initial diagnosis and knee replacement surgery.

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

Benefits of using an Unloading Brace:

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To find out how this awesome method of therapy can help you visit www.cyclo-ssage.com and click on Health Conditions. To find your local agent visit www.cyclo-ssage.co.nz or call **021 300 740** with any enquiry, there are various trial options, depending on where you are.



CUSTOMER TESTIMONIALS



'My quality of life is great! My pain levels are much more manageable and after 3 years of taking sleeping pills to sleep I no longer need them. Work is so much easier too, I don't dread going into work because at the end of the day I know I can lay on my Cyclo-ssage and all of my pain and aching muscles will be gone. My pain specialist has noticed a huge improvement in me, my attitude and my body. My "Fibro Flares" are no longer unbearable but easily managed, my sleep is better, my mood is improved immensely and facing a life of this is no longer so difficult. I will never go without my system and rarely go a day without a session since owning my pro-personal system.' - **Samantha Hill**

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WE CELEBRATE 100 YEARS OF THE GOOD LIFE

Catherine Ellen Lewis /Thorpe / Reeves has just celebrated her 100th birthday on the 15th August 2017 in Hamilton with her 6 sons and daughters-in-law at a private luncheon. This was followed by another afternoon tea

function at the Distinction Conference Centre on the 19th of August 2017 for the entire extended family and many friends, with numbers reaching 125. Cath was born at Wellington Hospital, 15th August 1917 to David Llewelyn and Phoebe Lewis, who were living at Trentham Military Camp where Lew, as Cath's Dad was known, was a career Soldier. In 1922, the family moved south to Burnham Military Camp near Christchurch. Here, Cath's two sisters were born. Gwen (Stove) and Olwyn (Walls). In 1929, the family moved north again to Hopuhopu Military Camp just north of Ngaruawahia, where Major Lewis was the Commanding Officer of the Base.

Cath finished her schooling at Ngaruawahia, then secured a job at the Farmers Trading Company Store Ngaruawahia, as a shop assistant. Cath rode her bike from Hopuhopu Camp to Ngaruawahia and back each day over rough metal roads in all weathers to get to work. This obviously took its toll on her bike which needed some regular attention. Fortunately, there was a young cycle mechanic who owned Thorpe Bros. Cycles and Radio Shop around the corner in Jesmond St. Wilfred Thorpe and Catherine Lewis got to know each other quite well. There was some speculation that Wilf's pretty little Ford 10 car may have had some influence in this matter. Wilf's father owned the second car to arrive in Ngaruawahia - a Willys Overland.

In April 1939, Wilf Thorpe married Catherine Lewis at the Ngaruawahia Methodist Church. They built a new home at 17 Herschel St. Ngaruawahia.

Cath and Wilf had six sons: David (1940), Neville (1941), John (1944), Trevor (1947), Peter (1954), and Garry (1957). During this time Wilf was a Scout Leader and Cath got involved in the

Scouting Movement as their boys got involved and progressed through the movement. Three of the boys attained Queen's Scout status. In 1940, Wilf sold his cycle shop and joined the Army as an Armourer. This led to him travelling in a mobile workshop army truck around the upper North Island Military Camps and high schools and drill halls servicing the Army's rifles and machine guns during the War years and beyond. This left Cath at home for long periods on her own to raise the boys. Wilf retired from the Army in 1956 and took a job at the Ngaruawahia Post Office as a night shift telephone exchange operator until the exchange became automated, then moved to the mailroom and retired in 1965. He then took a job as storeman at Foodstuffs in Te Rapa where he worked until he died in 1971.

In the mid 1960's Cath went back to work at Vi Harpers Deli for a number of years then across the other side of Jesmond St. to Ann's Wool Shop, which was almost the same location that Wilf had his Shop. Cath worked there until the shop closed.

Since the age of 12, Cath has played the church organ at her Methodist Church in Taupiri, and then Ngaruawahia, rarely missing a service, and also played for weddings, funerals, concerts, Scout Gang

shows, CWI competitions and played at other churches around the District. Cath kept this up until the age of 89 then just played her home organ to keep herself amused, often late into the night. In the 1960's Cath was the pianist for the 80+ strong Ngaruawahia Civic Choir. Three of her boys and a friend formed a singing Quartet (Harmony Four) and Cath taught them four-part harmony and Barber Shop Music. She accompanied them on stage playing the piano at concerts and shows around the Waikato. As the boys grew, Cath's philosophy was to "keep them busy" and out of trouble. The boys were very busy with scouting activities. If the boys were sick, they went to bed. If they miraculously recovered by 10am and wanted to get up then "that's fine, you can vacuum and polish the floors". They quickly learned it was easier to just go to school. Cath and Wilf always managed to take the family



Cath with her congratulatory card from the Queen



Cath with her six sons and daughters in law on her 100th birthday

away for a camping holiday or rented a bach at the beach. The boys loved camping...

Whether Cath enjoyed living in a tent with a horde of young boys we can only speculate about, but no complaints were ever heard from her.

The Thorpe household was a happy home and the focal point for many young lads to gather. Scouting group meetings, water ski club boat building and maintenance and bikes and cars. Cath cut Wilf's and the boys' hair on a regular basis, (none of them went to a barber) and many of the young lads lined up also for a flat top, crew cut or short back and sides. Some of the neighbours even scored a trim. There was always music and laughter in the home. Arguing or bickering was not tolerated and a word from Cath, backed up by Wilf, stopped that in its tracks.

Cath has one aversion in life - and that is alcohol. The boys were warned off it at every opportunity and that still stands today. Her pensioner sons are tee totallers still. No Booze, no problems, simple as that. Cath figured that if the boys brought their mates home, she knew where they were and what they were up to and with whom they were up to it with.

At Cath's 100th Birthday last week several of those lads were in attendance and have kept in touch and visited her over the years. They are all pensioners now but still remember the good times had, although no haircuts are required these days.

Wilf had a large workshop and an extensive array of tools to build or fix anything and the boys were encouraged to use them. The boys were on an evening dishes roster, no excuses, taught to vacuum, polish floors, sew on their own buttons, knit, iron their shirts, and mow the lawns, and if something broke, then fix it. Cath still expects the boys to fix things and they will still get a ticking off if seen to be wasteful. In 1973,

Cath married Chas Reeves, from Te Kowhai and Chas added another son Jack, and four daughters; Beulah, twins Dorothy and June, and Gloria to the growing family. Chas' family were all married by that time. Chas was of a similar ilk to Wilf, so it was no problem in accepting him into the family and he became a good and helpful friend. The boys enjoyed his company and respected him very much. Chas and Cath Reeves lived at the 17 Herschel St., address for several years before buying a house at 16 Albert Place Ngaruawahia where they lived until Chas died in 1988. Cath later built a new town-house on a site next but one to 17 Herschel St., overlooking the roundabout and a view up to the Main Road where she thoroughly enjoyed landscaping and gardening. She kept a very good vege garden and loved planting flowers and shrubs.

Cath was fascinated by the number and sizes of the heavy trucks thundering past her lounge window, and the constant activity of people, traffic and trains going by. During this period in her new town-house, Cath became a volunteer for the Union Church Op Shop. She collected and sorted, cleaned and prepared used clothing and other items ready to sell. Her garage was a collection point for all manner of bric-a-brac donated for re-sale. This continued for many years. Now Cath Reeves is enjoying being waited on in the Tamahere Eventide Home although she still loves to get out and about with the boys and their families at any opportunity. The fact that she has a really good sense of humour and a willingness to laugh at her own foibles endears her to family and friends. Cath's boys regard their Mum as their best friend and enjoy her company anytime. Cath has 6 sons, 6 daughters-in-law. 17 grandchildren, 29 great grandchildren and 1 great, great grandchild, 1 stepson (deceased) and 4 step daughters. Cath lived in Ngaruawahia for 86 years before moving to her current address at Tamahere Eventide Home.

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Harmony Anniversary

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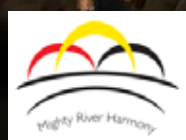
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TOP US CHOIR TO VISIT HAMILTON AND TAURANGA

One of the world's best male voice choirs will perform in New Zealand this month. The Westminster Chorus from California is a group of 40 young and talented singers who have won Gold Medals in international barbershop competitions in 2007, 2010 and 2015. The wins were against older, larger and more experienced choruses.

Their versatility in harmony singing was shown when they achieved Llangollen Eisteddfod Pavarotti Choir of the World in 2009. Again, they succeeded against choirs of international standing and long experienced leadership. This is in major part due to the influence of their energetic musical director Justin Miller.

Today they are widely recognised as one of this century's finest a cappella ensembles.

In 2014 the Chorus visited this country and their amazing sound was the highlight of the Pan Pacific Barbershop Singers Convention in Wellington. This year is their 15th anniversary and members were asked where in the world they would most like to celebrate with a tour. The answer was a resounding "New Zealand again!".

The Westminster Chorus will perform in Hamilton on Wednesday 20th September as guests of Mighty River Harmony. It is Mighty River's 25th anniversary this year, hence they have named the event "Harmony Anniversary".



The performance will be at 7.30pm in the St Paul's Collegiate Chapel (77 Hukanui Rd, Fairfield), chosen for its excellent acoustics. Tickets are available from Mighty River's members and also online (see the poster opposite).

In Tauranga the Chorus will be hosted by Harmony-a-Plenty Barbershop Chorus, and will perform on Friday 22nd September at 7.30pm in the Holy Trinity Auditorium.

To get a taste of their fabulous sound listen and watch them singing "Seize the Day".

Go to <https://www.youtube.com/watch?v=2EZ3k10Hpp4>



FEEL LIKE YOUR EYE TEST COULD HAVE MISSED SOMETHING?

If you have a sneaky feeling that your vision could be better, if things don't seem as bright as they used to or are too bright and blind you with glare, if your eyes ache or sting and you feel like it takes ages for your eyes to relax...yet your recent eye test didn't uncover anything... you may need a more in-depth examination

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Women's Lifestyle
expo

What a blast it was attending the Tauranga Women's Lifestyle Expo this weekend with the energy streaming from all corners of the Event Centre at Bay Park.

Seasons magazine was again the magazine of choice for the goodie bags, and the organisers, NZME, allowed us a site for the public to walk away with back issues they had missed out on, and we had the opportunity to introduce the magazine to some new and wonderful readers and advertisers throughout the BOP.

One of the greatest things about attending these Expos is meeting all of the very talented and hardworking business owners and their enthusiastic staff, and discussing new innovations, trying new products and in my case, buying at the show special price, an awesome pod-like coffee machine that usually would have been outside my small budget for this type of luxury.

Our Team took approximately 2000 past issues of Seasons magazine and by 2pm on the first day I felt elated but a little nervous as 90% of our magazines had already been snatched up with yells of, "Oh I haven't seen that one", or "I need one for myself, my dad, my mum and grandparents", so 4 copies gone in seconds! (I will be better prepared next time!)

To all the great people we met on the day and all of the stall holders that we had great conversations and many a laugh with, and especially to the organisers and their team, a big thanks for having us. Keep well, happy and healthy.

Team Seasons



Readers Submissions September 2017

You don't have to be a Hemingway to be a writer

I have just had my latest book published. **Out of Poland** is the story of a Jewish family in Poland during the Second World War. One of the family survived and lived in New Zealand where he was a vet, first in Ngatea and then in Auckland. I knew the family and wanted to honour those of their relatives who had died in Poland in a German death camp.

This is my tenth book; the first was written in South Africa and published in 1997 when I was 60 years-old. That book, **Debbie's Story**, was a success, a bestseller. It was a story that, in the South Africa of the time, opened the conversation about child abuse and rape – then both taboo subjects.

When we migrated to New Zealand I was struck by the dearth of information about living in this country, information that would be helpful for emigrants or even those who dreamed of living here. And so, in 2000 a friend and I published **A New Life in New Zealand**, another book that was well-received but was an ocean away from the first biography.

I wanted to write some “meaty” stuff but it didn't happen until, in 2010, I met an American lady, Evelyne Pothron, who told me the story of her mother and father who had gone to France for a vacation and had been trapped there when the German invaded in May 1940. The result of that conversation was **The Lives of Alice Pothron**. I was back on track, writing stories that were meaningful and interesting!

In between those serious books I had a ball writing humorous novels and popped out five; some funny, some with a supernatural slant and some with odd characters who had a criminal bent. In the first, **The Falling of Shadows**, I used the story of a friend who finally landed in prison for murdering her

husband (I told you I lived in South Africa!). Her tragic story was only the kick-off point for what became my first novel. That's the fun of novel writing, you can start with an idea and then extrapolate until you have something quite different.

The moral of the story is that you are never too old to be creative. Writing is an enormously liberating occupation. Writing one's life story or that of the family is not only a joy but necessary for the younger generation to know who they are and where they come from. Novel writing is fun; churning out lies for fun and profit.

If you want to start writing, find a writers' group in your area and join. Even if you haven't written a sentence, being with like-minded people will get you on your way.

And so, here I am at 80 years-old, researching another book about wartime Poland and with three novels sitting in the background waiting to be written.

My books are available via www.amazon.com or my website www.jennyharrison-author.com

Jenny Harrison • Readers Submission





DREAM TRAVEL AND CRUISE



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CREATIVE ACTIVITIES FOR THE ELDERLY (C.A.F.E)

During the May school holidays my husband and I took our two grandsons to the C.A.F.E. (Creative Activities for the Elderly) which is a community group run every Friday for the over 70+ age group.

I had seen the notice in the local paper requesting grandparents to bring along their grandchildren to a special morning in the school holidays. The aim was to mix older folk with young people and interact together with activities.

Our grandsons who are nine and eleven years of age joined in for morning tea and a chat with the other children and C.A.F.E. regulars before the start of threading large wooden beads, young and old hands working it together! This produced a novel craft.

A fun activity had two rows of us sitting on chairs with a large egg carton on the floor in the centre of the group. Each egg cavity had a number in big letters written inside. We had three tries each of aiming a ping-pong ball into the highest numbers. This gave us a lot of laughs and the winner who is a great grandmother received a chocolate prize.

We were treated to a piano recital and were entertained by other grandchildren with a short, well-rehearsed play.

During the July school holidays the C.A.F.E. group advertised another morning activity with grandchildren. This time we took our fourteen year old granddaughter and her school friend who introduced themselves to the group during morning tea.

A history quiz had the seniors outdoing the young ones and was followed by a fun craft needing lots of concentration with ice blocks and glue. We had a fun challenge together to see who could thread raw pasta onto sticks up to the top, the fastest. This was simple fun and a happy atmosphere, with another grandmother winning the challenge.

Chatting with the group, the C.A.F.E. mornings were the highlight of the week for those who had little or no contact with their family members and grandchildren, due to some of them living overseas or too far away to be able to make regular visits.

The group really enjoyed these special mornings and looked forward to meeting young people and interacting with them, and hoped for these to continue.

Fay Dwyer • Readers Submission



SPRING!

Hurrah! The calendar page-turn says it's spring,
Time to enjoy the new growth it will bring,
Most of us hope that the frosts and cold winds are passed
And the sun will shine for longer at last.

Fluffy yellow wattle flowers cause some to sneeze
As pollen lightly floats on the breeze,
Daffodils delight as they dance in the sun and the rain
And bursting magnolia buds speak of spring again.

Blossoms of many types attract busy bees
While birds trill from high up in the trees
And start to gather what they need for their nest
Into which tiny eggs they'll soon rest.

Curly fleeced lambs in fields frolic free,
Tiny ducklings confidently swim where their mothers can see,
And on unsteady legs calves suckle soon after they're born.
How could these new mums feel at all forlorn?

Bare winter branches of our wonderful trees,
Are showing signs of soft green leaves,
Lawns look lush and need a regular mow
And gardens are ready for work with the hoe.

Soon we'll be able to stow down jackets away
And replace our cosy beanies with hats by day,
But we have to remember that September can still bring
Winds from the south that have quite a sting.

Delwyn White • Readers Submission

Weight Loss at Body Buzz



Kathy lost 12kg in 13 weeks at Body Buzz

“Being overweight has always been a constant struggle for me. I put on weight when I quit smoking. I also had an underactive thyroid which made it hard to lose weight. I’ve done Sure Slim, Weight Watchers and Jenny Craig. I’ve been to the pool and I’ve been to the gym but Body Buzz is the only thing that has worked for me. It’s brilliant and it’s so simple, you just stand on it, sit on it or lay on it. The only effort is getting yourself here. As far as food goes you just do your ordinary meals you do at home. You don’t have to buy anything extra except for maybe some Coconut oil or Olive oil. It’s a bit of a lifestyle change but it’s not an expensive one”.

Menopause Gone

“My menopause has gone. I don’t get any more night sweats or mood swings and I feel a lot happier. Women think that we are going to put all this weight on with menopause and we are never going to shift it. I think a lot of women would benefit coming in and doing this. I can go shopping now and buy some nice clothes. Another plus is my indigestion has gone and all my other health issues have improved.”

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Weight Loss Lies #2 (continued)

Martin Eyre, Body Buzz Weight Loss and Health Studio

What is cardio exercise and why did we think it would make us lose weight?

Low intensity exercise such as walking and cycling has been termed "cardio exercise." When you exercise, your heart rate goes up according to the intensity, therefore you are training your heart (cardio). One day some scientists decided to do a study. They got some athletes together and they tested their blood samples at different intensities of exercise. They found that the low intensity (walking) group used more fat than sugar for fuel. The high intensity group (sprinting/weights) used more sugar than fat for fuel.

From this study an assumption was made. “To lose fat we should train at low intensity because that’s the ‘zone’ where you burn fat” Others got hold of the idea and called it the “fat burning zone.” In no time at all treadmills, stationary cycles, rowing machines and all manner of “cardio” equipment had heart rate monitors on them so you could exercise at low intensity for hours on end in “the fat burning zone.” Unfortunately, the number of calories burned in the “cardio zone” is so low that you would need to do about 30 hours of “cardio” each week to burn enough calories for weight loss. Who’s got that much time on their hands?

Thankfully there is a much easier way to lose weight and get all the benefits of exercise at the same time. At Body Buzz we use the new Fit-x Whole Body Vibration Training System. Easy 12-minute workouts to suit your age and fitness level combined with “Correct Nutrition” have been very successful and enjoyable. Not only that, you reap the benefits that you are supposed to get with regular exercise such as fitness, strength, bone density, circulation, hormonal balance and lymphatic draining.

More fat loss lies in your next issue.

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Roach's guide to Citrus

(Choose your variety)

Before you get started, choose a variety suited to your garden and culinary needs. Below are some of the citrus we sell at Roach's Nurseries for \$35.00:

Lemons – Myer, Lisbon, Lemonade, Ben yen

Oranges – Best seedless, Carters navel, Washington navel

Mandarins – Satsuma, Silverhill, Encore

Limes – Tahitian, Rangpur **TENDER TO FROST**, Kaffir

Grapefruit – Golden special, Cutlers red

Tangelos – Seminole

Tangors – Sweet, Ugli



Prepare

Choose a suitable spot. Citrus do best in a consistently sunny environment with adequate rainfall and sheltered from cold winds.

Plant

Dig a hole approximately twice the depth and width of the root ball of your tree and partly fill with mushroom compost (sold at Roach's Nurseries)

Roachs Nurseries sell weed free, bark free, mushroom compost. Buy it in bulk or per bag. It is cheaper by the tractor scoop. Please phone beforehand.



Remove the tree from its bag or pot but do not disturb the root system. If they are root bound, cut with a knife in a downward motion.

Place the tree in the hole.

Fill the hole with mushroom compost ensuring the tree is no deeper than it was in the bag or container.

Water your tree well.

Pruning

To stop your tree being a tree and instead becoming a bush (to make access to your gorgeous fruit easy) prune wisely, though probably not until the fourth year.

All the citrus trees grown at Roach's Nurseries are 3 years old and live outside 24/7 so are already frost hardy with 90% of them covered in fruit.

***Fun fact: Most Mandarins are off breeds from Satsuma!**

Roach's for Roses is located between Morrinsville and Hamilton. Opening hours are **Monday to Friday, 8-4pm**. If you have an enquiry, please contact **0800 867 767**. Or you can ring Mike Roach directly on **027 495 5183**.



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POP'S POW STORIES
STORIES FROM HIS TIME AS A PRISONER OF WAR IN ITALY
OF CAPTAIN JOHN RICHARDSON '536 E.D.
4TH FIELD REGIMENT 2 NZEF
W/W/2 1941- 1943

I was nearly at the end of walking through the magnificent exhibition created by Weta Workshop, "GALLIPOLI The Scale of Our War", at the museum Te Papa Tongarewa, New Zealand's national museum, when I heard behind me a child sobbing uncontrollably. I made way for them; an older child, carrying out the small sobbing girl, murmuring to her, "That's the end of it. We will be out soon".

It struck me how powerful stories are. The Weta workshop had brought to such vivid life the stories they had chosen of people who had been at Gallipoli that the horror of war had really "got through" to this child. We all need to sob uncontrollably when we become aware of the insanity, the horror that war is.

I was born shortly before humanity had discovered it now had the power to annihilate itself. My teenage years were lived amidst stories of people building atom-bomb-proof shelters. This was the backdrop of the consciousness revolution of the sixties, as we tried to find our way to ignore the often talked about and ever present possibility of someone pushing the trigger one day, and the whole world disintegrating.

When I was nine my father had a major nervous breakdown.

A routine dental x-ray had revealed shrapnel moving in on his brain and he underwent an emergency operation, which resulted in him briefly dying.

Further it led to him having his sympathetic nervous system removed.

He had given power of attorney to his trusted business partners, who while he was convalescing in Hamner hospital, stole his business from him by means of destroying the records showing that it was in fact his business, his initiative and that he had invited these partners into the business.

Whilst suffering total amnesia as a result of injuries received during his capture by the German army in 1941, and nearly two years of torture and deprivation in Italian POW hospitals and camps had not succeeded in breaking my fathers' spirit, the betrayal by his trusted partners did.

By the time I entered my teens my father had become an alcoholic. After he assumed my brother and I would be asleep he would start drinking and raging against the inhumanity, cruelty and idiocy of war.

Shivering under my bedcovers I understood enough of what he was saying to come to believe that the world was a pretty scary place, and that there were monsters hidden from everyday gaze, and that many of these monsters lay in the human heart.



Capt. John Richardson 1939

My father had been captured by a German unit in the desert, in Libya, and sent by ship to the prison hospital in Bari, Italy. His truck had been shot at and had rolled down an embankment. He remembered just managing to swallow the radio codes he had in his pocket before he passed out. When he next regained consciousness he heard a German doctor in perfect



John Richardson

English telling his driver that his “skipper” had a broken back and would not last more than a couple of days. That was all he remembered for several months during his time in various Italian POW camps, all the while suffering amnesia along with severe physical injuries.

My father was obviously a very stubborn survivor, as various members of the medical profession gave him a death sentence several times in his life, yet he managed to last until he was 85.

Towards the end of his life he had beaten his alcoholism and he would tell stories mainly from his time as a prisoner of war. His memory had gradually been restored concerning the rest of his life, and his time as a prisoner in Italy was obviously exceptionally vivid for him. We used to laugh amongst ourselves at “Pop’s stories”, which he told often. Fortunately I encouraged him to write these stories down. They are simple stories. Many of them refer to a human gesture in the midst of the horror of war. These human gestures were sometimes from a person who was supposedly an “enemy”.

I have finally honoured my promise to him that I would edit his stories for the family, and anyone else who might be interested in engaging with them. To my amazement I am seeing them in an entirely new light. The light of perspective, of being able to add up all the factors and be truly astonished at what he had battled with in every sense of the word. Battled and risen above.

Pop had acquired a typewriter with an early word processing function and the results are sometimes hilarious as he attempted writing up these stories. He had also written several pages by hand, as there were facts he had forgotten about whilst tackling the typewriter. I have written up these stories in some respects as they are, (with a little editing); incorporating the extra facts if relevant but leaving them where possible as complete little tales in themselves.

I am very moved by these stories, and not only because they are my father’s. They are evidence of the human spirit that refuses to be overcome by circumstances, even though the circumstances may be horrific.

In the overview of the facts of his life, you see him heading off to war full of energy and focus, albeit in his case volunteering to undertake any exceptionally dangerous mission as he was unattached and had recently lost both his father and his beautiful home. Like everyone heading off to war, he was completely unaware of what horrors lay in store for him.

He was involved in two major evacuations of troops in Greece in the early part of the war when the Allied troops were not doing very well. He suffered the loss of many of his men, which he obviously felt very keenly. A German army unit captured him as a result of a demeaning order from his superior. This capture resulted in severe injuries and loss of his memory. He then spent nearly two years in POW hospitals and camps until he was repatriated and sent back to New Zealand in 1943.

Despite all this he was contacted by the resistance while in the prison camps and obviously became active within the network. H Force was the name of this Intelligence Unit, and it covered underground operations in Italy, Greece, Albania, Yugoslavia and Crete. He refused to talk directly about any of this, but there were enough hints to intrigue.

In our ever-present quest to define what it is to be “human”, I believe these stories of my father make a humble contribution.

The stories begin with his capture in the desert in Libya.

Most of the stories are of his time in the POW camps in Italy, from 22/12/1941 to April 1943. The stories are as he wrote them, with minor editing.

To give some background and a timeline to these stories there is a brief overview of his life up to this point, placed at the end.

Bronwen Christianos (Daughter of John Richardson)



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

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SMOKED SALMON CAESAR WITH PROSCIUTTO & PARMESAN CROUTONS

INGREDIENTS

- 1 Baby Cos lettuce
- 40g Shaved Parmesan
- 2 - 3 tablespoon Caesar Dressing (more if you like)
- 2 pieces of Crisp Prosciutto
- 1 Poached Egg
- 3 Croutons

METHOD

Wash your cos lettuce and rip into pieces. Put into a bowl along with the shaved Parmesan, crisp prosciutto and Caesar dressing. Toss lightly so as not to bruise the lettuce. Place into the serving dish. Meanwhile poach an egg till soft. Put this on top of your salad and add croutons.



ROAST BABY BEETROOT SALAD

INGREDIENTS

- 500g Red baby beetroot
 - 500g Yellow beetroot
 - 160 gm Walnut halves
 - 2 tablespoon Icing sugar
 - 2 teaspoon Salt
 - Cayenne pepper..a pinch
 - ¼ cup Canola oil
 - 200 gm Goats cheese
 - 33 gm Roquette leaves
 - 1 punnet Cherry Tomatoes
 - 3 Radish
- Dressing your choice but we use a vinegarette

METHOD

Roast beetroot in oven at 160 c until tender, when cooled; peel skin and cut into bite sized chunks

Toss walnuts in oil and roast until golden brown. Mix with icing sugar, salt and cayenne pepper (the pinch !)

To assemble , place beetroot and walnuts into a bowl, crumble the goats cheese in and add the roquette, halve the cherry tomatoes and thinly slice the radish. Mix all ingredients together with the vinegarette and serve



PULLED PORK BURGER WITH SAUERKRAUT, ROASTED TOMATO AND BACON SERVED WITH FRIES

INGREDIENTS

Pulled Pork (as much as you like !)
½ Tomato
3 Rashes Streaky Bacon
2 tablespoon Sauerkraut
1 Brioche Bun
1 tablespoon mayonnaise
Fries
Tomato sauce

METHOD

Cook your fries either in a deep fryer or oven. Heat a pan and cook your bacon till almost crisp then slice your tomato into two and add to the pan. Pop the pulled pork into the microwave and heat for approx 2 minutes. Lightly toast your bun. Now on the bottom of your bun add the mayonnaise then the pork. Lop on top the sauerkraut, roasted tomato and bacon then put the top on your bun on. Serve this with your fries and tomato sauce.



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LAUGHTER IS THE BEST MEDICINE

WHAT'S IN A NAME?

Bernie was invited to his friend's home for dinner. Morris, the host, preceded every request to his wife by endearing terms, calling her Honey, My Love, Darling, Sweetheart, Pumpkin, etc. Bernie looked at Morris and remarked, "That's really nice, that after all these years you have been married, you keep calling your wife those pet names." Morris hung his head and whispered, "To tell you the truth, I forgot her name three years ago!"

SO SENSITIVE

A woman awakes during the night to find that her husband is not in their bed. She puts on her robe and goes downstairs to look for him. She finds him sitting at the kitchen table with a cup of coffee in front of him. He appears deep in thought, just staring at the wall. She watches as he wipes a tear from his eye and takes a sip of coffee. "What's the matter dear?" she whispers as she steps into the room. "Why are you down here at this time of night?" The husband looks up, "Do you remember 20 years ago when we were dating and you were only 17?" he asks solemnly. The wife is touched, thinking her husband is so caring and sensitive. "Yes I do," she replies. The husband pauses. The words are not coming easily. "Do you remember when your father caught us in the backseat of my car?" "Yes I remember," says the wife, lowering herself into a chair beside him. The husband continues, "Do you remember when he shoved a shotgun in my face and said, "Either you marry my daughter, or I will send you to jail for 20 years?" "I remember that too," she replies softly. He wipes another tear from his cheek and says, "I would have gotten out today!"

THE TRUTH

A married man was having an affair with his secretary. One day, their passions overcame them in the office and they took off to her house. Exhausted from the afternoon's activities, they fell asleep and awoke at around 8 pm. As the man threw on his clothes, he told the woman to take his shoes outside and rub them through the grass and dirt. Confused, she nonetheless complied and he slipped into his shoes and drove home. "Where have you been?" demanded his wife when he entered the house. "Darling," replied the man, "I can't lie to you. I've been having an affair with my secretary. I fell asleep in her bed and didn't wake up until eight o'clock." The wife glanced down at his shoes and said, "You liar! You've been playing golf!"

CHRISTMAS PREZZY

A husband got his mother-in-law a cemetery plot for Christmas. It came with a coffin, tombstone, the works. Next Christmas comes by and he gets her nothing. When the mother-in-law asks, "Why didn't you get me a gift?" he says, "You haven't used the one I got you last year!"

HOW MANY?

A man walks into a bar and orders a shot, then he looks into his shirt pocket and orders another one. After he finishes, he looks into his pocket again and orders another shot. The bartender is curious and asks the man why he looks into his pocket before ordering each shot. The man replies, "I have a picture of my wife in my pocket, and when she starts to look good, I go home."



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September 2017

Sun

Mon

Tues

Wed

Thurs

Fri

Sat

NOTES:

01

02
Best Comedy Show on Earth
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Claudelands Arena
Brooklyn Rd, Hamilton
\$39.90

03
One Night of QUEEN
8pm - 10:30pm
Claudelands Arena
Brooklyn Rd, Hamilton

04

05

06
That Bloody Woman
7:30pm - 9:30pm
Clarence Street Theatre
59 Clarence St, Hamilton
\$59.90

07
That Bloody Woman
7:30pm - 9:30pm
Clarence Street Theatre
59 Clarence St, Hamilton
\$59.90

08
That Bloody Woman
7:30pm - 9:30pm
Clarence Street Theatre
59 Clarence St, Hamilton
\$59.90

09
That Bloody Woman
7:30pm - 9:30pm
Clarence Street Theatre
59 Clarence St, Hamilton
\$59.90

10

11
Mayors Music Matinee
1pm - 1:50pm
Creative Waikato
131 Alexander St, Hamilton
FREE

12

13

14

15

16
Antiques, Curios & Collectables Fair
8.30am - 1.30pm
Tamahere Community Hall
21 Devine Rd, Tamahere
FREE

17
Mount Record Fair
11am - 4pm
11 Totara St,
Mount Maunganui
FREE

18

19

20
Harmony Anniversary
The Westminster Chorus
7:30pm
St Paul's Collegiate Chapel
77 Hukanui Rd, Hamilton
SENIORS \$30

21

22
Noises Off
8pm - 10pm
Riverlea Theatre,
83 Riverlea Road, Hamilton
BOOK VIA ITICKET.CO.NZ
SENIORS \$25

23
Victoria & Abdul
(Music Moves Me Trust)
11am
Trivoli Theatre
Cambridge
\$20

24

25

26

27
Social Jazz Night
Mount Social Club
6pm
Mount Social Club
305 Maunganui Rd
FREE

28
Noises Off
8pm - 10pm
Riverlea Theatre,
83 Riverlea Road, Hamilton
BOOK VIA ITICKET.CO.NZ
SENIORS \$25

29
Noises Off
8pm - 10pm
Riverlea Theatre,
83 Riverlea Road, Hamilton
BOOK VIA ITICKET.CO.NZ
SENIORS \$25

30
The Tauranga Spring Home Show
10am - 5pm
ASB Baypark,
81 Truman Ln, Mt Maunganui
Adults \$10

VIRGO AUG 23 - SEPT 22 Focus on your financial situation more than usual and be bold when it comes to investing and setting up your retirement fund or moving funds around.

QUOTE OF THE MONTH "I recommend you to take care of the minutes, for the hours will take care of themselves."

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NEW ZEALAND TALENT

Olivia Bezett is a full time artist from Auckland, New Zealand. She uses colored pencils to create whimsical drawings of animals with surreal touches. Olivia left school at 17 to become a full time artist and is now in her third year of doing this full time, and is now booked up for the next three years with commission work- drawing people's pets.

Olivia grew up in a very artistic family, with her mother and grandmother being watercolor and oil artists, her brother being an animator and her father being an art dealer and framer. Olivia studied art at school and gained endorsed excellences and was in the top 5% in her school. Although she succeeded at her artistic studies, Olivia never really showed much interest in becoming an artist until her final year of school was about to start. Over the school holidays she did a few sketches and posted them online, and after a receiving a positive response, decided to take a risk and try to turn her hobby into a career. She drew a rabbit with butterfly wing ears and her Facebook page took off. Olivia now nearly has 14,000 'likes' on her Facebook page and various retailers throughout New Zealand, Australia, and a few other countries including Sweden. Olivia hopes to inspire young artists and also promote the humble, often over-looked colored pencil along the way.

Seasons would like to thank Olivia for allowing us to display for our spring edition cover



NEW ZEALAND ARTIST OLIVIA BEZETT



Olivia Bezett
artist



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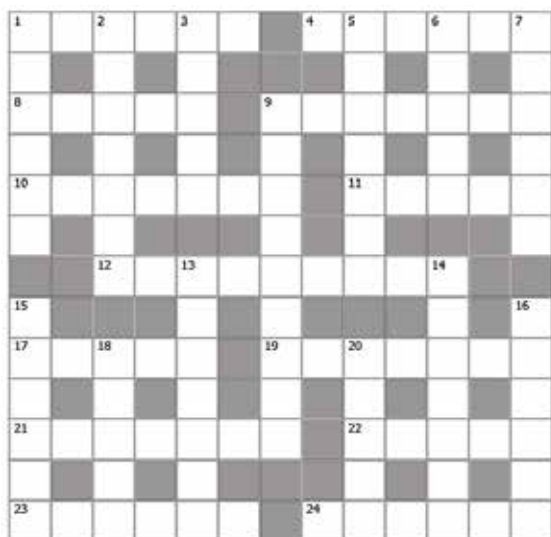
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This month's puzzle pages are proudly brought to you by Seddon Park Funeral Home

Quickie Crossword



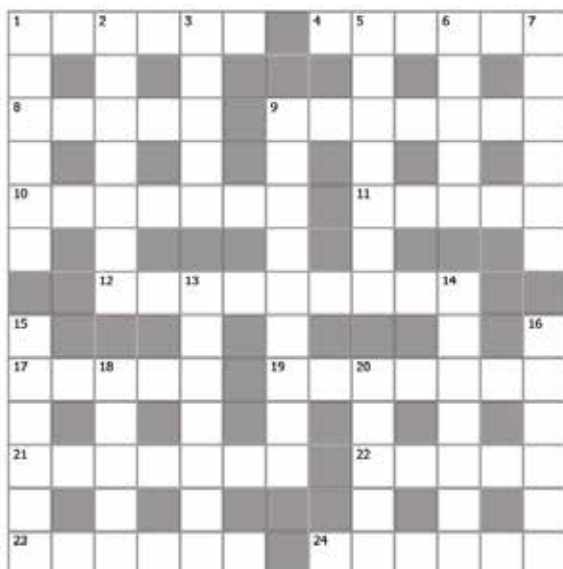
Across

1. Fastening for a strap (6)
4. Receive willingly (6)
8. Deceit (5)
9. To that place (7)
10. Driver under instruction (7)
11. Be in accord (5)
12. Wise (9)
17. Parcel out (5)
19. Mean, medium (7)
21. Without head covering (7)
22. Swift (5)
23. Small wave (6)
24. Rode a bike (6)

Down

1. Perplex (6)
2. Neckware (7)
3. Loaded (5)
5. Large city in Illinois (7)
6. Anaesthetic (5)
7. Something to aim for (6)
9. Renegades (9)
13. Recover from illness (3,4)
14. Surgical Knife (7)
15. Thin slice of bacon (6)
16. Repaired (6)
18. Abatement, alleviation (3,2)
20. Ahead of schedule (5)

Cryptic Crossword



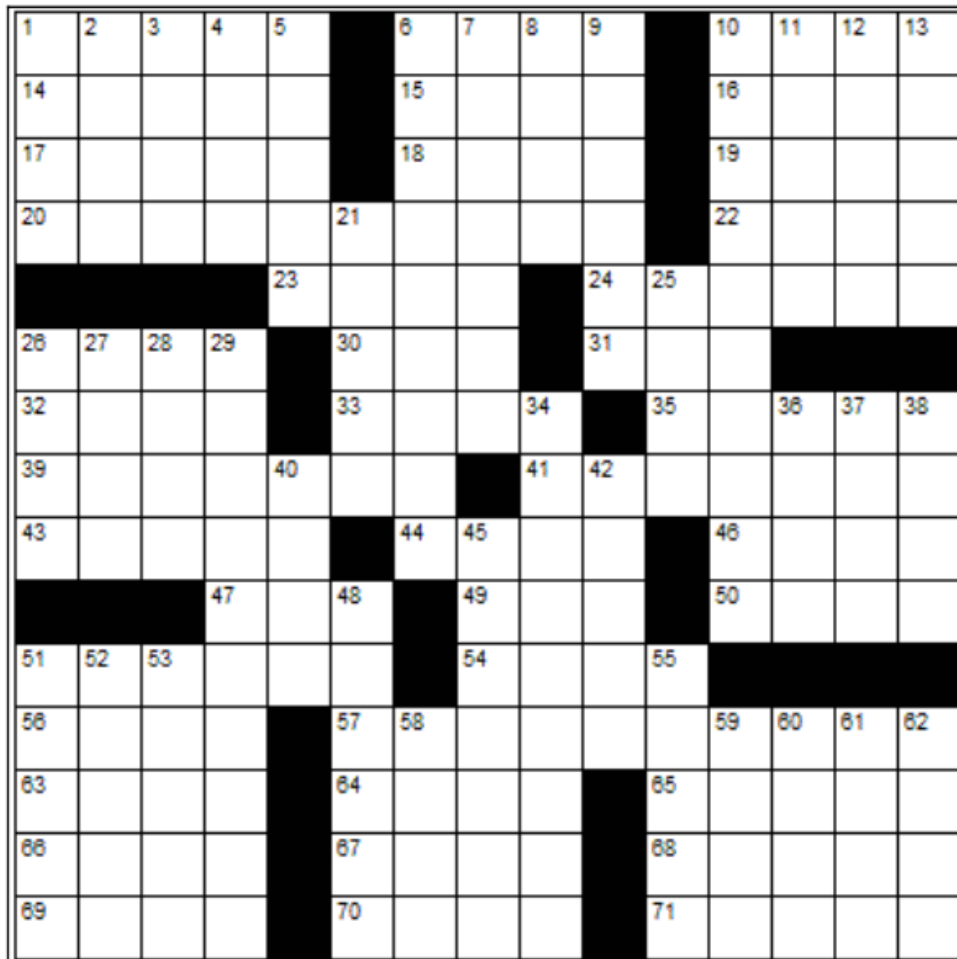
Across

- 1 Christmas visitors can include one conjuror (8)
- 5 Some extra money provided for a form of transport (4)
- 8 Hair treatment provided by barber in Seville (5)
- 9 Jewish teacher on back street finding animals (7)
- 11 Poor Alex, he'd expelled air (7)
- 12 Wild glee when trapping a bird of prey (5)
- 13 Paddy is moderate (6)
- 15 Dirty food emptied bakery (6)
- 18 Huge cost of soil? (5)
- 20 Foremost metal in front of gate (7)
- 23 Trees seen in middle of Seattle initially (2,5)
- 24 One side of paper clergyman does not finish (5)
- 25 Missing lieutenant takes in old soldiers initially (4)
- 26 Notice present provided by National Trust Supporter (8)

Down

- 1 Code for a TV detective (5)
- 2 Going without Oscar, bad actor needed material (7)
- 3 Native American has left basket for fisherman (5)
- 4 Scrape a beard off (6)
- 6 Regretting destruction by leader of Goths (5)
- 7 Flower in my control (7)
- 10 Dim British king on stage (5)
- 13 Clothes line in high road to palace (3,4)
- 14 She is entertained by the queen somewhere in Surrey (5)
- 16 Oscar, going to church, tucked into cheese roll (7)
- 17 Over the moon as family members run away (6)
- 19 First breaks, then splits! (5)
- 21 See eye to eye in Gretna Green (5)
- 22 Old coin Rex found in butter! (5)

Giant Crossword



Across

1. Gulf
6. A female domestic
10. Coarse file
14. Indolence
15. Ancient Peruvian
16. Decorative case
17. A black tea
18. Flower stalk
19. Spring
20. Flight attendant
22. Within
23. Gladly (archaic)
24. Not the youngest
26. French Sudan
30. Delivery vehicle
31. 52 in Roman numerals
32. Black, in poetry
33. Dash
35. Declares
39. Die down
41. Okay
43. Drive
44. Bird of peace
46. Blackthorn
47. Central
49. 18-wheeler
50. Office fill-in
51. Contusion
54. Food thickener
56. Forsaken
57. Deaths
63. Aquatic plant
64. Way out
65. Make a counterfeit
66. Encounter
67. Balm ingredient
68. Not the ceiling
69. Being
70. Care for
71. Feel

Down

- | | | |
|----------------------------|-----------------------------|-----------------------------|
| 1. Vipers | 21. Ranted | 48. Overpower |
| 2. Decay from overripening | 25. Teller of untruths | 51. Hold responsible |
| 3. Oxen's harness | 26. Untidyness | 52. Parts portrayed |
| 4. Put away | 27. Border | 53. Prods |
| 5. Bundle | 28. Part of the outer ear | 55. Jazz ostinatos |
| 6. Phoned a wrong number | 29. Sow | 58. Spindle |
| 7. Aerial | 34. Piloted | 59. Lacquered metalware |
| 8. Frosts | 36. Leer at | 60. Weightlifters pump this |
| 9. Young unmarried woman | 37. Objective case of "who" | 61. Prima donna problems |
| 10. Backslider | 38. Stair | 62. Arid |
| 11. Redress | 40. Colored part of an eye | |
| 12. Jackets and trousers | 42. Lawful | |
| 13. He flies a plane | 45. Speech | |

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

Giant Sudoku

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

Mastermind

- 01 A mahout is a person who works, tends and rides which animal?
- 02 What is the name usually given to music composed between 1600-1750?
Romantic, Baroque, Modern, Classical
- 03 The Marilyn Diptych is a work by which artist? Wood, Hopper, Dali, Warhol
- 04 The Dong With a Luminous Nose' was written by which poet?
- 05 In the 2006 film 'Snakes on a Plane', the plane takes off from which US state?
- 06 How many gold medals did the USA win in the 2010 Winter Olympic Games?
- 07 Which US state has the most golf courses?

Mini Crosswords

Mini Crossword 01

1		2		3		4
	█		█		█	
5						
	█		█		█	
6						
	█		█		█	
7						

Across

- 1. Sunshade
- 5. Prolong
- 6. First letter
- 7. Imp

Down

- 1. Pressing
- 2. Temporary relief
- 3. Breed of dog
- 4. Animal oil extracted from wool

Mini Crossword 02

1		2		3		4
	█		█		█	
5						
	█		█		█	
6						
	█		█		█	
7						

Across

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

Down

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

Code Word

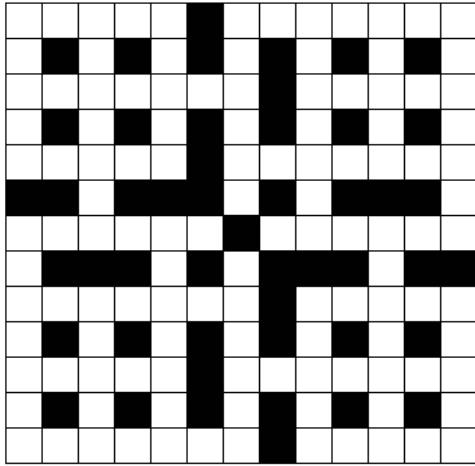
█	1	12	16	13	12	18	█	5	16	1	1	9
9	█	9	█	22	█	23	█	16	█	7	█	19
15	10	4	5	17	█	26	16	12	25	18	7	1
15	█	3	█	4	█	9	█	25	█	13	█	18
1	10	5	14	18	13	17	█	10	23	23	18	13
█	█	18	█	█	█	1	█	23	█	█	█	14
19	9	11	10	23	20	█	10	20	23	9	13	18
2	█	█	█	10	█	8	█	█	█	12	█	█
1	21	2	23	20	█	18	5	16	1	7	10	12
10	█	1	█	22	█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

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

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

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

Word Fit



5 letter words

CURVE
HOIST
NACRE
NICHE
OPERA
REINS
RELIC
SIEGE
STEPS
TROUT
YACHT
YOUTH

6 letter words

ADMIRE
ANSWER
FLUENT
URGENT

7 letter words

ADVANCE NASCENT
CEILING RESPECT
ECLIPSE UNIFORM
ELECTOR UNKNOWN
KESTREL VENISON
NARRATE WHISPER

Word Change

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

grate
blame

pouch
peace

peace
slate

Hub Word

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



Answers

Answers to the July Puzzles:

Quickie Crossword



Cryptic Crossword



Word Fit



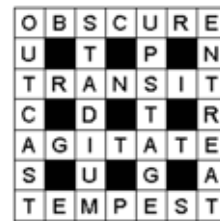
Giant Crossword



Giant Sudoku



Mini Crossword 01



Mini Crossword 02



Mastermind

- 01 Beachy Head
- 02 Chest
- 03 98 Degrees
- 04 1
- 05 Brazil
- 06 A straw puppet
- 07 Liam Neeson

Word Change

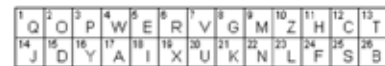
- last stale stare
- lost state stale
- loot slate stile
- loon plate smile
- moon

Hub Word

9-letter word - ENIGMATIC

Some other words of four letters or more containing the hub letter G:
 cage, gain, gait, game, gate, gent, geta, gnat (UK), giant, icing, image,
 magic, mange, tinge, acting, aiming, citing, eating, enigma, ignite,
 magnet, mating, taming, timing, imagine, mintage, teaming, magnetc.

Code Word



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ASB Waterfront Theatre

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HAMILTON 5 – 7 OCT

Clarence St Theatre

Book: **0800 842 538 / ticketek.co.nz**. More info: **atc.co.nz**

TAURANGA 13 – 15 OCT

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