

FREE COPY

seasons

magazine

August 2016

Life Beyond 50

60+
Packs 'Em In

Diamonds in
the Rust

*Positive Attitudes
About Ageing*

Kingsley Field
– *Singin' in the Rain*

Visit our new site @
www.seasonsmag.co.nz



LOST OR BROKEN YOUR DENTURES?



CLINICO
Denture & Hearing
(Since 1972)

FREE DENTURE ASSESSMENT

www.clinico.co.nz



FREE HEARING ASSESSMENT



0800 11 23 24

HAMILTON / CAMBRIDGE / TE AWAMUTU / ROTORUA
PAPAMOA / THAMES / WAIHI / PAEROA / HUNTLY / RAMARAMA



8



13



16



24



29



34



43

Contents

| | |
|--|----|
| Contents | 3 |
| CEO's Note | 4 |
| Tribute Media | 5 |
| Tim Macindoe MP for Hamilton West..... | 7 |
| Singin' in the Rain | 8 |
| Message from the Minister for Senior Citizens..... | 11 |
| 1-day Makes all the Difference..... | 12 |
| Age Concern..... | 13 |
| Naturally Healthy | 15 |
| Diamonds in the Rust: The Bush Tramway..... | 16 |
| Male Voices Loud and Clear | 19 |
| 60+ Packs 'Em In | 24 |
| Positive Attitudes About Ageing | 27 |
| The Crosby Story | 29 |
| Food for Thought | 30 |
| Laughter is the Best Medicine | 33 |
| A license to Have Fun! | 34 |
| The Future of Investment and Lending | 37 |
| The Donny Story..... | 41 |
| Season's August's Eats..... | 42 |
| God Spot..... | 44 |
| Puzzles..... | 45 |
| July's puzzle answers..... | 50 |

The Free Breakfast
Live, local, volunteer-driven
breakfast radio, weekdays
7.30 to 9.30am
freefm.org.nz

Radio made by, for and about people like YOU.
Get involved - read more at freefm.org.nz

Free FM 89
Real COMMUNITY RADIO!



CEO Mijda Jamieson

Warm winter greetings to all, I popped into my local bank the other day to deposit some cheques, and I had an interesting conversation with the bank teller as to the reasons why some of the older generation still write cheques today.

She asserted that some older people, who live on their own, see it as an outing and a way to meet people. Writing cheques is not only a social activity for older adults is also a physical activity for the body, in that the brain is actively thinking and concentrating on what is being written, the hand is exercised by the physical motion of writing, and the body is exercised by having to physically go to the bank or post office to post or deliver the cheques. In this aspect, it is a great tool for their maintaining mental and physical health and wellbeing.

Many of the older generation still prefer to have cash in hand instead of a bank card, as they like to physically see how much they have to budget with, and feel more in control of their finances in that way.

I had not really given it much thought before, and wondered if it would not have been easier for the older people to do internet banking instead, but after speaking with her I understood clearly the benefit of banking 'the old fashioned way'!

On social media, I would like to mention that Seasons Magazine Facebook Page has now been revamped and updated to keep you informed of current events and special offers which are posted regularly. Please visit our Facebook Page at www.facebook.com/seasonsmag, and we look forward to reading your comments and Likes.

Please visit the 1-day website at 1-day.co.nz and see their special offer where you can get a \$5 discount off your on-line purchase by using SEASONS as your code.

Seasons Magazine website is now live and you can visit our website at www.seasonsmag.co.nz where you can subscribe to the magazine and receive your monthly copy, or become a member and read your copies on-line, and also be able to obtain the specials and discounts offered by our great advertisers and sponsors.

Please enjoy your August issue of Seasons Magazine.

"don't be pushed by your problems; be led by your dreams" (anonymous)

Until the next issue

Take care,
Mijda

The Seasons Team would like to give their sincerest condolences to the family and friends of Steven Spencer who sadly passed away on 27th July having suffered from Motor Neuron Disease (MND). His great story featured in our September 2015 Issue of the magazine. (RIP).



SUBSCRIPTION CHANGE OF DETAILS

New, glossy, A4 magazine

11 issues per year, **seasons** magazine features articles, columns and information relevant to the 50+ community.

just1

FREE
lifestyle
magazine

Subscribe to receive your issues: 3 issues \$15.00 (postage and packaging costs only)

To subscribe post this form, with your cheque payment made out to Just 1 Ltd.

Post to **Just 1 Ltd, PO Box 134, Ngaruawahia 3742**

Or email your enquiry to Seasons magazine: admin@seasonsmag.co.nz

Contact details

Phone Email No. of issues.....



AUGUST 2016

CEO Mijda Jamieson

Advertising Enquiries: Grant 021 213 0319 Office 07 847 4602

ISSN 2382-2481

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

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

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



Memories are our Greatest Inheritance

Everyone has a story to tell and memories are a joy to share. For future generations they are a precious link to the past. Moments in time, where even the ordinary becomes extraordinary.

We create intimate and personalised videos that portray:

- A living family history (family or individual)
- An intimate and personal message to a loved one or to future generations to come
- A lesson, which may include moral or ethical values you wish to impart as a legacy
- A personal greeting to a family member, grandchild or friend, where distance is a barrier

We can also capture the special moments and personal achievements of someone's life, including engagements, graduations, or any other celebrated occasion.

WARREN

Story Development Consultant

Warren has a wealth of experience dealing with people from all walks of life, who, like himself are interested in retaining their family history for future generations. A member of the NZ Society of Genealogists – Warren enjoys discussing the many options available in creating living history for your family and it's his job to meet with you to talk about what you wish to share, and how you would like it presented.



Special Offer for August

Your living history recorded for future generations. Book an informative presentation throughout the month of August with Warren at your Rest Home or Retirement Village within the Waikato region.

Get in touch by:

Freephone : 0800 843 367

Warren (m): 027 570 5370

Email: info@tributemedi.nz

Web: www.tributemedi.nz

www.facebook.com/tributemedi



Find us on:
facebook

Thinking about real estate...

The market's hot - so why not?

Once again we see properties brought to market selling above expectation.

However there are also many home owners who are not prepared to move just now. Why is that?

Some consider it not the time to be selling, however as previously covered in last month's issue it is only your reasons that should drive your decision. In reality, taking your property to market will avoid the influx of spring listings. These represent competition for your property.

For other people it is a matter of coordinating between the sale and purchase of the "new" property. EVES can assist here also with the referral of Rothbury, an associated mortgage finance and insurance company.

Calling EVES will bring a full service view and solution to your forthcoming move, and the greater the lead time the better we can work to present your valuable property to the best advantage. From external grooming to recommendation for presentation, EVES sales consultants understand the importance of first impressions.

We have detailed the importance of presentation in an earlier article, and the return gained from a relatively small expenditure regularly surpasses the home owners expectation.

When EVES markets your property we will be recommending the best program to achieve your wishes.

We are interested in presenting you with the **BEST PRICE, NOT THE FIRST PRICE.**

We are interested in presenting you with the **BEST BUYER, NOT JUST THE FIRST BUYER**

Call EVES now and find out how we can get you to where you want to go.

Local market facts:

| Hamilton City Sales* | June 2016 | June 2015 |
|-------------------------------|------------------|------------------|
| Under\$200k* | 6 | 11 |
| \$200 -\$299k* | 17 | 97 |
| \$300 -\$399k* | 74 | 123 |
| \$400 -\$499k* | 88 | 66 |
| \$500 -\$699k* | 102 | 73 |
| \$700 -\$999k* | 56 | 18 |
| \$1,000,000 -\$1,999,999* | 3 | 4 |
| \$2m+* | 1 | 0 |
| Total Number of Sales* | 341 | 392 |
| Median Sale Price* | \$485,000 | \$372,000 |
| Median Days to Sell* | 29 | 29 |

*Statistical Information Derived From The Real Estate Institute Of New Zealand. Realty Services Ltd/Success Realty Ltd and any contractor/employee is merely passing over the information. We cannot guarantee its accuracy and reliability as we have not checked, audited or reviewed the information and all intending purchasers are advised to conduct their own due diligence investigation into the same. To the maximum extent permitted by law Realty Services Ltd/Success Realty Ltd and its contractors/employees do not accept any responsibility to any person for the accuracy of the information herein.

CARE AND
CONSIDERATION
FOR OVER 40 YEARS



Tim Macindoe MP for Hamilton West



Our beautiful environment, accessible bush walks, mountain treks, rivers and beaches afford numerous opportunities for New Zealanders of all ages to enjoy the great outdoors. Outdoor adventures provide valuable learning experiences for children and can also help to shape character and reveal hidden talents.

I'm a strong supporter of high-quality outdoor education programmes and I acknowledge the fine work and leadership of all who provide these experiences.

Because outdoor education programmes were often expensive, limiting participation by pupils from less affluent homes, in 2003 the Perry Foundation trustees resolved to provide affordable opportunities for low-decile secondary schools in Waikato to assist as many young people as possible to experience the outdoors.

Following wide consultation with people involved in the outdoor sector, educators and funding organisations, a Perry Outdoor Education Trust (POET) pilot was run at Ngaruawahia High School, providing support for teacher-facilitated outdoor education programmes, with an end focus of building positive relationships between teachers and students, students and their peers, and creating a positive culture within the school, and better learning outcomes.

The pilot was a success and, until 2015, POET grew and worked in the Waikato, South Auckland, Waitakere, Bay of Plenty and Christchurch, with 13 low-decile schools and more than 8000 students.

However, funding became increasingly difficult to source outside the Waikato area, and last year the Board made the decision to become a Waikato Regional Trust and focus solely on providing outdoor education experiences for low-decile schools within our region.

This change has opened up new opportunities for six low-decile schools in Waikato – Te Kauwhata, Melville, Huntly, Ngaruawahia, Waihi, and Forest View High School in Tokoroa. The only school outside the Waikato region to remain with the programme is Kawerau High School, a decile one school that has been seeing excellent results with POET. The Trust aims to increase the number of schools involved by two a year, and grow their presence in the Waikato.

Karen Singers is the Manager of POET and, together with her team of two, provides a mix of expertise to schools, such as assisting with camps, professional development and direct funding which subsidises the cost of a four-day outdoor camp to \$50 per pupil.

Karen notes that recent Health and Safety legislative changes made little difference to the organisation. "We've always made sure young people and schools we are associated with are doing a really good job around safety, so for us, nothing has changed. You just have to make sure you have good systems in place, and that's where POET can help schools with safety management systems reviews and recommendations. Safety is our number one priority."

POET's operational, staffing and programme costs are \$500,000 annually. To date, these have been met through a mix of gaming funding and philanthropic funding, including WEL Energy Trust and

Trust Waikato, who have "always been fantastic supporters". Gaming funding can be problematic when organising programmes that are long-term and need to be planned well in advance, as the money is not guaranteed. "We need to be sure we can book a venue or the school can have the experience in January of next year, and we need to be planning for that now," says Karen. "We can't be crossing our fingers that we are going to get the funding; we need certainty."

Because of this, POET needs to look at different ways of being more sustainable and is seeking commercial sponsorship for the first time.

A Key Sponsor opportunity exists along with opportunities to donate through Friends of POET for businesses or people who share the same vision and believe all students should have the opportunity to experience affordable, safe outdoor education. "Making a donation is a big way to help," says Karen.

As a schoolboy, I was lucky to participate in regular outdoor activities while acquiring my bronze, silver and gold certificates for the Duke of Edinburgh's Awards Scheme. It was one of the most worthwhile and rewarding activities that I undertook in my youth. POET partners locally with the Hillary Duke of Edinburgh Scheme and we are fortunate to have both organisations in our region. Thanks to POET, many of today's young people in our region may also grow in confidence, develop leadership skills, become good citizens and develop a lifelong love of the outdoors. More information on programmes provided and how to donate can be found at www.poet.org.nz.



FREE marketing campaign

We want to showcase YOUR property in the best way possible to achieve the highest price for you - and right now we can do a lot of this for **FREE!**

WORTH OVER \$2,000!

To find out more or to upgrade to one of our other great value marketing packages, **call us today!**



EVES Mill Street
☎ 07 839 9996
✉ hamilton@eves.co.nz



EVES Rototuna
☎ 07 854 3837
✉ rototuna@eves.co.nz

Visit eves.co.nz
Licensed under the REAA 2008
*Conditions apply. Closes 31/08/16



Singin' in the Rain.

It fair belted down here in Pirongia on Wednesday, June 29, which is when I need to write this column, and apparently it was much the same in plenty of other places around the country that day too. Radio news reports during the afternoon indicated that some Auckland streets were impassable, that there had been flooding in one or several business premises, and drivers were being warned to take it easy.

Outside the big picture-window in front of my work desk here, the sodden world is a murky dark grey, not dissimilar in both colour and consistency to the mashed potatoes we got dished up at boarding school 60 years ago. It is also about as cold. I have worked in front of that rain-spattered window for a good portion of the day, and it was dark enough at 2pm to turn the desk lamp on so I could decipher notes from an interview earlier in the week. And when I drove into Te Awamutu later that afternoon, the damp stuff was still tumbling down. Flat paddocks along the way were sodden and showing deepening, widening lakes of surface water, farm drains were chokka with turgid run-off, and the Mangapiko Stream, having surged through Te Awamutu and collected a fair serving of street drainage, was running a coffee-coloured banker.

People in the town were not happy. They had wet feet, some were wet all over, children huddled into hunch-back anoraks as they tried to keep their schoolbags dry, warm offices had their windows streaming with condensation, gutters pooled out into the streets when drain-ways were blocked with a million autumn leaves and the occasional lazily-discarded cardboard coffee cup.

Yeah, well, it's all true, and it's all very sad – and there's not really much we can do about it. Or, as a good old mate of mine is wont to say when the going gets a little scratchy: "It's all part of growing up". He's on the let's-have-another-two-knuckles-of-single-malt side of 70, he walks a good 10 to 15km every day – and I mean every day, come rain, fog, frost, sleet or heat-wave – and he's built like a high-performance whitebait. Nothing seems to faze him, and that includes the steady drumming of rain on his corrugated iron roof when he gets up at 4 o'clock every morning and puts on the appropriate walking gear. If it's dry, he doesn't take a rain coat. If it's raining he wears leggings and a water-proof jacket with gumboots and a hood.



It's not rocket-science, as he will explain in his quiet and gentle manner; it's simple common sense. Being out in the rain is not a problem. It's only a problem if you're silly enough not to be wearing the right gear. And, he says, knowing when to wear it is all part of growing up ...

I agree with him totally.

We kids grew up on a northern King Country farm way back in the 1950s, when farm kids were allowed to be little adventurers and explorers and hunters and hut-builders and tree-climbers, and to go eeling and bird-nesting, and to make shanghais and bows and arrows (fitted with sharpened four-inch nails), and to hunt rabbits and rats and pukeko with the marvellous Falke 60 .177-calibre air rifle that Dad gave us. We roamed at will, all over our own farm of 150 acres, and on into the several neighbours' properties as well. Most of us carried sheath-knives at the weekends; and virtually every boy had a pocketknife which stayed with him every waking hour, including at school. They were part of what we always had with us, every day, and they were seen by parents and other adults as an essential tool that was part of everyday farm equipment. We always kept them razor-sharp,

honing them carefully on oil-stones down in the woolshed. I had an IXL initially, then was given a lock-bladed Mercator, which was a marvellous piece of equipment – sharp enough to sharpen pencils at school every day; big enough to stab a bloated cow and thus save her life; used to slash the double-strings on hay bales or the tops of 112-pound multi-wall paper bags of superphosphate; to ease a barberry thorn out of a tough-skinned foot or a Scotch thistle prickly from a finger, and a dozen other uses. They were used every day, and I still carry one and use it regularly.

But it was the rain that used to intrigue me. In an odd sort of way I loved it – when I was dressed in the right gear. And in those days the right gear was a heavy oilskin coat that fell well below the knees (and therefore below the tops of my knee-length gumboots), and a sou-wester hat. The coat had



I sometimes laughed in sheer delight as I walked out into a storm of rain and felt it pelting down onto my head and shoulders, knowing I was warm and dry inside my coverings.

an extra layer or yoke of oilskin cloth spread out from the collar and hanging generously over the shoulders, chest and upper back area. There was also a wide triangle of material folded into the lower rear of the coat, skilfully designed to flare out over the back of a horse-rider's saddle and thus keep the saddle seat dry. As well, there were little interior straps on either side of the coat's front flaps which could be buckled round the wearer's legs, and were particularly useful if one was riding a horse as they kept the coat covering the legs.

I haven't seen a sou-wester hat for years. They were a marvellously good piece of wet-weather gear. They were made of oilskin, like the coats, but were lined inside with brushed cotton for additional warmth, and had a wide oval rear flap that went well down the wearer's shoulders, ensuring rain didn't get down the back of the neck. As well, they had a fold-down section which covered the ears and around the back of the neck, and laces to tie the hat securely under the chin. I've hunted high and low for such hats at successive Fieldays, and come away each year with zilch. There were also oilskin leggings which stock auctioneers used to wear in the saleyards, a long tapering sleeve of the waterproof material covering each leg and held up by a generous belt loop on the hip of each legging. I never did own a pair of those leggings, but they always looked to be pretty fancy gear to a little King Country farm boy attending the weekly stock sales in Otorohanga.

I did, however, have the long oilskin rain coat and the sou-wester hat and the knee-length gumboots, and if I was clad in those I felt I could handle pretty much anything Mother Nature could chuck at me, at least in that northern King Country neck of the woods. I sometimes laughed in sheer delight as I walked out into a storm of rain and felt it pelting down onto my head and shoulders, knowing I was warm and dry inside my coverings.

Of course, we never got snow there, but we did get some seriously sturdy frosts; and occasionally we'd find a small bird frozen to death and lying rigid and pathetic under a hedge; and where the cows couldn't get a drink from the trough because there was ice a centimetre and more thick across the water; and where frost-heave had piled tiny pillars of dirt and

moisture up out of the ground to form miniature high-rise cities along the farm tracks; and where, in the long rank grass on the south side of a dense barberry hedge where no sun fell, the frost lay white and hard all day, and built during the next night and was thicker and colder the next day.

We got the occasional black frost too, and they were tough and hard days for the farm animals and also the farmers themselves. The night would freeze the ground, and then in the morning, not long after dawn, it would begin to rain. The wet would be stinging cold, and the cows would all be hunch-huddled together and streaming chilled water from their sodden hides, and even though we fed them golden hay with frozen, aching fingers, yet the hay was soon sopping and soggy and gave no warmth or comfort to the animals.

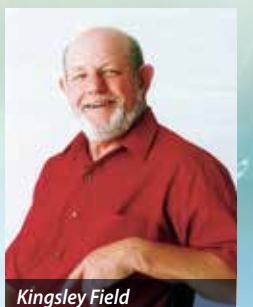
We would do our best for them, putting them in paddocks where there was some sort of shelter and giving them as much hay as we thought they could use. And then we would head back to the house for breakfast, our hands and feet and faces pinched and numb and in wet agony with the cold. Never did a great steaming bowl of porridge taste so good, richly drizzled with thick Jersey-cow cream, a little milk and a smothering of brown sugar.

Then it would be back outside again, into that bitter rain after clambering back into the chill, clammy, rainwear, because there were things to do, and cows and new calves to check on. And over on the neighbours' properties, they too would be doing their rounds, checking on their flocks of lambing ewes. Just like us, they'd be clad head to toe in oilskins.

And really, I never did mind the rain. It was there when it was there; and these days if it isn't there, after a very short while people start to mutter about droughts.

We simply learned to live with it. As my old mate says, it was all part of growing up.

Kingsley Field has published two volumes of his columns, and is now working on a third. He can be contacted at kingsley@accuwrite.co.nz



ŠKODA KODIAQ Centre Stage at Tour de France



ŠKODA KODIAQ has been getting familiar with the Tour de France's home straight in a night-time Paris. In the concluding stage of the race around France the new SUV by ŠKODA takes over the lead of the pack. Behind the steering wheel we will see the former Tour winner Stephen Roche.

The night before its high-profile appearance ŠKODA was getting familiar with the local conditions, as on the last day of this year's Tour the new ŠKODA KODIAQ being set to lead the racer field. With a start in Chantilly and finish in Paris, the stage stretches over 113 kilometres.

For its Tour premiere the new SUV by ŠKODA got a brand new camouflage cover in red, grey and black. The special camouflage foil with facets made of crystal-like elements goes matches the look of the Red Car, ŠKODA SUPERB in the shade Corrida Red. The Red Car serves as a mobile control centre of the Tour de France and is used by the race Director Christian Prudhomme.

Behind the steering wheel during this the first public appearance of ŠKODA KODIAQ there was the former cycling professional Stephen Roche. The Irish rider triumphed in the 1987 Tour de France and currently represents the Czech manufacturer as a brand ambassador.

ŠKODA has supported the Tour de France for thirteen consecutive times as the official partner of this event. The ŠKODA brand is also the sponsor of the Green Jersey worn by the leader of the points classification for the second time. Simultaneously, ŠKODA acts as the official vehicle partner of the race, providing a total of 250 cars as organizational and support vehicles as well as more than 50 team cars.

ŠKODA KODIAQ is set to make its next appearance in Paris in late September as a guest of the motor show, this time without a camouflage cover. Going on sale in early 2017, the SUV marks the beginning of ŠKODA's world-wide SUV offensive and will be promoted under the caption 'Discover new grounds'.

ŠKODA KODIAQ represents all the strengths of the Czech brand, featuring a distinct design full of character, exceptionally spacious interior, high level of functionality and numerous Simply Clever solutions. With 4.7 metres in length the all-round SUV offers the largest boot space in its class and a customizable third row of seats. Other highlights of the new ŠKODA KODIAQ include extensive connectivity options, modern driver assist systems and future oriented infotainment system.

SIMPLY CLEVER

ŠKODA



WHAT IS IT ABOUT THE ŠKODA OCTAVIA?



FROM \$36,490*^{ORC} • ZERO DEPOSIT • 2.9% FINANCE • 5 YEARS FREE WARRANTY

Is it the space? Is it the design? Is it the performance?

The ŠKODA Octavia is many things to many people. For some it's the generous boot space and rear legroom. For others it's the elegant European design. Or maybe it's because the Octavia starts from just \$36,490*^{ORC}. From the everyday model, to the all-wheel-drive Octavia Scout or the high-performance Octavia RS, there's an Octavia for everyone. So call into Ebbett ŠKODA, and find out what is it about the ŠKODA Octavia that makes it the car for you.

For full terms and conditions see skoda.co.nz



BE IN TO WIN

Simply purchase any new or used ŠKODA between 1st July and 30th September 2016 and be in to win a new ŠKODA MOUNTAIN BIKE

Please refer to ebbettskoda.co.nz for terms and conditions

Cnr Anglesea and Thackeray Streets, PO BOX 504, Hamilton 3240
Contact our sales team 07 838 0949

www.ebbettskoda.co.nz



Message from the Minister for Seniors



Losing money to a scammer is an awful experience for anyone – and as I've heard from so many seniors, it's a particular fear for many older people.

Scammers are becoming more cunning and inventive and with the growth of the internet, they have more opportunities to reach victims, and it's a sad reality that many of those they target are seniors.

It might seem obvious in hindsight but many of these so-called 'investment opportunities', romance scams or approaches by phone or computer can seem very genuine at the time. You need to protect yourself by watching out for "red flags" – signs that what you are dealing with may be a scam.

New Zealand's banking ombudsman, Nicola Sladden, says scammers use a range of different techniques to develop a "friendship" with their victim, play on their emotions and actively discourage them from talking about the apparently "great investment opportunity" on offer with their real and trusted friends and family.

One big red flag is a so-called "friend" who never actually appears in person, but only ever wants to talk over the phone or via email.

As Minister for Seniors, I am very aware that some of our older people are very trusting and potentially vulnerable to this type of fraud, especially if they are lonely or isolated and in need of companionship.

But couples and families can also become victims. One recent case involved an older couple in their seventies losing their savings in a Hong Kong investment scam.

Within eight weeks of first being hooked by the scam, they had withdrawn their entire life savings of \$70,000 and started taking out loans with their bank to capitalise on the "investment".

The bank did ask why they had made the withdrawals but they had been persuaded not to say anything by the scammer.

The Ombudsman felt the bank ought to have taken its enquiries further, and recommended it refund half the loans the couple had taken out.

But they still lost half their savings, because it was judged they should have done their own due diligence more thoroughly before signing away their money.

Another common type of scam is called "phishing", when the victim receives an email or phone call claiming to be from their bank and asking for personal details about their account numbers and passwords.

The email may even have a link to a website which is designed to look like your bank, but it could all be fake. You need to be aware that once you send them your details they will have everything they need to access your money.

Under no circumstances should you ever hand over your banking details on the phone or via email – no bank would ever ask for them and if in any doubt you should phone or contact your bank directly to verify if it is genuine.

You can read more about how to avoid scams and how your bank and Banking Ombudsman can help on the Office for Seniors website: www.superseniors.msd.govt.nz.

Ombudsman's guide on banking:

- Make sure you know who you're dealing with.
- Do an internet search and look for reviews. Check Consumer Affairs' scam alert website, ask for a physical address you can check, and look the company up on the Companies register
- Check with someone independent and trustworthy before you commit to anything
- Do not give out account details unless the business is established and trusted
- Never accept money into your account for subsequent transfer to others
- Never give out your password
- Check your accounts regularly to ensure money is only going to the right places
- Report any likely scams to your bank and Consumer Affairs via its website
- If you are emailing somebody about financial matters involving transferring money, check the arrangements with the person using a means of communication other than email. Each year we receive complaints from people who have lost money through email accounts being hacked and fraudsters assuming the identities of others.
- Contact your bank immediately if you suspect you have been scammed. It may be able to reverse the charges but it may not be able to if you have authorised the payment.

Unfortunately, the old adage, "If it's too good to be true, it probably is" is almost always right, and we all have to be vigilant to look after our financial security. Caveat emptor – let the buyer beware.

1-day makes all the difference

In today's new digital age, the internet has changed the way many New Zealanders' do things, such as looking for tradesmen for that small fix-up job around the house, to shopping on-line for all types of goods that used to require jumping in the car, and hours spent wandering around from store to store to get the best deal to suit your pocket.

These days shoppers do not need to leave the comfort of the couch, the office, or the bed, to browse through a multitude of stores, be able to compare prices, and not miss a super special or bargain when one comes up, all in a matter of minutes rather than hours.

Some of the reasons on-line shopping has become the normal practice is as follows:

- You do not have to spend hours looking for a car park or wait for public transport.
- You can receive special deal updates instantly to your e-mail or mobile phone, so you do not miss a great bargain.
- You have the option for the goodies to be delivered straight to your home or workplace.
- There is no hard slogging through throngs of other shoppers, getting sore feet and frayed nerves.
- There are safe on-line credit card payment options.

Seasons Magazine approached a well known on-line shop called 1-day.co.nz, to discuss their on-line services available for our readers which, incidentally, are owned by the Warehouse in New Zealand. It is a website that is nine years old and offers super specials available for only 24 hours.

I was amazed at the variety of goods they have specials on every day, from electronics, pet products, furniture, manchester, and even wine. But be aware that these specials are updated with new ones every day at midday.

We asked 1-day.co.nz if they would set our readers a challenge with their site, to allow our new on-line wonder 50+ shoppers to try this new approach to shopping. They happily came to the party with an offer exclusive to our readers.

The Challenge

Go on your computer and/or get a friend, son or daughter or even the grandchildren to help you log in to the 1-day site at www.1-day.co.nz, and over a few days check out the site to see if something pops up that may be of interest or a treat for you, a family member, a friend, or for a birthday present. In the promotion code box provided on site, type in SEASONS and you will receive an extra \$5 off your purchase for Seasons readers on top of the already rock bottom prices already on offer.

Please send Seasons Magazine your receipt (you can print this) for the items you purchased and you will go into the draw for more great prizes that will help you with future on-line shopping experiences.

Be quick to take advantage of this as this offer is only for the month of August, and you will kick yourself if you don't take advantage!

Remember 1-day.co.nz and code SEASONS for \$5 off. Happy on-line shopping!

(Grant @ Team Seasons)



1-day.co.nz

Don't Wait Till You're 80 Matey

As unique individuals our quality of life can only be defined by ourselves. Research shows that what separates those who age positively from those who don't, is their attitude.

The ability to adapt and change, to stay connected and take pleasure in small things, to maintain a lively interest in the world about us and to be inspired and motivated to take action. These are the elements that, put together, contribute towards having a great 'third age'.

Every year Age Concern publishes a calendar called Don't Wait Till You're 80 Matey. It is designed to reinforce these messages of positive ageing, to dispel some of the negative perceptions of older people and to bring a smile to your face.

The calendar is a joint project. All the older people who feature in the photographs are ordinary men and women

who are living a great third age. The inspirational sayings are produced by another group who have been inspired by the thoughts behind the words. The photographer, an older man, splits his time between supporting local theatre groups and the rural community by photographing them for publicity and promotion purposes.

Calendar quote: One machine can do the work of fifty ordinary people.

No machine can do the work of one extraordinary person.

The 2017 calendar is published on 1 October to mark the International Day for Older Persons. Look out for it at Age Concern.

Age is only a number on your shoulder, never let it interfere with getting on with life and don't wait till you're 80 matey before chasing your dreams.

Raglan surfer, aged 93



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

All services are free to older people.

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

07 838 2266

Email postmaster@ageconcern.gen.nz
www.ageconcern.gen.nz



hear
specialist hearing services ltd

This page is proudly sponsored by hear

QUALITY HEARING AIDS FOR LESS

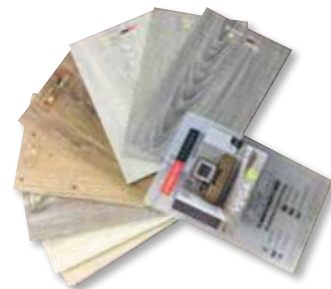
- 30 day hearing aid trial
- Specialist tuning of EXISTING hearing aids
- Supported by an Ear, Nose & Throat Specialist
- hearme is INDEPENDENTLY owned & not limited to any particular brand of hearing aid

www.hearme.co.nz

Every hearing loss is different. You can trust hearme for honest advice, professional and personalised care.

For Specialist Services in HEARING LOSS call **0800 432763** | Auckland | Waikato

COME IN STORE AND CHECK OUT OUR NEW RANGE OF FLOORING OPTIONS



**FREE MEASURE AND QUOTE SERVICE FOR CARPET AND VINYL
12 MONTHS INTEREST FREE WITH YOUR FORLONGS CARD**



FLOORING BY DESIGN.

phone **07 847 9089** | www.floorsinc.co.nz | sales@floorsinc.co.nz

Commerce Street, Frankton. postal: PO Box 24189, Hamilton 3253



Healthy advice with *Monica van de Weerd*



Do emotions affect your health?

Life is busy. Work, Family and obligations can really take their toll.

The body responds with adrenalin – FIGHT or FLIGHT -. Which is exactly how we are supposed to respond to threatening situations of fear or anger.

When we are threatened the adrenal glands pour adrenalin into our bodies giving extra speed to running, fighting and thinking in extreme circumstances.

But what happens when these emotions happen in our lives on a daily basis.

What happens in our bodies when we are angry and fearful all or a lot of the time?

Our adrenal glands tire and become fatigued.

Energy levels, sleep and focus can be undermined.

When we are tired and listless we often make poor dietary decisions – the effort to exercise, cook or be happy can be just too much.

Over time inflammation can set in leading to a constant lack of energy and weakened immune system.

Your moods and outlook to life is marginalised.

Love and respect of self – just too much.

At this point you realise that life is hard.

To get your life back you need to pull those imaginary socks up – and look in the mirror and face yourself knowing that you are worth it.

Get yourself back on track emotionally.

Bathe, walk, yoga, Breathe, run – do whatever it takes to feel better about you.



Make better choices in diet, thoughts, responses and life will improve.

If you need help to start that process – get help.

Go where you are comfortable whether it be natural or medical, psychological or social.

This is personal. Your life journey got you here – now you need to find a way through and then out.

When I went through hard times I needed to stop the negative mind talk – my journey was the natural way.

But I first needed to stop the chattering brain.

I made a mantra – every time the fear in me started 'talking' I visualised a spiral and focussed on that until the chattering stopped.

As Rachel Hunter says – it did not happen overnight – but it did happen.

But it started with the determination to get my life back from fear – then my adrenals needed some care.

You too can make these choices.

There will be a time in our lives when work, family or life is overwhelming.

This will affect your physical body as well as your peace of mind.

- Always get help – talk to a trusted friend or family member.
- Realise that your body will get run down after a long period of stress.
- Use diet, sleep and breath (through exercise) to be the best you can be through this period.
- Use supplements recommended by a health professional to help your body through this time.
- Be Gentle with yourself.

Take daily steps and get back up when you do not get it right. Do not stop because it went wrong a few times. Habits take a wee while to break.

*Be caring and be gentle with yourself
– You are worth it!*

Monica van de Weerd

www.naturallyhealthy.co.nz

Naturally Healthy

106 London St,
Hamilton
07 958 3845

Naturally Healthy

419 Grey St,
Hamilton
07 958 3846



While most of the Waikato was buried in chilling fog, it was a crisp clear Sunday at Pukemiro Junction.

Bush Tramway club general manager, Colin Jenner, was leaning on the rear rail of a passenger car being pulled by the club's 93-year-old Peckett steam locomotive. The car was full of visitors to the club's monthly open day, a colorful and bubbling mix of mums, dads, oldies, grandkids and train-spotters all enjoying the experience of being towed along a few kilometers of track behind a real steam engine.

With the beneficent air of the grandmaster surveying his creation, Colin looked content, surveying, as he was, the outcome of more than half a century of labour and commitment which has created one of the North Waikato's foremost attractions.

Passing his view, in a mist of steam and coal smoke and at not much more than walking pace, were the sheds where the club's many projects are the focus of countless hours of effort gifted by tireless enthusiasts.

Colin Jenner and brother Ian are two of the original founding members of the Bush Tramway Club Inc. which was formed in 1965 to rescue and, wherever possible maintain in working order, the heritage of steam equipment which had been the mainstay of bush sawmills, local collieries and little dairy companies, for the best part of a century.

Originally headquartered at the Museum of Technology and Transport (Motat) in Auckland, the club began to assemble its varied and sometimes weird collection of steam locomotives and rail equipment once used to haul huge loads around New Zealand's tortuous back-blocks.



In 1974 the club acquired the closed Rotowaro Glen Afton section of the New Zealand Railways Glen Afton Branch Line, and has since purchased the greater part of its rail corridor land. The Club's collection has continued to grow and now includes small diesel and electric locomotives used on private and NZ Railways.

Colin is 72. He was 21 when he first got involved. He worked at the Huntly power station and has lived in the former coal mining settlement of Glen Afton for 38 years.

Towards the other end of the age scale is Elliot Baptist, 22, recently installed as club president. Tall and articulate, he enjoys wearing an original NZR cap and drives the club's diesel and electric engines. Elliot got involved about eight years ago when he and a friend visited the club. "We were just walking around and one of the chaps asked if we'd like to help out, so we did."

The Bush Tramway Club has about 60 members. Some live in the immediate vicinity but not all are locals. Some come from further points of the Waikato and Auckland, all hobbyists and enthusiasts.

In recent years huge effort has gone into building shedding and workshops, as Elliot puts it, "there's no point in spending 10 years restoring something to have it stand out in the rain". As is often the case when trying to rescue history, the club has a few hundred years' of work ahead on projects parked on sidings, in sheds and under tarpaulins.

The rail line from Huntly to Pukemiro was opened on 20 December 1915 to convey coal from the large coal field at Pukemiro and later from Rotowaro. One of the first locomotives on this line was an "F" class, the same as one of the club's locos. Pukemiro was the end of the line until the

line was extended to Glen Afton on 14 June 1924. The last section of the line into Glen Afton was built by the NZ Dairy Company under contract to the Public Works Department. The Pukemiro Mine was closed in 1967 followed by Glen Afton late in November 1971. As there was no other traffic, the line from Rotowaro to Glen Afton was closed in March 1973.

The next big project, Elliot explained, is a 400m extension to the club's track which will re-instate the link to Glen Afton.

"The line used to go to the settlement until it was closed 43 years ago."

A not-too-easy project. The original rails were buried under what now is more like a swamp and all this now has to be dug out, re-ballasted and re-sleepered to take the line into Glen Afton where a new platform and shelter are planned. This could take several years but will mean day-trippers will be able to ride the club's line from one station to another.

Club members are busy on a variety of restoration projects including a 1903 American-built Heisler wood-fired steam locomotive. One of only three in New Zealand, the only one in the North Island, and the only one nearing operational condition. The re-build includes renewing the firebox and replacing all the tubes in the boiler, a job undertaken by professional boiler engineer Johnny McClune who comes up from Wanganui.

The results of all this energy and enterprise can be seen in the happy enthusiasm of crowds of visitors, parents and children taking part in the club's once-monthly open days during the cooler months of the year.

The Bush Tramway can be found at Pukemiro Junction, 12km west of Huntly.

Head west cross the humped-back Tainui Bridge at Huntly and go straight ahead.

Open days on the first Sunday of the month April to December with the next being on Sunday August 7.

Geoff Lewis

From left to right:

Pukemiro Station and Peckett.

Bush Tramway Club general manager Colin Jenner with the wood-fired 1903 Heisler under restoration.

Bush Tramway club member Chris Mann with the 1923 Peckett.

Below: Steam whistle.



The next big project, Elliot explained, is a 400m extension to the club's track which will re-instate the link to Glen Afton.



**From the Desk of David Bennett
MEMBER OF PARLIAMENT
HAMILTON EAST ELECTORATE**

We are now well into the roll out of Budget 2016, which sees us building on the good progress we've made, while responsibly managing the Government's finances and repaying debt.

Health funding has increased every year under this Government and continues to do so with Budget 2016. District Health Boards will have an extra \$400 million in 2016/17 to invest in services, improve

access, and to meet cost pressures and population growth. This investment will help New Zealanders continue to access the healthcare they need, and supports this Government's commitment to delivering more services in the community, with more prevention and self-management.

As New Zealanders live longer, access to elective surgery is becoming more important than ever, and is a priority for this Government. We believe it makes a real difference to patients and their families, so an extra \$96 million, invested over four years, will ensure more New Zealanders get the surgery they need.

We know that bowel screening saves lives by detecting cancers at an early stage when they can more easily

be treated. Budget 2016 invested \$39.3 million over four years for national bowel screening and we are on track to begin a progressive roll-out across the country in 2017. Once fully implemented, the programme is expected to screen over 700,000 people every two years.

National is demonstrating its commitment to New Zealand's over 65s, with Budget 2016 investing \$40.9 million of new operating funding for the SuperGold card scheme over the next four years.

Also, travel entitlement support for Veterans wanting to travel overseas has increased to \$2,500. Funded through this year's Budget, this increased entitlement gives veterans greater opportunities to return to places they served, and being able to take part in commemorations can play an important role in recovery and closure for veterans.

Across the board, the Budget showed that the National-led Government is ambitious for New Zealand's future; investing in a growing economy with significant new funding for innovation, infrastructure, the health sector, and the most vulnerable while still managing the finances tightly and repaying debt.

ELECTORATE OFFICE: 510 Grey Street, Hamilton East.

Phone 07 834 3407.

Email DavidBennettMP@parliament.govt.nz



MALE VOICES LOUD and CLEAR

One of best things being involved with Seasons Magazine, is the opportunity to meet and share with individuals and communities, such as this fine group of Waikato men who give voice to a singing passion they all share. They are known as Male Voices Waikato, which was formed several years ago but was initially branded as Cantamus Men's Choir.

The choir not only serves as a choir, but also brings together a wonderful bunch of characters to sing and socialise in a fun and relaxed atmosphere, and age is no barrier as these men's ages range between the 50 to 80+ age group.

Lead by musical director Sean Kelly, who was one of the founding members at its formation 20 years ago, the choir performs a large range of musical genres such as classical, pop, Jazz and contemporary music styles.

Angela Smith, the choir's accompanist, has been working hard throughout 2016 on the choir's newest repertoire, with a concert performance at no cost for St Mathews Church in Morrinsville to raise funds for the church organ. "Sing outs" such as at the Atrium Waikato Hospital, Resthaven Retirement Village and at Hilda Ross are performed at no charge, but donations are gratefully welcomed.

There is an upcoming concert at Cathedral of St Peter on Sunday 4th September at 1:30pm.

Many carol sing-out events have been scheduled for December and the choir are always keen to get out and show off their awe-inspiring repertoire, and have fun at the same time.

Great moments for this fantastic and versatile choir have been their performance at National Male Voice Festivals, and having showcased on TV One's "Praise Be" programme, not to mention singing at the Mayor's Monthly Concert in 2015.

Currently with 22 active members they are welcoming like-minded individuals interested in joining this group and "NO" auditions are required, although they would have wished they did if I had joined, as I have a voice like a broken skill saw!

They meet every Monday evening at the Glenview Club around 6.45pm so please pop in and join them if you have an interest in music, comradery, and fun.

If you feel you would like to give it a go, or would like to hear them perform, or book them for an event, you are welcome to contact Allan King on 07 855 4349 or 021 126 6450.

Please check out their website at www.malevoiceswaikato.org for further information or see them in action on you tube.

**"If I cannot fly, let me sing."
- Stephen Sondheim**



**MALE VOICES
WAIKATO**



**Your
helping hand
at home**

www.ultimatehomecare.co.nz

Ultimate Home Care was established to meet the growing need for high quality in-home care and support. Our business is based on offering the kind of care and respect that we would expect to receive, if we were in the same situation as our clients. Why should we expect or offer anything less?

We support our clients by providing high quality care and support in the comfort and security of their own home, allowing them the dignity and independence to live their lives how they choose. Our caregivers can also provide care in retirement villages and rest homes as they would if you were in your own home in the community.

Call Us

The process starts with a personal consultation during which one of our staff will meet with you to determine what your needs are and work with you to tailor a care package to suit your needs and aims. This allows you to remain in control of the process.

Our care providers have been rigorously police checked, drug tested, and their references checked comprehensively. They are also inducted into the Ultimate Home Care, Health and Safety program.

A wide range of support

We offer personalised care service, consisting of a wide range of support including personal care, companionship, dementia care, respite care, and post-operative care. Whether you need someone for just an hour a week, or up to 24 hour continuous one to one care in your own home, you can call us. We provide care for people of any age - young, old or in between and we are able to provide care within hours of your call to us.

Please call Lillian on 079499933, or 021766518

*Financial freedom
requires a clear
financial plan and
specialist advice.*

Call 07 838 0930

spicers.co.nz

SPICERS
specialist investment planning

A disclosure statement is available from your adviser
on request and free of charge.



Real Estate Today

When you decide to sell your house by using a Real Estate Company's services, it's very important that you make the right decision on which one to use.

The wrong choice may not only leave you with a sour taste in your mouth from a bad experience, but it can also cost you a significant amount of money... so how do you choose? Before we get started; the difference between a salesperson and an agent is the qualification. An agent is the more qualified of the two. I will use the word salesperson throughout this article because it can incorporate both. The company or agency is the Real Estate Company (i.e Ray White) the salesperson represents.

I've been selling property for 20 years now and the ways people select someone hasn't changed. I would be bold enough to say that recommendations are at the top of the list – either someone has a friend or is related to a salesperson, or, has had a pleasant experience and wishes to 'promote the agent'

Lets discuss a few ways to select a Real Estate salesperson:

Firstly – choosing a company to market your property is completely different than choosing a salesperson. Whilst selecting a reputable company is important, the service you ultimately receive can vary depending on the salesperson. You only have to think about your favourite shops; the experience you get is dependent on who serves you. Real Estate is no different. If you simply phone a company to sell your property without requesting a specific person, you will be put through to a 'duty agent'. It's important YOU select your salesperson, don't settle for a random selection.... this is 'big money' – protect it by making informed decisions.

A Recommended Salesperson: This is a great way to select, but only if it's a recommendation from someone who has used that particular salesperson in the past. DON'T feel obligated just because someone is a family friend. They may not have the skills or personality you are looking for – remember this is a huge financial asset – you need to employ someone who can protect your investment.

A salesperson who has a high profile and lots of listings: They may be very skilled, but quite often have other people working for them. If they have too many listings, it's not always physically possible for them to show people your home or do your open homes personally every time, so they use another salesperson. If it's the personal touch

you're after, ask the salesperson if they will always be the one who will be dealing with you and not someone else you didn't select. It is your right to expect to work with the person you choose.

A salesperson who is experienced, new or young: Someone new isn't necessarily a bad option as they are often extremely enthusiastic and must be supervised for the first 6 months of their career, so you receive the benefit of someone experienced working with them as well. Young people are very savvy when it comes to the internet. Salespeople who have been in the industry for a long time have great experience and knowledge, but being in the industry for a long time doesn't necessarily make them good!

Going through Open Homes: I believe this is one of the best ways to choose your salesperson – you can see how they 'perform' on behalf of their client, this includes how professional, friendly and approachable they are. Observe how they present themselves ... this may be your property next! It is important to remember however – a skilled salesperson will identify someone who is genuinely interested in a property, so don't necessarily judge them solely on their follow-up – their skills may help them to recognize that the property you viewed was not for you.

Most important is to find a Salesperson you like and trust – if you like them your buyers probably will too. You have to feel that you can trust and confide in them. You will need to have confidence in any advice they give. The right salesperson will take a long-term view and always put your interests first.

Jess and I are a mix of old and new. I have 20 years experience and Jess is young and is well in to her second year in the industry after being awarded the 'Rookie of the Year' in her first year. We are both very approachable, and genuinely care about the level of service we give. Please feel free to give us a call to discuss selling your home, or call on us anonymously at an Open home! Don't forget our 10% super gold cardholder discount on fees for those over 65.

kim.taylor@raywhite.com

Kim 027 247 6564 Jess 027 821 0998



Do you need to future proof your retirement?

Starting to think about wills, enduring powers of attorney, rest home subsidies and retirement village occupation rights agreements?

Karin Thomas Lawyers is here to offer personalised, professional and practical advice.

Our promise to you is extraordinary legal service that is sensitive to your needs.



www.karinthomas.co.nz 07 974 4808



HOW DO I STAY IN THE HOME I LOVE?

Are you aged 60 or over? Do you own your own home? Do you want more flexibility with your finances and the independence to spend your retirement how you choose?

A Heartland Home Equity Loan works by allowing you to borrow against the equity in your home, without having to make repayments until you leave or sell your property.*

The money from a Home Equity Loan can be used for things like home renovations, medical procedures, a holiday overseas, debt repayment or even helping children or grandchildren buy homes of their own.

07 838 0136

or visit www.seniorsfinance.co.nz

*Heartland Seniors Finance is a division of Heartland Bank Limited.
Terms and conditions apply. Heartland Bank Limited's lending criteria, fees and charges also apply.

HEARTLAND
— Seniors Finance —



Ray White Hamilton 07 839 7060

91 Victoria Street (Opposite Museum)

rwhamilton.co.nz

Online Realty Ltd (Est 199) LICENSED (REAA 2008)

Ray White®



Jim Wright Nissan

Jim Wright Nissan is now celebrating its twentieth year as the home of Nissan in the Waikato.

Taking over the franchise in 1996 from Hamilton Nissan and operating from a site in Anglesea Street, Jim Wright Nissan has enjoyed steady growth yearly.

After a few years in our Anglesea Street premises, we realised that we would no longer be able to provide the level of customer service and experience that we wished for our all important increasing clients to have.

In what seemed like a very brave business decision we then decided to move the entire operation to our current Te Rapa site in North Hamilton.

Starting with a bare plot of land it gave us the ability to design and build a purpose built vehicle Dealership that could provide a unique experience for both our customers and employees. We are now ten years later and I still have not found a Dealership facility that has reached the same unique goal that we have achieved.

At the time of moving, The Westfield Base Shopping Centre was in the very early stages of development, and although we felt that the north Te Rapa business area had a great future, we never imagined it would grow so rapidly and with so many diverse manufacturing, retail and commercial operations.

After the move to our new premises in Te Rapa, our business immediately entered another rapid growth phase but we were quickly brought back to earth with the onset of the Global Financial Crisis. We battled through this unforeseen challenge and emerged stronger and even more

appreciative of our many loyal clients and business partners. During the early years at our new Dealership we enjoyed the benefits of being the only vehicle Dealer in the region but others were watching with interest.

Today from our Showroom we can see no less than nine other vehicle franchises and another seven are planning the move within two years.

We are proud to be ground breaking in what is now arguably the Motor Vehicle Centre of Hamilton.

Today Jim Wright Nissan is still a sole franchise Dealership with a single focus to provide expert, professional and friendly sales and servicing to our current and future Nissan clients.

We have grown our staff to almost forty, and we are able to boast being the only Nissan Dealership in New Zealand to have two Nissan Master Technicians in our team.

Our full Dealership operation in Otorohanga provides Nissan services to the South Waikato and King Country areas.

Our people live and breathe Nissan and we are thrilled to represent the Nissan brand which offers so many exciting and well received products such as the new Nissan Qashqai, the X-Trail and the Navara as well as several other models and makes.

Jim Wright Nissan invites you to call in at any time to view our premises and wander around at your leisure to take in our large range of vehicles on offer.

Jim Wright and the Team look forward to seeing you soon!

Also see our Win a car promotion below

BE
IN TO WIN

GREAT WINTER GIVEAWAY

THOUSANDS OF DOLLARS WORTH OF PRIZES UP FOR GRABS
EXCLUSIVE TO JIM WRIGHT NISSAN

SIMPLY BUY ANY NEW OR USED VEHICLE BETWEEN
1 JULY 2016 AND 30TH SEPTEMBER 2016
AND YOU COULD WIN ONE OF THESE GREAT PRIZES

Terms and conditions apply

BE
IN TO WIN

MOUNTAIN BIKES X 2
VALUED AT \$1,499

NEW IPAD AIR
VALUED AT \$699

STAINLESS STEEL BBQ
VALUED AT \$1,799

\$1000 FUEL

HOME THEATRE SYSTEM
VALUED AT \$948

DE'LONGHI COFFEE MAKER
VALUED AT \$849

WIN ME

1050 Te Rapa Road, Hamilton - 07 839 0777 - 0800 647 726 - sales@jwn.co.nz

Matt 027 231 4378, Andrei 022 637 4174, Jeremy 027 316 2322, Neil 021 108 3451

16 Huiputea Drive, Otorohanga.

07 873 8066 - merv@jwn.co.nz

VIEW OUR FULL RANGE OF QUALITY USED STOCK AT | www.jimwrightnissan.co.nz



Shopping is a breeze with Driving Miss Daisy

Shopping is very popular with Driving Miss Daisy clients and we have a great choice of supermarkets and shopping malls in the Waikato. We will collect you from your door, drive you to your destination and provide whatever help is needed before delivering you home safely again with your parcels. We can leave you to shop alone and return later, or stay and help if you need us to.



We can be your shopping buddy

For some people things like eye-sight or mobility issues can make shopping difficult. That's where our companion service comes in. As your shopping buddy in the supermarket for example, we can help select the right items, find specials, get things that are out of reach for you and help you through check-out. Loading and then unloading the bags at home is always part of our service.

Our roomy cars can fit a folded wheelchair or walker in the boot. We also have a mobility vehicle available. Driving Miss Daisy is also great for medical or personal appointments, social outings, meetings or church and airport or bus station drop offs and pickups. We are available 7 days a week and cover a wide area from Taupiri and Ngaruawahia, to Hamilton West, Hamilton East, Cambridge and Te Awamutu. Pre-booking is essential.

Call now: Hamilton West 07 856 0112, East Hamilton 07 856 8865 and Cambridge/Te Awamutu 07 823 1998



Care at Home

We care about you

Care at Home supports people to continue living in their own home. No "care" is too big or small for our team of compassionate, experienced caregivers, from 1 to 24 hour care – we do it all!

Peace of mind is just one call away

Our services include

- Personal Care • Light housekeeping • Companionship Respite care
 - Medicine oversight • Meal preparation • Laundry • Shopping
- Don't call anyone else until you talk to us!!

07 834 2296

www.careathome.co.nz



Care at Home
We care about you

60+ PACKS 'EM IN

Hamilton's 60+ Continuing Education lectures are the phoenix which arose from the ashes of Adult Continuing Education (ACE) and owe their survival to a dedicated group of people.

Along with a number of other Hamilton ACE programs which had provided night education and hobby classes for many years, Waikato University ran its own department of continuing education until the Government removed \$13.1 million from the annual national adult education budget in 2009. This impacted about 200,000 adults participating in night classes around New Zealand.

At the time, 212 schools offered community education classes. By 2013 the number had fallen to 22. The Waikato University programs staggered on for several years before folding in 2012.

The 60 + Continuing Education Trustee, Tim Reardon, said it was then that a group got together and decided to continue the university's popular lecture series by establishing a charitable trust, the Continuing Education (Hamilton) Trust, commonly known as '60 +'.

"A lot of people enjoyed the lectures so we decided to have a go at running them ourselves. We set up in 2013 and

initially charged \$3 a head to cover costs, but this turned out to be too much so we reduced it to \$2. We had 212 people at one of our recent sessions."

The task of finding speakers falls to 60+ organising committee member Mary Hayes who knows what to do almost every day - read the paper. She buys the Waikato Times and the New Zealand Herald and diligently sifts the pages for people who would make interesting speakers.

"I go through the papers with a fine-toothed comb. I even phone the reporters to get contacts for the people. It's a lot of work - sometimes seven days. One or two speakers haven't turned up, but we've had a 99 per cent strike rate. We've been thrilled to have many of them. We are lucky to have a very good relationship with the medical science faculty at Auckland University through which we have had some excellent speakers."

"We have also had some great students from Waikato University's school of music and the local secondary schools. St Paul's Collegiate and Hillcrest High School have groups of singers coming in September."

Program Coordinator and former school principal Graham Harrison said the speakers included many impressive and



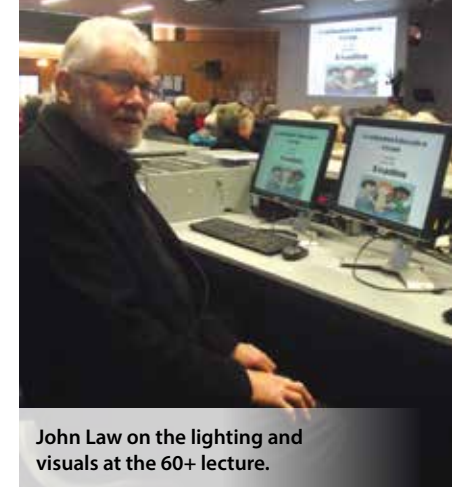
Speaker, Kids' Lit Quiz founder and quiz-master Wayne Mills



Wayne Mills and 60+ programme co-ordinator Graham Harrison



Graham Harrison and Wayne Mills



John Law on the lighting and visuals at the 60+ lecture.

high-profile people from the business world, science, culture and politics, some of whom rarely speak in public.

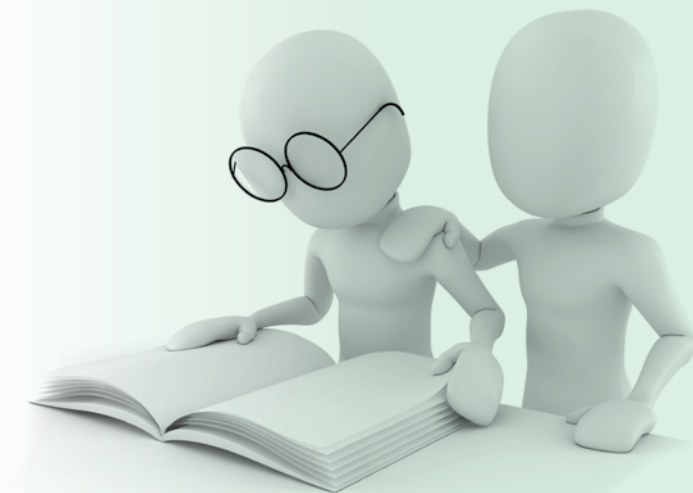
"At the point one agrees to do a talk for us I take over and we send them a speakers' pack which includes information about where and when, and a bio so they can write a bit about themselves, and the chair of the lecture can introduce the speaker. As an example, in February we had Natalie Walker, the Crown Prosecutor from Manukau. She gave us a fascinating talk about her role. She emailed me later to say how impressed she was with the group and how she wished there was something like this that her parents could go to in Auckland."

Despite the best laid plans unforeseen circumstances can play their hand.

"We had Nicola Sladden, the Banking Ombudsman, arranged for early May. I woke up that morning and it was very foggy. I knew we had trouble. She had flown up from Wellington but the fog was so thick the aircraft had to fly round and round before it got a chance to land. By that time she was more than an hour late." Luckily the Ombudsman has agreed to return to present 'Your Money or Your Life', her fog-interrupted speaking opportunity on August 30.

The group's final speaker for term two was retired Auckland University School of Education senior lecturer Wayne Mills who is the originator and acts as a quizmaster for the international Kids' Lit Quiz.

Geoff Lewis



Lectures coming in August include:

WWII Transport Gliders, Aug 2

A Career in Governance, August 9

Exporting in the Waikato, August 16

The Zealong Story August 23.

The 60 + Continuing Education lectures are held on Tuesdays every week during school term time at the Hillcrest Baptist Church, corner Clyde St and Knighton Rd, Hamilton, starting at 9am with morning tea and 10am lecture.

For further information see:
www.contedham.blogspot.co.nz

The thought of moving house overwhelming?

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



Find us on
Facebook
www.facebook.com

phone **0800 389 957**

mobile **022 658 1109**

email info@movemanagers.co.nz

website www.movemanagers.co.nz

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



Posture**Premier**

bedpost

**SLEEP IN
COMFORT**

With the **NEW** Sealy Posture
Premier collection instore now!

STARTING FROM JUST

\$999

FOR A QUEEN SIZE
(Stardust Comfort model)

Bedpost Te Rapa

9 Maui St, Te Rapa, Hamilton

Mon-Fri 9-5:30pm / Sat 9-5pm / Sun 10-5pm

Ph: 07 850 5272



WE ACCEPT Q CARD

12 Months Interest Free Available*

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

Positive attitudes about ageing

*may hold the key
to longevity.*



Andy Rooney (a famous American radio and television writer) once quoted "It's paradoxical that the idea of living a long life appeals to everyone, but the idea of getting old doesn't appeal to anyone."

Like a fine wine, life should become better as we age, not worse. Ageing is an unavoidable part of life. As one ages their time on earth becomes more limited. Why try to hide it, avoid it, or deny the inevitable. It happens to all of us; however, our perceptions of it can significantly alter the way it will play out in the end.

A number of scientific studies have shown what appears to be a strong correlation between negative perceptions of ageing and physical frailty. Some of these studies have even shown evidence that physical frailty in older age is associated with a lowering of cognitive ability; which may lead to mild cognitive decline and early onset of dementia. In contrast however, more recent studies have found that holding a positive self-perception of ageing exerts a positive effect on body, helping to prevent physical frailty and keeping the mind much sharper (Robertson & Kenny, 2015).

Robertson and Kenny's (2015) study titled "Negative Perceptions of Aging Modify the Association between Frailty and Cognitive Function in Older Adults," published in the journal Personality and Individual Difference, examined 4,135 men and women who were subjected to cognitive testing, along with being rated for levels of physical frailty. In this longitudinal study the researchers tracked health changes over time in a specific community dwelling of older adults that is representative of nationwide demographics. Key findings showed that:

- Older adults with negative attitudes towards ageing had a slower walking speed and worse cognitive abilities two years later, compared to older adults with more positive attitudes towards ageing.
- This was true even after participants' medications, mood, their life circumstances and other health changes that had occurred over the same two-year period were accounted for.
- Furthermore, negative attitudes towards aging seemed to affect how different health conditions interacted. Frail older adults are at risk of multiple health problems including worse cognition. In addition, frail participants with negative attitudes towards ageing had worse cognition compared to participants who were not frail.

Lead researcher Dr Deirdre Robertson, Ph.D., concluded in a press release that "The way we think about, talk about and write about ageing may have direct effects on health. Everyone will grow older and if negative attitudes towards ageing are carried throughout life they can have a detrimental, measurable effect on mental, physical and cognitive health".

**When you change the way you look at things
the things you look at change.**

In today's ageist society, television, magazines, social media platforms and societal pressures have altered our attitudes and self-perceptions about getting old. With this it is important for us to monitor our inner dialogue and how we depict to others our self-perceptions of getting older. You can decide to frame getting older as being completely negative, or you can choose to focus on all the silver linings and benefits of being older. The choice is yours, keeping in mind that that your self-perceptions about ageing may be important predictors of physical and cognitive function in later life.

Lastly, although Robertson and Kenny's (2015) study did not look at the impact of physical fitness on frailty specifically, remaining active and exercising regularly can help keep older adults robust. Staying physically strong and resilient is key to stopping the ripple effect of physical decline that is linked to poorer cognition in old age. Start a gratitude diary, write down one to three things you are grateful for each day, and stay positive.

**Jordan Jamieson,
Wellness Coach**

BSc. ClinPsy. (Hons), Dip. NT., Dip CBT.

Email: jordan@elev8wellness.co.nz

Reference: Robertson, D., & Kenny, R. A. (2015). Negative Perceptions of Aging Modify the Relationship Between Frailty and Cognitive Function. Personality and Individual Differences. doi:10.1016/j.paid.2015.12.010.

Exclusive Senior Tours

Scottsdale Tours is owned and managed by Andrew and Lee Moore who run fully escorted tours for seniors around New Zealand, Australia and the South Pacific. It's a quality service which customers expect and have been given for over 35 years. The husband and wife team have a passion for people and travel and are running a well-established business.

Andrew says 'We run the business with a personal touch and offer the things which our customers like such as home pick-ups and drop-offs, roadside morning teas and going off the beaten track.'

As Lee says 'We love travelling so what could be better than running our own touring business? We'll ensure that our customers have the best time possible.'

UPCOMING TOURS INCLUDE:

Spring in Western Australia 8 - 19 September 2016

This tour showcases the best of Western Australia. Over 12 days while visiting Perth, Fremantle, Bunbury, Busselton, Margaret River, Cape Leeuwin, Denmark and Albany, we experience it all - stunning beaches, whale and dolphin watching, ancient caves and forests of timber giants. Highlights include a Tree Top Walk plus the opportunity to visit Rottnest Island as well as exploring Perth and visiting Fremantle Market and Prison. It's hardly surprising that the South West of Western Australia is regarded as one of the world's top 10 regions to visit.

Wonders of Westland 10 - 19 October

Come and join us on this tour of the rugged and unspoilt West Coast of the South Island. We explore all sorts of fascinating corners of this diverse area which are often overlooked. Experience the way of life here as well as being able to just stop and take it all in. Highlights include sailing on the TSS Earnslaw on Lake Wakatipu plus visits to the Franz Josef and Fox Glaciers, the outstanding Denniston Mine Experience, Shanty Town, Cape Foulwind and the Buller Gorge. We also have time to see the sights of Queenstown, Wanaka, Hokitika and many other places on the way as we travel northwards and along the coast.

Scottsdale Tours

EXCLUSIVE SENIOR TOURS

Established since 1978, taking you where the others don't go!
Fully escorted tours designed with seniors in mind.



2016 Tours

• Spring in Western Australia
8 - 19 Sep

• High Country Spectacular
23 Sep - 4 Oct

• Wonders of Westland
10 - 19 Oct

• Taranaki Rhododendron Festival
28 - 31 Oct & 4 - 7 Nov

• Chatham Islands
12 - 17 Nov

• Norfolk Island
20 - 27 Nov

• Hokianga for Christmas
23 - 27 Dec

• Touring Tasmania Jan 2017

• Hawke's Bay Historic Homes Feb 2017

• Top of the South Feb 2017

• South of the South Feb 2017

• Winterless North Mar 2017

Our tour costs are all inclusive apart from your own spending money and some lunches.

**For a copy of our 2016 brochure
or to make a booking, phone 0800 66 44 14
info@scottsdaletours.co.nz www.scottsdaletours.co.nz**



THE CROSBY STORY

Bernie and Kaye Crosby remember well the dump site that is now Hamilton Gardens. The couple professes to have inherited the "green gene" from their ancestors and have followed with interest the development and transformation in becoming the world renowned garden lovers' destination we all appreciate today.

The Crosby's are long term members of the Friends of Hamilton Gardens. As a member of the Gardenia Club, Kaye recalls making a contribution for the mosaic tiles expertly laid in the Italian Renaissance Garden. One of Bernie and Kaye's early philanthropic gestures was for the Dragon in the Tudor Garden and they are delighted to continue their support through their latest donation to this wonderful city asset.

Bernie and Kaye have been in business in Prolife Foods in Hamilton for the last 31 years and are very proud of this city and its transformation from a principally rural servicing town to one of widely varied industries, offering a vibrant, contemporary lifestyle. They believe that Hamilton is now a destination city where people choose to live, rather than one people move to by default, and in their minds the next 20 years will be a stellar time for prosperity and development of city amenities. The city has been kind to the Crosby's in a business sense and they now feel they are in a position to give back in a socially responsible way. "Hamilton Gardens and the plans developed by Peter Sergel warrant support to further enhance this internationally recognised amenity," they explained.

John Dobson, Chairman of Hamilton Gardens Development Trust, was delighted with the generous gift.

"This is a fantastic contribution to kick start the Trust's recently launched Legacy Project," he said. "The Trust encourages the community's involvement in funding the development of the Gardens, in partnership with Hamilton City Council. The ability for Waikato families to contribute to the Legacy Project provides them with an opportunity to be a part of this community partnership, ensuring the ongoing development of the Gardens."

Bernie and Kaye said that they chose to utilise Momentum Waikato Community Foundation as the conduit for their gift to Hamilton Gardens as it is easy to write one cheque and know their funds will be released at the time their beneficiary organisation is ready to receive it. The Crosby's also think of Momentum Waikato as an organisation supporting community objectives with great aspirations, ultimately enhancing the lives of people who frequent the Gardens and call this region their home.

As Donor Services Manager for Momentum Waikato, Raewyn Kirkman is delighted that Momentum Waikato could work with the Crosby's to support the development of the Gardens. Raewyn believes it is projects like the Gardens' Legacy Project that will enable Momentum Waikato's vision of creating 'a better Waikato for everyone, forever' to become reality. "We welcome the opportunity to work with other individuals, families, trusts or businesses to create an immediate or legacy gift plan," she said. "This generous gift from the Crosby family is a great example of how Momentum Waikato can work with our donors to ensure their philanthropic aspirations are achieved exactly as they wish."

Story provided by Momentum Waikato

Food for thought

Just the way it was

For most of us over age 65 and having begun work at age fifteen to eighteen, we accepted that unless you were considered more suited to 'academia' (a posh word for higher education), this is just what young adults did by working from nine to five to make a living!

This is what dads and generations before them did.

Meanwhile the mothers place was seen to be 'in the kitchen'.

Choice of career and work were decided for us by well meaning parents and the great-sorting machine, i.e. at High School level the education system at that time literally categorised and labelled all boys and girls.

As the general assumption was that the destiny of most girls would be to marry and produce a family; the period of time she would be in the workforce was expected to be relatively brief.

In my day, girls were sorted into three categories:

ACADEMIC - for those considered 'intelligent' enough to become teachers, secretaries (and for a few, University students). They were expected to marry the professional boys i.e. doctors, lawyers, and business owners, and live happily ever after being wife and mother at home.

COMMERCIAL - for the girls who were destined to become office workers and marry middle class hard working tradesmen or small business owners.

HEMECRAFT - for the girls who would work as shop assistants until they married the labourer guys.

Quite often it depended on what Father did as an occupation that determined his son's natural progression:

ACADEMIC - for the boys from homes where dad (and/or a line of professionals in the family) had practiced and been

successful as a business operator. Boys were expected to carry on the 'Good Family Name' (business) and indeed this often worked.

TRADES - again the boys were expected to follow in the footsteps of dad and take over the family business, if there was one. For the guys who did not do so well with their Trades training, well, they were destined to join the labourer's pool.

Compulsory military training at high school applied to all males. Structure and discipline were the rules of the day. Upon leaving school, most knew 'their place' and simply got on with their role in the bigger scheme of things. Does this sound familiar?

A 'good man' was dedicated and loyal to the company, family and community. If he had achieved a profession or business that created above average disposable income, he won the label "good provider", a great catch for the academically educated girls.

A 'good woman' would marry fairly young, joyfully accepting her destiny to have a family, cook, clean and rely on her husband for the standard of living he was able to provide for her and their children.

Deviant children were dealt with at the time of an incident. The child would be reprimanded and punished accordingly such as the general 'clip around the ear' by the local Policeman or any adult of the community who happened to be there at the time. Then upon returning home (and the news following them), many could expect additional punishment from their parents or caretakers.

Seniors were valued, respected and looked up to as the matriarch. It was normal for seniors to be totally involved in the health and wellbeing of the family and community as a whole. Sons, daughters and grandchildren turned to seniors for guidance, advice and solutions to challenges,

drawing on their lifetime of knowledge, experience and skills. Sounds like a brilliant foundation for the perfect society.

So what was it that changed to the point where we now have high rates of senior suicide, violence against seniors, large numbers of senior alcoholics, so many dependent on anti-depressants, unemployment benefits, and bottom rung seniors represented in the growing numbers of homeless people sleeping under bridges and in doorways on city streets?

We were raised and conditioned to be, and live, a particular way. So much has changed in our environment today leaving many feeling alienated, redundant, powerless (even useless), disillusioned and resigned to "that's just the way it is now". But that does not have to be the case, as at an individual, group and even community level, we have the power to change this, if we choose to.

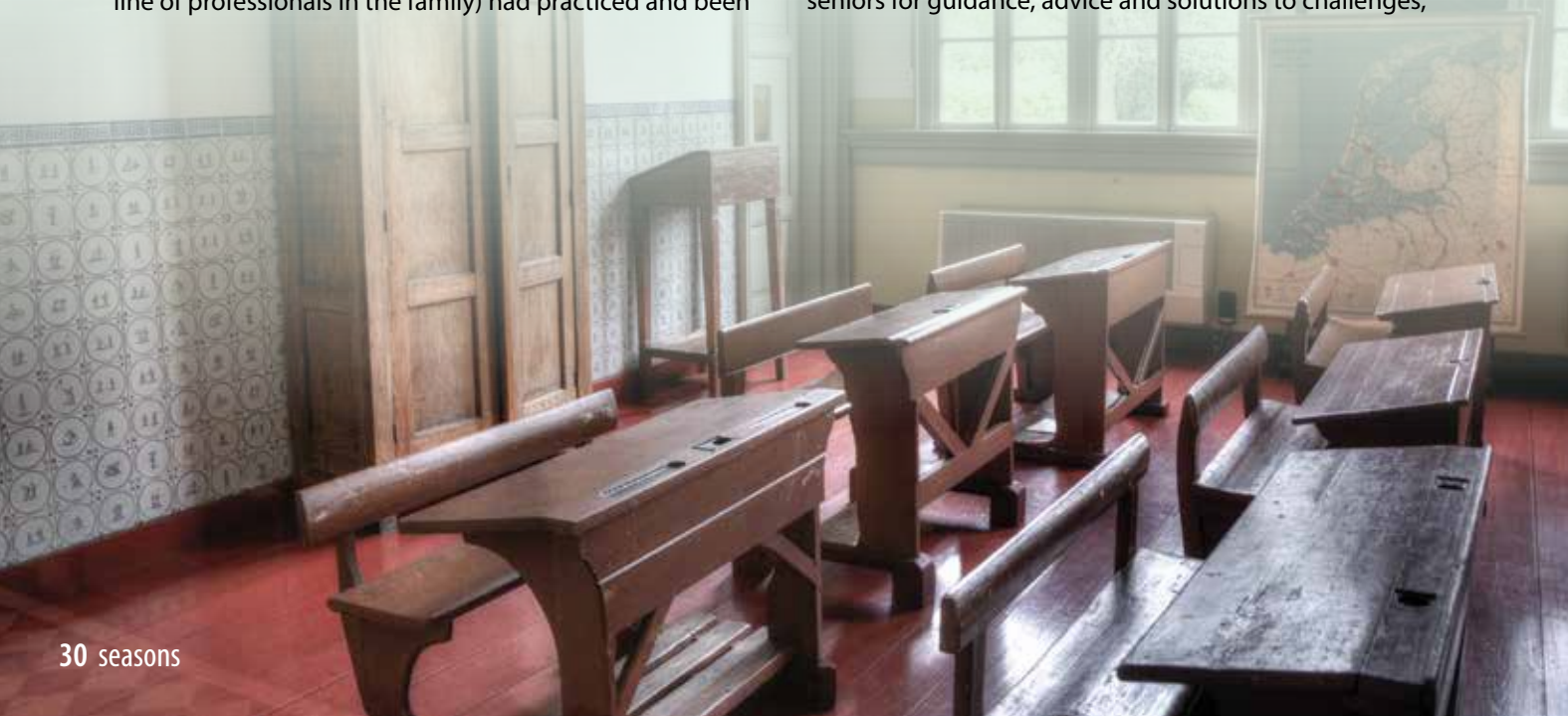
Over the next few months let's explore some possibilities. Hopefully the topics will help start conversations with our senior peers. Amazing things can happen when many minds focus together.

Every month Seasons Magazine publishes not only articles about every day, ordinary seniors who are out there pushing out the boundaries, but also information on clubs, organisations and groups you can connect and get involved with, to help yourself and others.

You only have one life and this life is not a dress rehearsal!

I would like to say that this article Food for Thought is just that, and the content only comes from my personal life experience, knowledge, thoughts, opinions and conversations with my senior peers.

(submitted by Roz Chadwick)



paperzone

www.paperzone.co.nz

PAPERZONE ARE CHANGING THEIR TRADING HOURS

From (and including) Saturday 1st July Paperzone will no longer be open on a Saturday morning but we have added an extra day during the week.

The new hours of trade will be Tuesdays, Wednesdays and Fridays from 9am—4.30pm.

Owner Patsy Clarkin says opening the extra full day will allow us to offer more classes for beginners and our out of town customers.

We are printing more and more of our own paper products now and it is really about being able to fit everything in as well as having a life so the decision was made to close on Saturdays.

Corner Shop, Frankton Hotel Building, Corner High & Commerce Streets, Frankton, Hamilton. Free Parking along High Street. Open Tuesday, Wednesday, Friday 9am - 4:30pm.

Rebekah Brooks ~ Naturopath



therapeutic
massage rates
1 hour... \$100
45mins... \$80

Working from
the rooms of
Sunflower Therapies
32 Boundry Road,
Hamilton

Hamilton Ph 0210606236

13 Crescent Court, Melville (close to the hospital)

Naturopath massage and bookings for
Mirimiri massage available in Tirau

Available for in-home appointments

seasons
magazine *Life Beyond 50*

see our **new** website
www.seasonsmag.co.nz



Be protected from meth contamination

The manufacture and use of Methamphetamine, or "P", is an increasing problem here in New Zealand, with some estimates of more than 5% of the adult population being regular users of the drug. And the users are from all ages and sectors of society. Top level medical and legal professionals, office workers, blue collar workers, and beneficiaries. The de-contamination and clean-up of affected property is an issue that can affect all of us in some way, either as a tenant, landlord, or home owner.

Contamination by this drug is not only harmful to the health and well-being of anyone in the property, the financial implications can at times be catastrophic. There are a number of legislative documents in place that govern what steps must be taken once contamination has been identified. These include the Health and Safety Act 2015, Health and Safety Regulations 2016, and the Ministry of Health Guidelines. The main thing to remember is that in the case of a positive result,

something has to be done. Leaving the property as it is, is just not acceptable.

There are a number of different options for testing that range from do-it-yourself kits through to professional analysis, with results that range accordingly.

Decontamination options also vary greatly from merely washing the walls through to completely removing the wall linings.

Here at Success HR, our aim is to work with you to ensure that your home, or your investment is protected. In the case of a contamination being discovered, then we will handle the clean-up process as efficient and cost effective as possible.

The best way to protect your investment though is to implement a regular testing program. For advice or further information on this subject, call **Graham on 078340973, or 0212857776.**



success
personnel

LAUGHTER IS THE BEST MEDICINE

The lighter side of getting older

I asked an Aussie bloke for his number. He said, "Sex! Sex! Sex! Free sex to-night!" I said, "Wow!" Then unfortunately his friend said, "He means 666-3629."

My friend thinks he is smart. He told me an onion is the only food that makes you cry, so I threw a coconut at his face.

Why did I get divorced? Well, last week was my birthday. My wife didn't wish me a happy birthday. My parents forgot and so did my kids. I went to work and even my colleagues didn't wish me a happy birthday. As I entered my office, my secretary said, "Happy birthday, boss!" I felt so special. She asked me out for lunch. After lunch, she invited me to her apartment. We went there and she said, "Do you mind if I go into the bedroom for a minute?" "Okay," I said. She came out five minutes later with a birthday cake, my wife, my parents, my kids, my friends, and my colleagues all yelling, "SURPRISE!!!" while I was waiting on the sofa... naked.

There was once a blonde woman on a plane to Auckland. She was in the economy class, but after takeoff, she saw an empty seat in first class and moved there. An attendant saw her and said, "Excuse me, ma'am, but you have a ticket for economy class, not first. You cannot stay here." The blonde replied, "I can and I will." The attendant told the co-pilot, who came and talked to the woman. "Ma'am, we really can't have you staying in this seat, your ticket was for economy." "You can't make me move." The co-pilot told the captain, who tried to talk her out of the seat but it didn't work. Finally, a man who had heard what had been going on told the attendant to let him have a go at getting the woman out of the seat because he was married to a blonde too, so he knew how to deal with her. After a quick chat with her, she moved. The shocked attendant asked him how he did it. The man replied, "I told her first class wasn't going to Auckland."

Paddy and Murphy are havin' a pint in the pub, when some scuba divers come on the TV. Paddy says, "Murphy, why is it them deep sea divers always sit on the side of the boat with them air tanks on their backs, and fall backwards out of the boat?" Murphy thinks for a minute then says, "That's easy. It's 'cos if they fell forwards, they'd still be in the friggin boat!"

A license to have fun!

6

Croquet - A game for all ages

In this age of “instant gratification, techno toys, high excitement entertainment along with the all important cell phone demanding their constant attention, the gap between us as Grandparents and our teenage/young adult grandkids can sometimes feel like a ‘Grande Canyon’ crossing.

A wise group of seniors in Matamata decided to climb out of the ‘age gap trap’ and share their favourite sport with local high school students and guess what these 13-15year olds just loved this out door game! 14 of those students are now members along with many other teenagers and adults of all ages, throughout the clubs in NZ as Golf-Croquet is growing rapidly in popularity.

I can hear you asking, “What the heck is Golf-Croquet”? Let me share what I found out. “The game involves hitting the ball with a mallet through a hoop that is only 5mm wider than the ball” Like many sports, Golf Croquet has evolved from

This often results in ‘taking the mickey’ and raucous peels of laughter as all the tactics known, are employed to take the opposition’s balls out of contention.

the original game of Croquet (now known as Association Croquet). Golf croquet includes a mixture of rules much like those of golf. Some coin Croquet as “Chess on Grass” as it requires engaging the brain to work out angles, distance and the degree of energy you need to apply to the shot. It appears far less strenuous than golf however, you can easily tick up 4+k’s walking during the morning’s games without even realising you have. It is also kind on your knees and this new game is a whole lot quicker than traditional Croquet.

Oh yes, I need to tell you, there sure is a bit of the ole ‘argie-bargie’ going on that both the mature and young teenagers love too. Working in pairs the ultimate goal naturally is to win the game. This often results in ‘taking the mickey’ and raucous peels of laughter as all the tactics known, are employed to take the opposition’s balls out of contention. The social aspect of the game cannot be emphasised enough and tea, coffee and sympathy are all part and parcel of a morning’s croquet.



Ok, I think you get my drift now. This is an outdoor game you could be playing all year round with your teenage grandkids and be on a ‘level playing field’.

Matamata Croquet Club is thriving with 70 current members aged 14 to 94 years. It is fortunate enough to have excellent leadership and a dedicated committee, who along with the backing of club members, have tirelessly driven an initiative to expand the club facilities. With the support of Mayor Jan Barnes and the Matamata/Piako District Council the planned proposal was approved in just 14 months. Part of Pohlen Park has already been re sown, fencing done and a much larger club house is under contract, soon to be built.

Croquet is a game for all age groups and coaching is available for new and more experienced players alike. You will find a Croquet Club in most medium sized towns and all are open to new members. A recent report spoke of Golf Croquet being the fastest growing sport in the country.

What Next?

For more info on this Matamata club:

Email Secretary: Frances Beattie f.e.b@slingshot.co.nz

OR drop by during club game times to experience Golf-Croquet for yourself.
*The Matamata Croquet Club Inc. is located at 6 Peria Road, Matamata.

Club Days: 9am -Monday, Tuesday and Friday’s -play three games x 45min each and enjoy a social cuppa in the club house.

Students: 9am Saturday mornings & 3.15pm Tuesday

Association Croquet: 1pm Wednesday and Saturday afternoons

You will receive a very warm welcome and help to master the game. All you need to bring is your smile and kit bag full of fun to share.

OR to connect with a club in your area...

www.croquet.org.nz/nz-croquet/associations-clubs/find-a-club/

Roz Chadwick

[Now a Golf-Croquet raving fan too!]



Preserve and protect

If you are like me you will have boxes filled with old photos and even undeveloped rolls of film that have been gathering dust in some closet or attic for years, but every now and then you lift them down and laugh, cry or share memories with your family, friends, children and grandchildren.

These treasured memories, like everything, have expiry dates and need to be re-invigorated and preserved to keep the memories alive.

A great way to spend time during a weekend or during an evening is to sit down and sort through the boxes, envelopes and old albums so you can take them into your local expert, who can make suggestions on how to utilise and preserve your collections in a more interesting way, to ensure everyone can share in those special moments forevermore.

On occasion we all attend family celebrations, holidays and other events that we have reason to use the camera, but what's the point if we do not take the time to enjoy them.

Some Ideas for Photos:

- Make an Album
- Design a wall collage to display
- Copy them to make birthday or celebration cards
- Use them to make a family tree book
- Make copies for Family of important memories or people.

Happy Snapping everyone!

Photo Restoration & Reproduction

Ripped/Torn
Faded
Creased
Waterdamaged
Removing people or objects
Slides/negatives to disk
Prints from slides/negatives

**FREE
QUOTES**



Lindale's
FUJIFILM
IMAGE SERVICE
Your local photo expert!

Shop 11, Five Cross Roads
Hamilton
(07) 855 9084
info@lindalephotos.co.nz
www.lindalephotos.co.nz

Hamilton Eye Clinic

Waikato's Specialist Eye Centre and Eye Surgery Facility



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



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



HAMILTON EYE CLINIC

07 834 0006

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

The future of investment and lending



Wayne Croad of Finance Direct talked with us about new service they have introduced this month

Seasons: Hi Wayne can you tell us a little more about this new on-line product and how it may affect the way we lend funds or invest money in New Zealand in the future.

Wayne: Technology is best when it brings people together. As the latest Peer to Peer (P2P) player to enter the New Zealand market, Lending Crowd a subsidiary company of Finance Direct promises to be a true disruptor by being the first company in New Zealand to offer the small to medium sized business market a solution for no fuss business loans to a maximum of \$200,000. The platform will equally cater for people buying registered vehicles or requiring personal loans.

Seasons: When will this product be available?

Wayne: Lending Crowd is now open for business after receiving its license from the Financial Markets Authority. We will be leveraging on-line data and technology to quickly assess risk, determine a credit rating and assign appropriate interest rates. Qualified applicants receive offers in just minutes and can evaluate loan options with no impact to their credit score which can happen by using other leading sources.

Also like other P2P companies Lending Crowd is an on-line platform where people who want to borrow are matched with those who want to lend or invest. It bypasses banks and provides better interest rates for both borrowers and lenders.

Seasons: So this will appeal to both lenders and investors?

Wayne: We've looked extremely hard at what really matters to borrowers and investors in New Zealand and as a result we have built Lending Crowd with the prime focus of driving down the cost of borrowing money.

Also, speaking of this notion Lending Crowd's P2P platform will manage secured loans for vehicle purchases, small to medium sized businesses and personal loans between \$2,000 and \$200,000. All loans will be secured by registered vehicle/s, a second security of residential or commercial property or a combination of both.

Seasons: What other factors have driven this development?

Wayne: We know from experience there is a very high level of frustration at the unnecessary bureaucracy business owners experience trying to access funds to purchase assets, working capital or personal loans. Also vehicle finance where New Zealanders have traditionally obtained this type of finance for

cars, trucks, motor bikes etc. directly through a motor trader, broker, finance company or their bank.

Lending Crowd pledges to offer Crowd sourced money from like minded people and drive down interest rates resulting in substantial savings for borrowers and great rates for investors at the same time.

Remember we've been dealing with borrower and private lending structures off-line since 1999, Wayne continues. The common directors have successfully weathered the Global Financial Crisis. The result is that we believe we've got more hands on expertise in credit and risk assessment than any other P2P player in New Zealand.

The borrower and investor experience will be 100% on-line end to end. Our development team has worked very hard to create a slick and unique loan application flow that uses the latest technology to eliminate unnecessary friction.

We're delighted to have received our license and are now looking forward to giving the finance and P2P market something new and different, he says.

Seasons: And how does this product benefit Investors wishing to come on board trying to gain more returns out of their investment portfolios?

Wayne: Our years of experience is a strong foundation from which to offer borrowers and investors the best deals, all delivered by a fully on-line and transparent process that people will feel good about using.

If you're a current tech savvy investor and would be interested and like to invest directly in other like minded people's loan requests, then register at www.lendingcrowd.co.nz. After registering you can deposit funds into the trust account (minimum \$500) and login and diversify your investment over multiple loan requests in \$50 minimum lots with multiple risk and return options.

It is important to realise Lending Crowd loans are a direct investment in other people and that your investment returns are totally dependent on borrowers ability to repay their loan. Returns may be less certain compared to Debenture Stock Investment options and if you wish to participate directly we strongly recommend you read the disclosure statement thoroughly at www.lendingcrowd.co.nz.

Seasons: Many thanks Wayne, and due to the current market returns from other sources I am sure there will be a large number of investors and borrowers looking at this as an exciting new option.

Wayne Croad
Managing Director

financeDIRECT
People on the pulse of finance

Lending CROWD

BELL NEUHAUSER & (MATTHEWS)

OPTOMETRISTS

PROBABLY THE MOST EXCITING SAFETY FEATURE IN YOUR CAR.

\$100 off
all ZEISS FRAMES
with this advert



Benefits of ZEISS DriveSafe Lenses

Accurate Vision

Reduced Glare

Better Vision



456 Anglesea Street, Hamilton | Tel: 07 838 3454

www.bellneuhauser.co.nz | reception@bellneuhauser.co.nz

Come instore today to customise your driving glasses

SeniorLink
0508 80 90 10

Valuing our Elderly – Enabling,
Honouring, Supporting

Who we are & what we do:

We are people who are passionate about providing assistance to the elderly, to enable them to keep independent and enriching their lives by being able to get out and about.

SeniorLink is an initiative of Community Link Trust and Mother – Daughter Services.

What we provide:

- Transport to and from appointments
- Companionship through appointments (optional)
- Shopping assistance
- Group outings

SeniorLink hours:

Mon – Fri (8am – 5pm)
(please give 24 hours' notice for appointments)

Contact Details:

Gloria Bond on 0274 142 962
Free phone 0508 80 90 10
Email: seniorlink@communitylink.org.nz

Cost:

By Donation (minimum \$20 return trip)

Where to find us:

Community Link Trust
Activate Church Building
11 Bisley Road, Enderley,
Hamilton 3214

www.communitylink.org.nz



• SUPPORT • AROHA • PROGRESS •



**MORE THAN JUST
ACCOUNTANTS....
BUSINESS MENTORING
AND MORE.**

Workshops
Tuesdays & Thursday (7:30 to 8:30am)
– various business topics, see our
facebook for more details.

07 846 0909
Em: donna@rabs.co.nz
Cnr West & Lincoln St,
Frankton – pop in anytime.

PAULA SOUTHGATE for Hamilton's Mayor

Hamilton is a fabulous place. I have lived here for 40 years with my family and love it! But it is growing very fast and our citizens are getting older. Parts of the city are flourishing and other parts are being left behind. This brings both challenges and opportunities. We need to ensure that city growth happens in a way that improves the wellbeing and standard of living for all people. Rising house prices are driving up rates, rents and making it harder for young families to get a start and also seniors on fixed incomes.

Enabling affordable houses to be built is vital to change this. Council must keep spending under control, carefully manage all key projects and be mindful of the hardship of people on fixed incomes. We need to invest in the right things; better buses, safety and good community services. It is great to see Hamilton City join up with the World Health Organisation Age Friendly Support Network. Hamilton can become a great City. It would be an honour to serve you in taking the city forward to the best it can be.

-  **021 0273 1938**
-  **paulasouthgate.hamilton@gmail.com**
-  **facebook.com/HamiltonCity**



Authorised by: David Nielsen, Level 3 Sentinel House 585 Victoria St, Hamilton

THE DONNY STORY

The Donny Charitable Trust understands the importance of empowering those who can influence the future. The Trust has enriched the lives of tens of thousands of individuals and organisations since beginning its good work in 1978, honouring the generous legacy of its founding philanthropists, Frank and Germaine Donny. Since then, over \$10 million in grants have been made to a wide range of organisations, many of whom have been Waikato-based. In 2014 Donny's focus shifted to supporting selected organisations working at the forefront in three key areas: child protection, agricultural training and palliative care nursing.

Donny trustees have also been looking for a public project that would make a significant difference in the Waikato and, on hearing about the proposed riverbank development, they decided it was just such a project. The trustees identified Momentum Waikato Community Foundation as a channel for managing their gift. Executing the wishes of the Donny Trust, Momentum Waikato is providing the vehicle for the first donation to the Hamilton City River Plan. Donny trustees have pledged \$1 million in support of the Ferrybank project, citing its fresh approach to creating a dynamic river edge with greater public accessibility as the reason it captured their imagination.

Donny trustees appreciated the simplicity and flexibility of Momentum Waikato's giving solutions, with their first pledge utilising the Foundation's Today Fund. This fund enables donors to distribute significant gifts immediately and realise no administrative costs for the service. The Foundation can also manage other grantmaking activities through its Future Fund, again with no fees incurred, keeping the capital intact and using only the return on investment for annual distributions to create a lasting legacy.

Momentum Waikato is dedicated to serving its donors to create a better Waikato for everyone, forever. The Foundation offers donors, including existing trusts like Donny, the opportunity to

partner their investments with others to produce greater collective impact for the benefit of the community. Contact the team at Momentum Waikato Community Foundation today to find out how easy it is to transfer an existing trust to the Waikato's only fee-free, comprehensive, philanthropic advisory service.

Story provided by Momentum Waikato



From left, Donny Charitable Trust Chair Barry Paterson, Hamilton Mayor Julie Hardaker, and Momentum Waikato Chair Leonard Gardner.



LICENSED GARDEN CAFÉ & FUNCTION VENUE HAMILTON

Join us on Alison Street, right next to the "plant place" garden centre for a range of delicious foods, great atmosphere and excellent service. Heaps of free parking!

Mon, Tues, Wed, Fri - 8am to 4.30pm. Sat & Sunday - 8am to 4pm
Thursday 8am to 8pm Late Night. Will stay open longer if you book.

We are fully licensed and available for early breakfast meetings, functions and meetings after hours.

Phone: 07 929 2309 or 0275129242 Email: bookings@cafefresca.co.nz
78 Alison Street Hamilton 3204.
(Opp Gallaghers Building on K Drive or down from Lake Crescent into Alison St.)

Buy any Meal off
our Breakfast Menu
and get a free Coffee,
or Hot Choc or Glass
of Juice **FREE!**





August's Eats

Coconut Butternut Soup (*serves 6 *prep 15 min *cook: 20min)

Ingredients:

- 2 tbs vegetable oil
- 1 onion finely chopped
- 2 cloves garlic crushed
- 2 tsp fresh ginger finely grated
- 1 ½ cups desiccated coconut
- 2 lime leaves
- 2 butternuts mid-size (approx. 1.5kg total)
- 1 litre (4 cups) chicken or vegetable stock
- Salt & Pepper to taste
- Chopped macadamias to garnish if desired

Method:

- Heat oil in a large pot over a medium heat.
- Add onion, garlic and ginger and cook stirring occasionally until soft.
- Add coconut and lime leaves.
- Cook, stirring for 3 minutes or until coconut is golden brown.
- Add butternut and chicken or vegetable stock.
- Season with salt & pepper and bring to the boil.
- Cover and simmer over a medium to low heat for 15 minutes or until butternut is soft.
- Remove from heat, remove lime leaves and blend soup until smooth.
- Serve soup garnished with chopped macadamia nuts.



Beef Biryani (*serves 4 *prep 20 min *cook: 1 hour)

Ingredients:

- 2 tbs olive oil
- 800g blade steak cut into 2cm pieces
- 1 onion chopped
- ½ cup Korma curry paste
- 400g can chopped tomatoes
- 2 beef stock cubes
- 3 ½ cups boiling water
- 1 cup basmati rice uncooked
- 150g green beans chopped
- 200ml tub Greek yoghurt to serve
- Coriander leaves to garnish

Method:

- Heat oil in large fry pan over medium heat, add onions and saute.
- Add meat to brown and cook until soft.
- Add Korma curry paste and can of chopped tomatoes, mix well together and cook for 1 minute.
- Dissolve the 2 stock cubes in 2 cups of boiling water, and add to the meat mixture in fry pan.
- Add 1 cup uncooked rice and simmer for 5 minutes.
- Transfer mixture to an ovenproof dish and cover.
- Cook in moderate oven at 180 degrees C for 45 minutes stirring halfway through.
- Add the remaining 1 ½ cups water and green beans.
- Cook for a further 15 minutes until cooked through.
- Remove from oven and stand for 5 minutes.
- Serve with Greek yoghurt.
- Garnish with coriander.



Macaroni With Haddock (*serves 6 *prep 15 min *cook: 20 min)

Ingredients:

- 350g elbow macaroni uncooked
- 500g haddock, cooked and flaked
- 250g bacon, chopped and fried
- 1 x 410g can creamed sweetcorn
- 50g butter or margarine
- 50g flour
- 500ml milk
- Salt & pepper to taste
- Pinch mustard powder
- 250ml grated cheddar cheese
- Paprika to taste

Method:

- Cook macaroni as directed and drain.
- In a large mixing bowl mix cooked macaroni, cooked haddock, bacon & sweetcorn.
- Make a white sauce by: Melting butter, add flour and cook one minute. Gradually add milk and stir until smooth and boiling. Add mustard and seasoning.
- Mix sauce into macaroni mixture and mix well together.
- Turn into a buttered ovenproof dish and sprinkle cheese over.
- Sprinkle dash of paprika over and bake at 200 degrees C for 15 to 20 minutes.
- Serve with fresh green garden salad.



Apple Pie Tart

Ingredients:

- 3 eggs
- 50ml margarine
- 250ml sugar
- 250ml flour
- 10ml baking soda
- 60ml milk
- 1 tin pie apples
- Pinch of salt

Sauce:

- 125ml sugar
- 50ml margarine
- 60ml milk
- 25ml caramel essence

- Melt all the sauce ingredients together and stir until well mixed. Simmer on low temperature.

Method:

- Cream sugar and butter together.
- Add eggs one at a time and beat well.
- Sift dry ingredients together and add to egg mixture.
- Add milk and mix well.
- Pour into ovenproof dish and place pie apples on top.
- Bake at 200 degrees C for approximately 40 minutes or until baked.
- Pour the hot sauce over the cooked apple pie.
- Serve with cream



FILLING
THE TINS

God spot

The Vitality of A Nation

"The vitality of a nation depends on its understanding, on its wisdom, both professed and displayed, on its vision for the future based both on peace and the well-being of its peoples.

The vitality of a nation depends on its relationship with its neighbours, on its righteousness of rule, on its perception of the truth.

The vitality of a nation depends on the sanctity afforded life, the value put on families, the education of the young.

The vitality of a nation depends on its belief in justice, its enforcement agencies forsaking violence and beyond the control of despots wearing sneers with lies upon their lips.

The vitality of a nation is dependent on productivity; a workforce who is willing; a judiciary who does not know corruption; an ombudsman who is alert and articulate, who has an open door which leads to accountability.

The vitality of a nation should highly value friendship, highly value freedom, highly value The God of Revelation – The God who lives and loves and who knows The Lion which roars.

The vitality of a nation should swing the trade doors open, should spread the welcome mat to those who drive the caravans, should seal the typed documents in honour so the typing can be seen in action.

The vitality of a nation cannot long survive in isolation, cannot long survive with guns along a frontier, cannot long survive where the powerful and the rich place their gold in foreign banks of secrecy.

The vitality of a nation flourishes where flowers are valued for their beauty, where cleanliness speaks volumes to the visitors, where truth can be shouted from the rooftops, where the laws are passed by the agreement of the people, where there is the fear of God abroad and His favour is well known.

The vitality of a nation speaks of a happy nation, a joy filled nation, a righteous nation – where there is no fear of man and each attends his neighbour as himself."



Anthony A Eddy (scribe)
www.thewebsiteofthelord.org.nz
www.facebook.com/TheWebsiteOfTheLord

seasons
 magazine *Life Beyond 50*



see our **new** website www.seasonsmag.co.nz

Submit a story and win!

Seasons magazine would like to invite our readers to submit a local story or poem, relevant to our 50+ demographic, and go into the draw to win some great prizes, for our Story of the Month.

All stories MUST be submitted prior to the 18th of the month. Please ensure you also include your contact details.

Email your story to:
admin@seasonsmag.co.nz

Please note stories cannot contain the names of specific people, businesses or places, unless prior approval has been sought and granted.

Seasons magazine reserves the right to the publishing of any story submitted, and when editing and design is required.



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



SEDDON PARK
 FUNERAL HOME
Where we celebrate life

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

Quickie Crossword



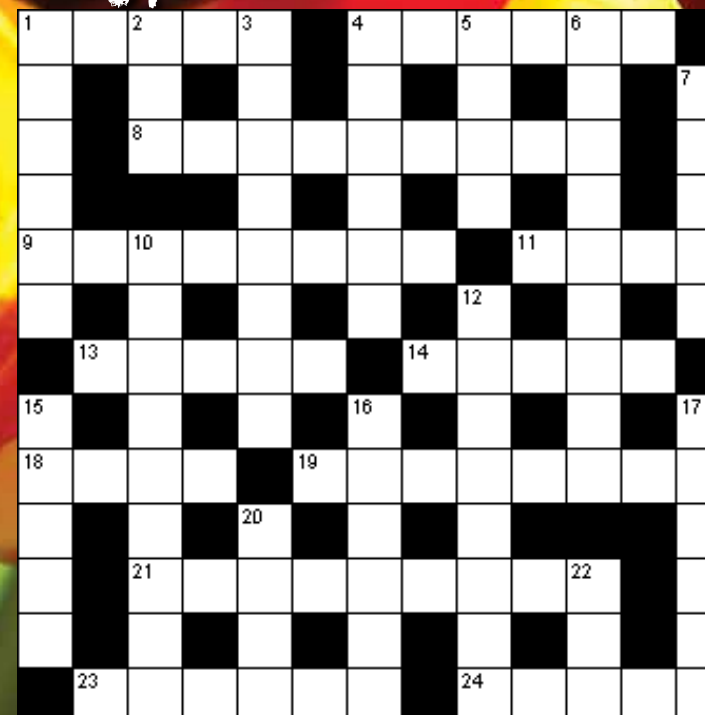
Across

1. Nil (4)
3. Cask (6)
8. Security device (7)
9. Water barrier (3)
10. Terse (4)
11. Rudderless (6)
13. Technical terminology (6)
15. Zealous (4)
18. Written record of events (3)
19. Countries (7)
21. Currency unit (6)
22. Labyrinth (4)

Down

1. Fastner (3)
2. Detection instrument (5)
4. Japanese martial art (6)
5. Armbones (5)
6. Restricted (7)
7. Adult male swan (3)
10. Coaxed (7)
12. Part of the eye (6)
14. Majestic (5)
16. Stringed instrument (5)
17. Consumed (3)
20. Litigate (3)

Cryptic Crossword



Across

1. Replace blood group of furry animals with male chromosome for a period of time (5)
4. Young woman made a meal of the discussion (6)
8. Various sunhats do for many (9)
9. Very large chicken or mouse discovered (8)
11. Produced a drama demo inside (4)
13. Found how contract editor behaved (5)
14. Annoyance arising from Martian germ (5)
18. Portent uncovered by some nerd (4)
19. Possessing skill, dealt ten in a whirl (8)
21. Make a call then elope excitedly (9)
23. Used to seize recital onstage, essentially (6)
24. Wipe out hidden camera sequence (5)

Down

1. Canyon derived from something distant but within sight (6)
2. Insect in coffee bean tin (3)
3. Trim rose for unsettled wilder weather (8)
4. Endless talk about an athletic competition (6)
5. Musical ring? (4)
6. Contest a mention of concealed evidence (9)
7. Travels by horse in safari desert (5)
10. Musical group or chest rash spotted (9)
12. Poker stake, slow pace, sounds kind of dear (8)
15. Gibbon escapes, skeleton found (5)
16. Scam pushed in university grounds (6)
17. Stick to some salad here (6)
20. Discovered ideal sound, in addition (4)
22. Mineral reveals period of geological time (3)

Colossus Cross



Across

- 1 Teaspoon (abbr.)
- 4 Small Mediterranean boat
- 9 In a case
- 14 To be in debt
- 15 Perfect
- 16 Sandwich cookies brand
- 17 Newsmen Rather
- 18 Indian horse
- 19 Minimum amount
- 20 Hereditary ruler
- 22 U.S. Department of Agriculture
- 24 Dregs
- 25 Style
- 27 Winter precipitation
- 31 Moves contrary to main current
- 32 Hearing, for example
- 33 Rowing tool
- 34 Smooth tightly twisted thread
- 36 Reverence

Down

- 38 Tap
- 40 Beat
- 42 Climate
- 43 Bride and ___
- 44 Possessive pronoun
- 45 Color of grass
- 47 Small town
- 51 Bird's home
- 53 Birthmark
- 54 Consumer
- 55 Pretentious
- 57 NE French region
- 59 Written music
- 62 Knowing
- 65 "To the right!"
- 66 Grass covered area
- 67 For real
- 68 Discontinue
- 69 Japanese capital
- 70 Plant starters
- 71 Pigpen

Down

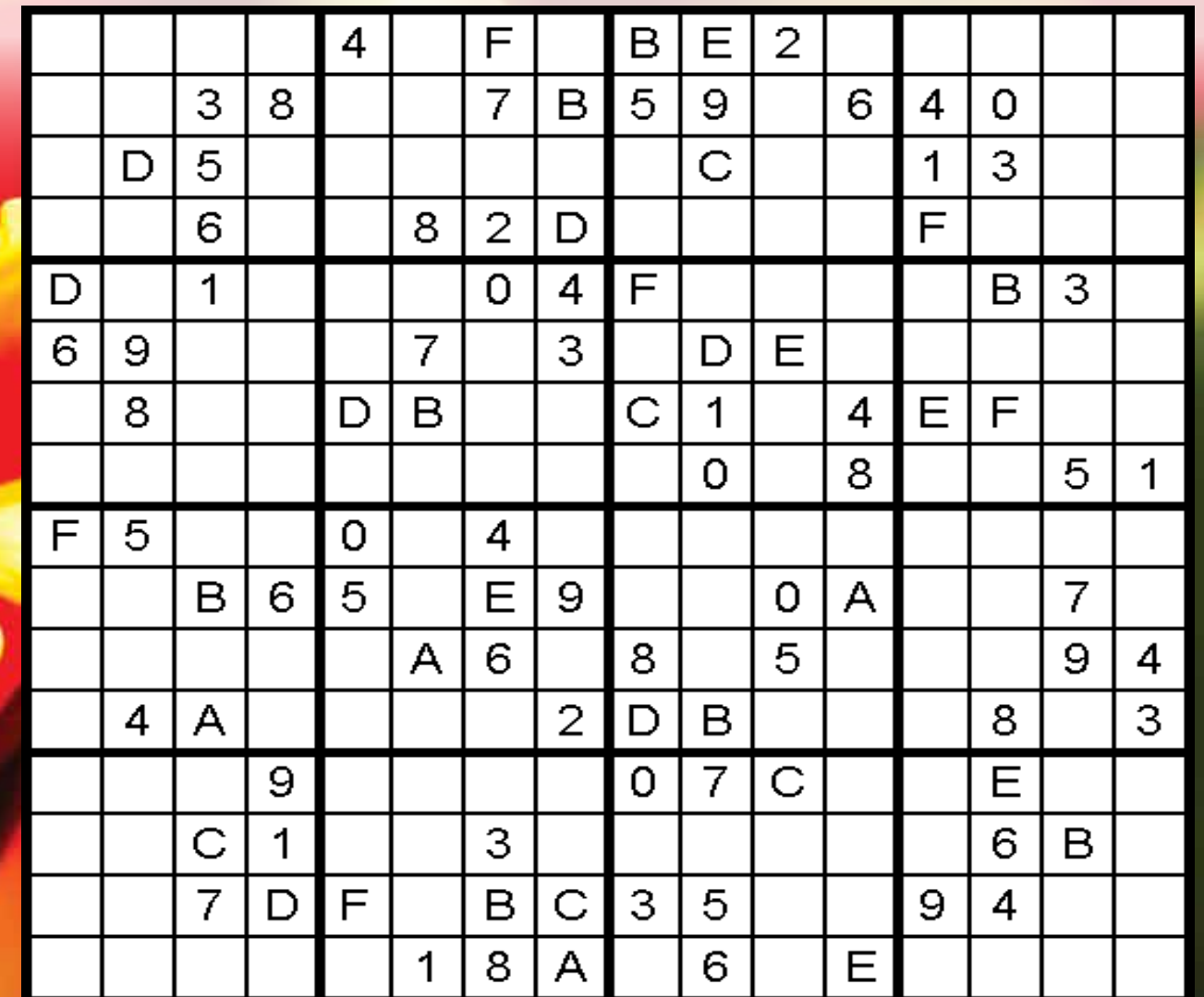
- 1 Walk like a small child
- 2 Influenced
- 3 Fenced in
- 4 Uses a zipper
- 5 Revise
- 6 TV lawyer Matlock
- 7 Dine
- 8 Cumulus, for example
- 9 Wintry
- 10 Regions
- 11 Body of salt water
- 12 Aurora
- 13 Daylight Savings Time
- 21 Sanctuary
- 23 Behold
- 25 Thaw
- 26 Single
- 28 Opp. of yeses
- 29 Commitment
- 30 Ironic
- 32 South southeast
- 35 Frozen water

Down

- 36 Not amateur
- 37 Verse meter
- 38 Smoke duct
- 39 Put on ___
- 40 Oak
- 41 Term of affection
- 42 Against
- 43 Harden
- 45 Greenwich Mean Time
- 46 Kansas City baseball team
- 48 Practices
- 49 Latest
- 50 Selfish
- 52 Hang around
- 56 Remake
- 57 Waterless
- 58 Allows
- 59 Supersonic transport
- 60 Cash with order (abr.)
- 61 Grows acorns
- 63 Bitsy
- 64 Grow older

Giant Sudoku

Fill each empty cell so that every row, every column and every 4x4 box contains the digits 0 to 9 and the letters A-F.



Crypto-Quotes

Each crypto-quote puzzle uses a different code to disguise a quote by someone famous. Can you break the codes to reveal the words of wisdom and their authors?

1. OSQT KTQ BKKW RGKYQY
JTKPSQW BKKW KZQTY; LDP OQ
YK KHPQT GK KU YK GKT M JTB
YK WQM WQPHDGGI DZKT PSQ
RGKYQB BKKW, PSJP OQ BK TPK
YQQ PSQ KTQY OSERS KZQT
LQHKWQ DY.
- JGQAJTBQW MWJSJN LQGG

2. W'J MQVXKM DK Q ALPIJ-DK WS
W AQOOLV DK QO QMK; DKAQPUK
Q ALPIJ-DK WU Q EQCDK ZXL WU
MKQAXWOT SLM Q UVQM. W'J
MQVXKM DK Q XQU-DKKO VXQO Q
EWTXV-XQFK DKKO, DC SQM; SLM
Q EWTXV-XQFK DKKO XQU OKFKM
DKKO, DPV Q XQU ZQU LOAK QO
QMK.
- EWIVLO DKMIK

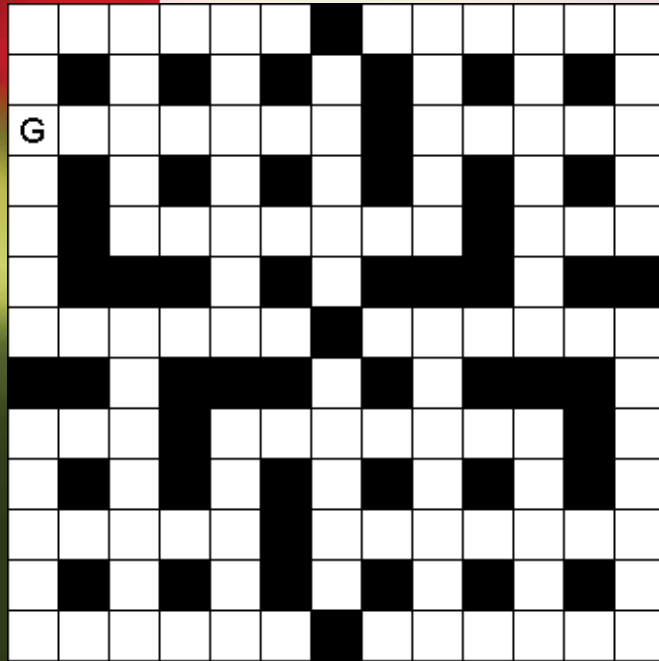
3. LIBV I XIB LCZ'P RWBJ IBJ
FBJDAPVIBJWBN. WP VCIV VZZ
XFKC VZ IPR ZY I XWMMWZBIWAD?
- GPI GPI NIEZA

4. JKCD ZJN AFHCV WO SFRQFONV
FD QNFQCN AJF JKBN OFRNZJWYM
ZF OKP KYV SKY'Z, KYV ZJN FZJNH
JKCD AJF JKBN YFZJWYM ZF OKP
KYV ENNQ FY OKPWYM WZ.
- HFINHZ DHFOZ

Find the answers to all puzzles in the September issue of Seasons magazine

Alpha Cross

The first letter of each answer is written next to its clue in alphabetical order. One letter has already been entered. Can you find the words then fit them correctly into the grid?



- A. Justify (7)

A. Jelly based on stock (5)

A. Insist (6)

C. Tapers (7)

C. Small boat (5)

E. Tripod (5)

E. Long fish (3)

E. Signs up (7)

E. Perpetual (7)

G. Gizmos (7)

G. Ambit (5)

G. Fuel (3)

I. Topping (5)

I. Notions (5)

K. Small falcon (7)

L. Pamphlet (7)

M. Enlarge (7)
- M. Wonder (6)

M. Fruit (5)

P. Go before (7)

R. Detection device (5)

R. Rating (7)

R. Uncover (6)

S. Twilled fabric (5)

S. Elementary (6)

S. Ophidian (5)

T. Topics (6)

Y. Annually (6)

Cross Grid

Can you fit the words correctly into the grid? The letters in the yellow boxes will spell out another word.

- 3 letters

ALI
- 4 letters

BABE

IRIS

JAWS

THEM
- 5 letters

ALIEN

EVITA

GIANT

SEVEN
- 6 letters

GHANDI

HARVEY

MAD MAX

SLEUTH
- 7 letters

DIEHARD

NETWORK

TITANIC

VERTIGO

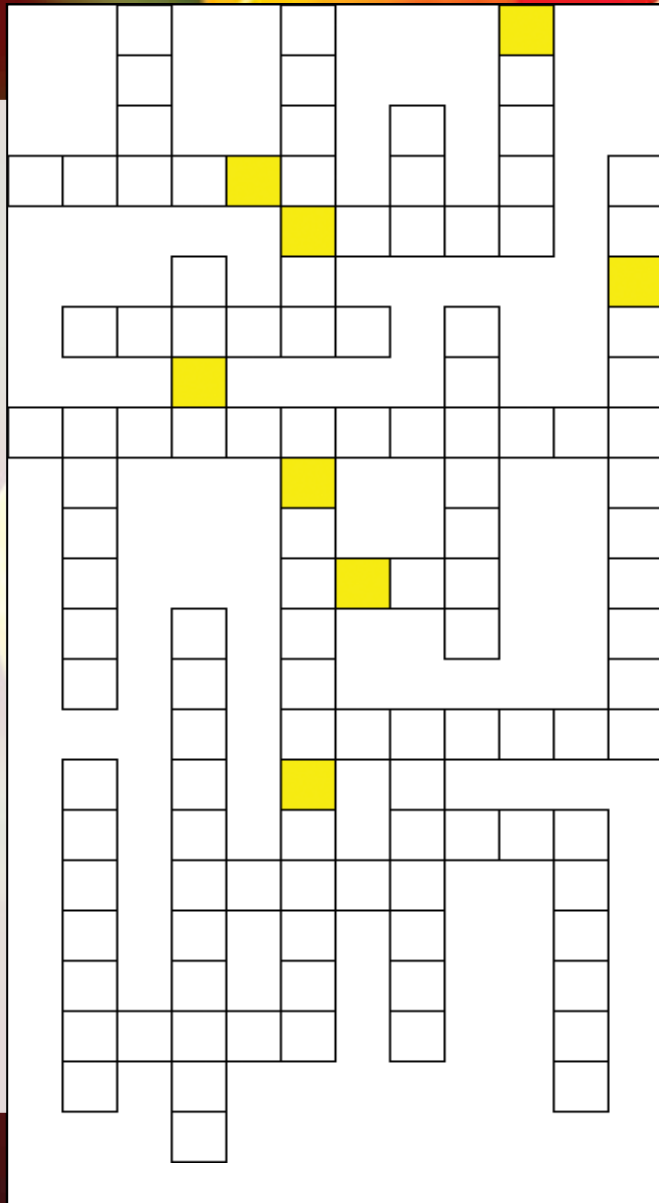
WITNESS
- 11 letters

THUNDERBALL
- 12 letters

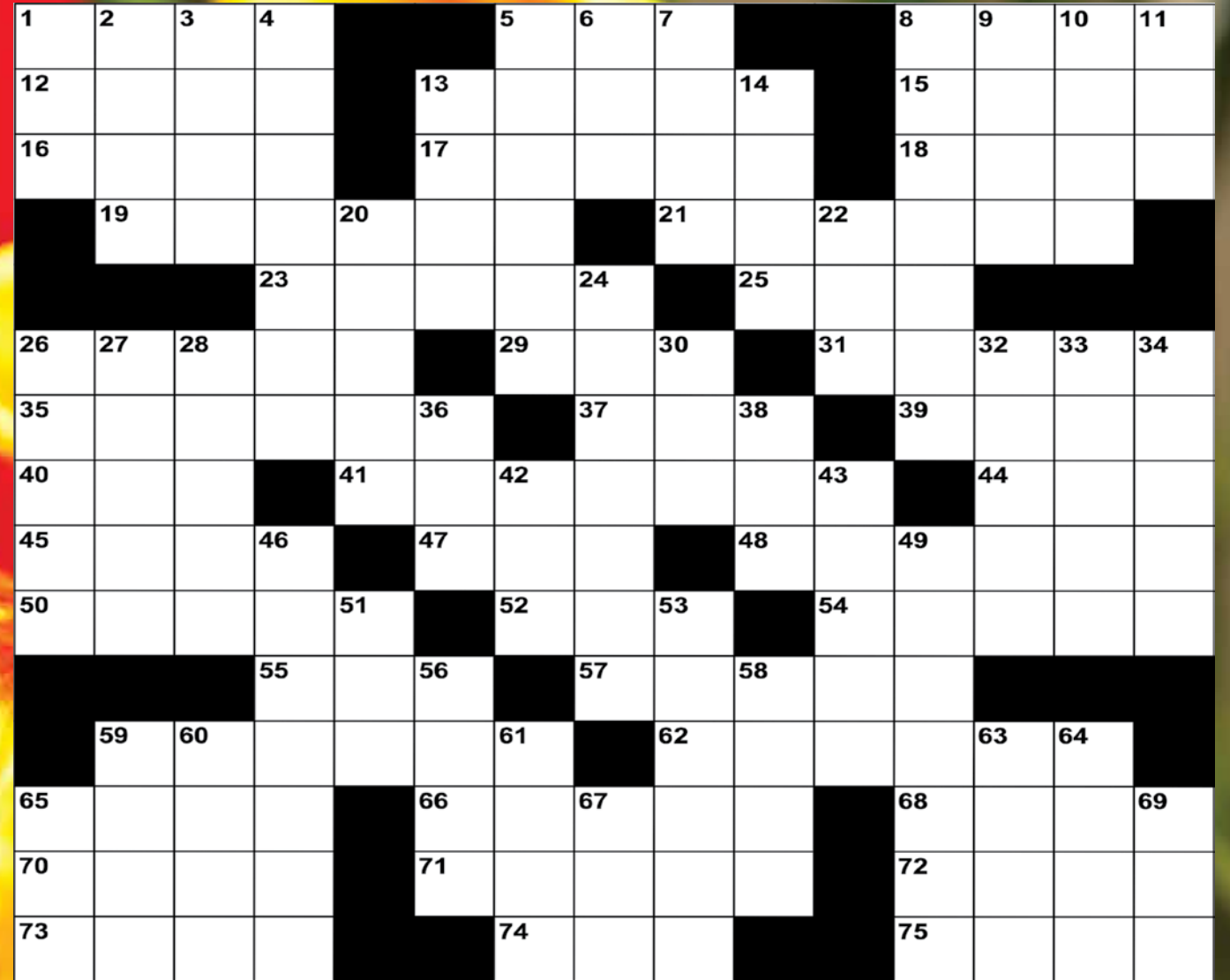
GHOSTBUSTERS

JURASSIC PARK
- 13 letter word

BASIC INSTINCT



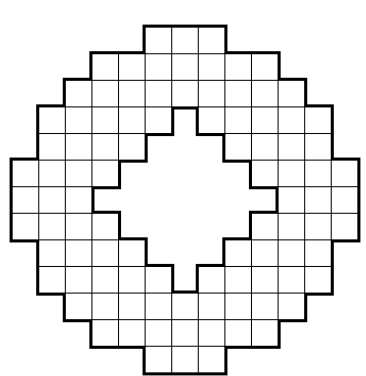
Colossus Cross



- | | | | |
|---|---|---|--|
| Across 1 Artist Chagall 5 Disks 8 Autos 12 Birch 13 Book holder 15 Arabian 16 Beef 17 Chocolate tree 18 Japanese staple 19 Sour ale 21 Ambush 23 Act or fact of being born 25 Constellation 26 Young boys Rags-to- riches author 29 Swine 31 Blade 35 Breaks 37 Mr. 39 Cowboy fight 40 Epoch | 41 Church dissenter 44 BB association 45 For fear that 47 Bind 48 Cloth hat that is fastened beneath the chin and ribbons 50 Written material 52 Deoxyribonucleic acid (abbr.) 54 Creator of Sherlock Holmes 55 Baby eating apparel 57 Ate 59 Lather (2 wds.) 62 Ensue 65 Bunches 66 Baby sheep 68 Big cat 70 Group of nations 71 Swell 72 Wager 73 Roman emperor 74 Lumber 75 Drowse | Down 1 I want my ____ 2 Region 3 Authentic 4 Celebrities 5 Maps 6 Winter mo. 7 Salad 8 Filled automobile 9 Opera solo 10 Risqué 11 Compass point 13 Blemish 14 Newborn horse 20 Tack 22 Affirmation 24 Nozzle (2 wds.) 26 White poplar 27 Bait 28 Lawn plant 30 Intelligence 32 Animal with long ears, a short tail, and soft fur | 33 What a teenager does 34 Excite 36 Pose 38 Body part 42 Free of 43 Secret messages 46 Hot sauce 49 Bumpy 51 Shrill bark 53 Inflatable safety device in automobiles 56 Plant buds that begin to grow underground 58 Structure used by a bird to lay eggs and rear young 59 Discount 60 Smell 61 Satiated 63 Cover 64 Children 65 West by north 67 Cow sound 69 Yield |
|---|---|---|--|

Word-Wheel

Can you fit the words correctly into the grid?



3 letter words

ALE
ERR
HER
ORB
POP
ROE
TEN
VET

4 letter words

CARP
EARN
ETCH
LAST
NAPE

PARA
PEEP
PLOD
SHIN
SHUN

STIR
STUN
TAME
TILT
TUNE
VEAL

5 letter words

DRIER
ELDER
ENDUE

OPERA
SHARD
SHAVE
STEEL
TRIAL

7 letter words

OPERATE
RECLINE
RESOUND
SCARLET

9 letter words

DEPARTURE
SPEARMINT
STARBOARD
TENTATIVE

Answers to the July puzzles:

Colossus Cross



Colossus Cross



Quickie Crossword



Crypto-Quotes 02 Answers

1. Build a better mousetrap and the world will beat a path to your door.

Ralph Waldo Emerson
ABCDEF GHIJ KLMNOPQRSTUVWXYZ
SRPUDGITBEMOFVHYJZWQALCKXN

2. As far as the laws of mathematics refer to reality, they are not certain, and as far as they are certain, they do not refer to reality.

Albert Einstein
ABCDEF GHIJ KLMNOPQRSTUVWXYZ
QKBTAMZMDJLVNFOCSUPGXWRIEY

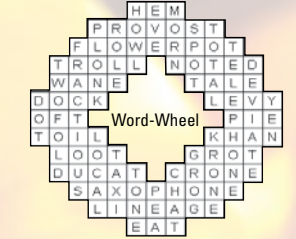
3. All mankind is divided into three classes: those that are immovable, those that are movable, and those that move.

Benjamin Franklin
ABCDEF GHIJ KLMNOPQRSTUVWXYZ
QOTIUSYRCNWKEFDHMLJZLVGAP

4. For a long time now I have tried simply to write the best I can. Sometimes I have good luck and write better than I can.

Ernest Hemingway
ABCDEF GHIJ KLMNOPQRSTUVWXYZ
EFOKICLZHMVGUDTSPJAWRYNXB

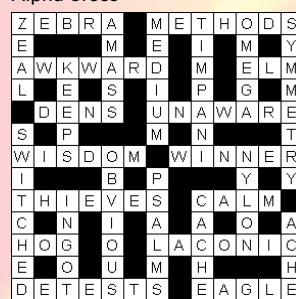
Cryptic Cross



Giant Sudoku



Alpha Cross



Cross Grid



At Seddon Park we're here to help you celebrate the life of your loved one.



Take advantage of our modern funeral home with its comprehensive facilities.

- Funeral ceremonies arranged at your church, in our chapel, at your home or at an alternative venue of your choice.
- Continuous 24-hour staff for arrangements and transfers.
- Funeral services to reflect individual wishes and needs of each family.

- Personalized order of service sheets with high quality photo imaging.
- Full on-site embalming services.
- Full catering choices available at our chapel or a venue of choice..
- DVD recording of the service.
- PowerPoint presentations can be displayed in our chapel during the service.

- On-site parking.
- Ash interments and ordering of memorial plaques.
- Educational seminars for community groups and schools.
- Web streaming for families and friends who cannot attend the funeral and would like to watch the service on the Internet as it happens.

MEET THE FRIENDLY SEDDON PARK TEAM



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



SEDDON PARK
FUNERAL HOME
Where we celebrate life

SEDDON PARK
FUNERAL HOME
Where we celebrate life

Incorporating
SADLIERS
FUNERAL
SERVICES

P: 07 846 1561 F: 07 846 1586 seddonpark@seddonpark.co.nz www.seddonpark.co.nz
49 Seddon Road, Hamilton PO Box 5523, Frankton 3242

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

Hearing Problems ... or maybe just earwax?



Whatever your hearing concerns may be, we invite you to our
hearme CONSULTATION SPECIAL

August only

(subject to appointment availability)

You will receive the following services at NO CHARGE:

COMPLIMENTARY Otoscopic Examination. It may just be wax blockage.

COMPLIMENTARY Hearing Test to see what you hear and what you don't.

COMPLIMENTARY Hearing Aid Inspection. All makes and models sold in NZ.

COMPLIMENTARY Pack of Hearing Aid Batteries. One pack per person.

COMPLIMENTARY Obligation free, unbiased advice on what you need to know
about hearing aids (*find out before you buy*).

FIRST **20** CALLERS GET **FREE** 30 DAY TRIAL (Terms & conditions apply)

Try the latest in digital technology hearing aids. Hearing aids
leading the industry in supreme sound quality & premium features.



hearme
specialist hearing services ltd

0800hear**me** (0800 432763)

www.hearme.co.nz

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