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seasons

magazine

Life Beyond 50

November 2015

*The Eyes
Have It*

**Spotlight on
Morrinsville**

**MO-VEMBER
CHALLENGE +
Mo-bbq and concert**

*Kingsley Field
– Feathered Friends*

**Voucher
savings
throughout**



Welcome everyone,
I am really excited about the November magazine issue which features a Spotlight on Morrinsville, as well as the Movember Challenge event for Men's Health.

This will be a big day out held at Who's Ya Barber carpark (Bryant Street, Te Rapa, Hamilton) on Sunday 29 November. There will be lots of fun, food and friendship on the day, as well as music, competitions, face-painting, prizes, and announcing the winner of the great Movember Challenge, so come along and bring the family in support of this event. Please remember to donate generously in the donation boxes around your area. These donations for the charity will be handled by Westpac Bank who will announce the amount collected from the public and hand a cheque to Men's Health Charity who will be there on the day.

seasons magazine, in conjunction with Who's Ya Barber, would like to give a special thanks to all the sponsors of this event for their support and donations to help make this day enjoyable and a great success.

On a different note, I would like to say how happy I was to find a plumber who was very obliging and accommodating to come out after hours to my home in rural Glen Massey, to have a look at a few plumbing issues that arose over a period of time which finally needed addressing.

He understood that 'people have to work and can only finish at certain hours', and was happy to accommodate this. When Graeme from Alba Plumbing arrived, he was prompt in assessing and diagnosing the issues and quickly gave solutions to the problems, which he duly fixed for us at that time.

I was pleasantly surprised to see that he offered a really reasonable rate, and he also offered a 10% discount to staff who work at the Waikato Hospital. If you need a great plumber that offers good service and a good rate, do not hesitate to give Graeme a call.

So, thank you Graeme from Alba Plumbing, for putting your customers first, and for the enlightening and humorous conversation we shared around the Rugby World Cup!!

Till next time
Mijda



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NOVEMBER 2015

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Printed by Print House Ltd

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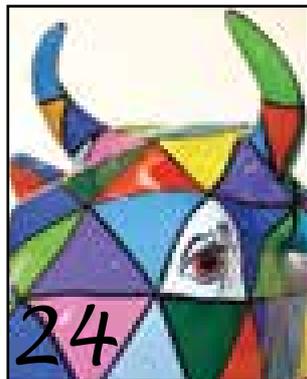
ISSN 2382-2481

Email: admin@seasonsmag.co.nz

Web: www.seasonsmag.org



seasons is a special publication published by Just 1 Ltd, in association with Print House Ltd, Hamilton NZ
The views and opinions expressed in **seasons** magazine are not necessarily those of Just 1 Ltd and/or Print House Ltd



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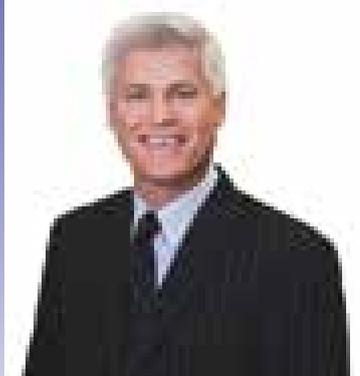


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Tim Macindoe

MP for

Hamilton West



My daughters are now young women, forging ahead in life and their chosen careers. Yet, memories of our girls as babies are still fresh, and I vividly recall the rocking and the comforting that happens when a baby is young. For a while, I was certain my left leg had developed a permanent jiggle, as I bounced my leg continuously while comforting one of my daughters on my knee! I'm sure my early experiences as a father echo those of many other parents. Anne and I were always grateful for any support and advice we received, especially when our daughters were new-borns, which, while a beautiful and special time, can also be a difficult and stressful time for parents.

As their electorate MP, I have twice visited the Waikato Family Centre (WFC) in Hamilton, which was formed in 1996 as a community response to the closure of a Plunket Family Centre in the Waikato region. It is a non-judgemental, supportive environment, which helps parents with the challenges of a new-born baby. The staff, led by Nurse Manager Maureen Speedy, give practical, professional advice and support to help identify the cause of any problems and how to overcome them.

Issues that the WFC can assist with range from breast-feeding, bottle-feeding, crying and colic, sleeping, reflux, through to post-natal distress, parenting skills and family health. They are a wealth of information and provide a calm oasis for many in troubled times. Parents access the service from all over the Waikato, with 894 new clients visiting in 2014, involving over 3000 client visits. Total annual running cost for the Centre is \$300,000, and although the WFC have Waikato District Health Board and Ministry of Social Development contracts in place, this funding only covers a third of their annual expenses.

A typical visit by a mother and baby will last around three and a half hours. During this time the baby will be fed and weighed and any problems or issues are identified and support given to the mother. Referrals to

specialists, doctors or other services are given where necessary. No-one is ever turned away and the service is free, although donations are gratefully accepted.

In addition to these assessments, the Waikato Family Centre also provide eight week Post Natal Depression Groups with the support of a doctor, with 100 of these groups held since they commenced in 1999. PND Groups are held in the evening, so partners may also be involved.

Another vital service is Teen Parent Information Evenings, which are held every 6-8 weeks. These casual and informative groups are free, with dinner provided and a crèche available if necessary.

Waikato Family Centre Trust Chairperson, Stephanie Pak, says the Centre is lucky to have a large pool of volunteer grandmother helpers, but the staff are the backbone of the centre. Nurse Manager Maureen Speedy has been recognised several times for her work, including the Queen's Service Medal for service to families in 2007. In March this year Maureen received a Wintec Honorary Medal for longstanding contribution to the region. Her team includes two other nurses and five Karitane nurses – but they need more.

While the Waikato Family Centre is grateful for the financial support they receive from the Waikato DHB, Trust Waikato and donations, there is a growing shortfall in funding. With Hamilton's rapid and continued growth, more families will need this vital service, which is at risk of being lost due to financial constraints.

I am full of admiration for the care the WFC is providing. The results of their work are all around us.

"We empower the women through effective nursing and counselling," says Maureen. "I see mums in the street and they are back to their old, powerful selves and that's so rewarding."

I was lucky to meet the delightful Logan Beaven (pictured), aged 4 months, and his mother Sarah, who had been referred to the Waikato Family Centre by her Plunket nurse. "There are not many services that get hands-on with you and your baby; the Family Centre don't just tell you what to do and leave you to it," Sarah explained. "This was the first place that asked me if I was okay. Their support and advice has been incredible."

If you would like to help the Waikato Family Centre, please visit www.givealittle.co.nz/org/waikatofamilycentre/ or donate some of your time and enthusiasm and become a Friend of the Family Centre by emailing wfct@xtra.co.nz.



Tim meets Logan Beaven, aged 4 months, held by Maureen Speedy.

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Feathered friends



they stick together, and where previously the lawn was a busy, bustling, jabbing patch of bright feathers and beaks, it suddenly reverts to just a normal patch of green grass. Sometimes with a disgusted whimper, the cats disconsolately turn away and seek the comfort of the couch.

The goldfinches' methods of getting the seeds warrants close attention. Each seed is firmly grasped in the strong little beak and the bird then rapidly shakes its head, presumably to wrench the seed away from the plant. Occasionally they use a foot to hold down a long, springy frond of grass so they can rip the seed off. I don't know whether the seed is then crushed in the beak, or swallowed whole, but I am astounded at how

They arrive every morning, about 7.15, a busy hungry fluttering bouncing flock of tiny colourful goldfinches, all keen to breakfast on the little seeds of what appears to be a type of fescue that in mid-September is prolific across our broad sweep of lawn.

Usually by this time I'm enjoying my first mug of coffee for the day, have worked through whatever emails have come in overnight, and am back to what I thoroughly enjoy doing – writing because I enjoy it. We moved into this big house, set on most of a hectare of wide-open lawn, in February and since then it has been a delight every day to watch the birdlife through lots of big windows. They aren't double-glazed, but the glass is almost completely one-way: we can see out but it's difficult to see in. So if I move slowly and quietly, or just sit at my desk and stare, the birds feeding on the lawn just a couple of metres away can't detect that I'm so close.

The cats, of course, simply love it, but it frustrates the daylighters out of them too. They can see the birds right there, within easy pouncing distance, but they can't do anything about it. They sit bug-eyed at the windows, which reach almost to the floor, and their tails quiver and twitch in impossible anticipation. Nothing ever comes of it, and after a few minutes of feverish feeding the birds – acting on some completely unidentifiable signal – burst away simultaneously, hurling themselves up into the bare budding branches of the neighbour's ginkgo tree. Occasionally a few hungry stragglers stay on for a last few quickly-snatched seeds, but usually



Part of the flock of little goldfinches who diligently search the lawn for fescue seeds. Sometimes the flock is a hundred birds and more.

many each bird takes in. I know birds have a very high metabolic rate, and that some of them eat several times their own bodyweight every day, but these little guys are seriously scoffing up large. Breakfast is obviously a meal to be accorded very close attention.

They are pretty little birds, these goldfinches, with their short, wedge-shaped beaks protruding sharply from a bright red face, with a black skull-cap and white collar, and a shoulder cape of brown with bright yellow flirts and little white dots on the wings. When they fly, they do so in quick shorts bursts of high-speed wing-beats which send them either up or forward. Then the wings are momentarily folded in, and the little bullet-shaped bodies torpedo on in a slowly declining arc before the wings are brought into play

again. When the flock is in full flight, there are racing flutterings and speeding bodies going at all angles, yet they never seem to collide. Such flying skills, also seen in huge flocks of starlings sometimes, never cease to astound me at just how smart these wee feathered critters are. A similar manoeuvre among a hundred or ten thousand fleeing humans would almost immediately result

in trampling, tangled mayhem.

Now and then the goldfinches are joined by small groups of half a dozen or so greenfinches, another nifty little bird a little larger than the goldfinches, and with dark intense faces, green waistcoats and yellow flashes in their wings. They seem just as eager to feed off the fescue seeds, and both species also appear to take the tiny white buds of what I think is mouse-eared



Suddenly the whole flock of goldfinches bursts up off the lawn and perches in the high branches of nearby bare trees. But they stay there only briefly before flooding back down to the rich pickings of small seeds in the lawn grass.

chickweed, which is intermingled with the fescue and other lawn growth. I believe the greenfinches join with the goldfinch flocks for protection as much as anything else, though maybe they just enjoy the company. And why wouldn't they? The goldfinches always seem such agreeable little chaps. The occasional sparrow adds to the variety and also acts as an additional good lookout – sparrows are sharp-eyed little operators and prove useful in times of possible danger.

Yesterday I saw a pair of hedge sparrows in among the goldfinches too, happily feeding away. As well, one or several very small wax-eyes also join the party on occasion, darting and bobbing about. Reference works sometimes refer to these wee birds as silver-eyes or white-eyes, and say they were self-introduced to New Zealand from Australia during the 1800s. This self-introduction gives the waxeyes a partial protection under law, whereas the others – the sparrows, goldfinches and greenfinches – were all intentionally introduced from Europe, also in the 1800s, and therefore have no protection at all.

Rather than join the goldfinches in competition for seeds, the waxeyes (as I've always known them) dine on tiny insects and spiders in amongst the grass, and also on fruit and nectar when it is available. And, of course, they simply love fat, especially the lovely one-pound blocks of white lard that bird-lovers occasionally hang in their bird-feeding zones. The tiny waxeyes seem to get rat-faced stoned on it, to the extent where they can hardly fly.

But the goldfinches are themselves fairly canny about potential dangers, and have developed a technique used by a number of flocks of small ground-feeding birds. Somehow they're never still, and one or other bird will suddenly flit up into the air, fly six or 10 feet in a rapid series of little swoops and soars, and then land again to continue feeding. It's a distraction thing, aimed at putting cats and other predators off careful stalks – just



With flashes of yellow, red and black, the flock of little goldfinches sweeps out of the trees, heading back to feed on the lawn.

as the cat is about to pounce either the target or another bird close by suddenly leaps into the air, completely breaking the predator's concentration. Probably the flight also gives the bird an opportunity to take a high-level look about in case the flock is being stalked. It must drive cats nuts when their stealthy creep is suddenly discovered, or their intense focus on one little bird is shattered by unexpected movement just off to one side.

But about 9.30 or 10am all the little birds seem to vanish. Just suddenly they have gone, and the lawns and adjacent bare trees, which for the past three hours have been alive and fizzing with scores of these busy little beings, are placid and devoid of bright colour. Instead,

the more sturdy and soberly-clad blackbirds and thrushes take over, quartering the grass in businesslike fashion, hunting out larger offerings of worms and spiders.

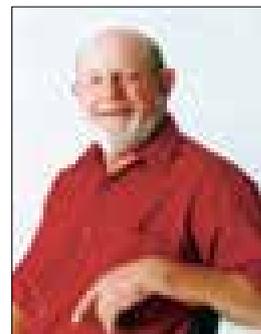
It's been a miserable, cold, wet morning. I've had hot coffee and I'm glad the heating system is working well. I'm wearing thermals and a thick shirt and heavy woollen socks, and am glad to have them while I've spent a couple of hours watching and photographing the goldfinches and their friends.

And I've done it all from the comfort of being inside.

Those little guys are out there in all the chill unpleasantness, and all they've got is the same feathers they'll be wearing when summer comes in a couple of months. Yet it doesn't seem to bug them a bit.

I think we humans have it all pretty easy, really. Most of us, anyway.

Kingsley Field has published two volumes of his columns on observations of New Zealand life. He is currently working on a third. He can be contacted at kingsley@accuwrite.co.nz



Kingsley Field



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Wednesday 16th December

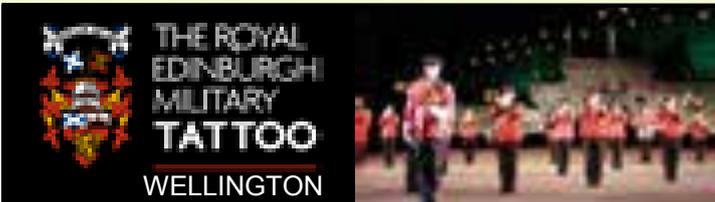
Media mogul and personal development guru Oprah Winfrey comes to New Zealand for the first time. Winfrey is best known for her talk show *The Oprah Winfrey Show*, which was the highest-rated program of its kind in history. She is regarded as the most influential woman in the world. "I look forward to being reconnected, rejuvenated and re-inspired about what is possible for our lives, and I am very excited to visit New Zealand for the first time." Winfrey said in a statement.

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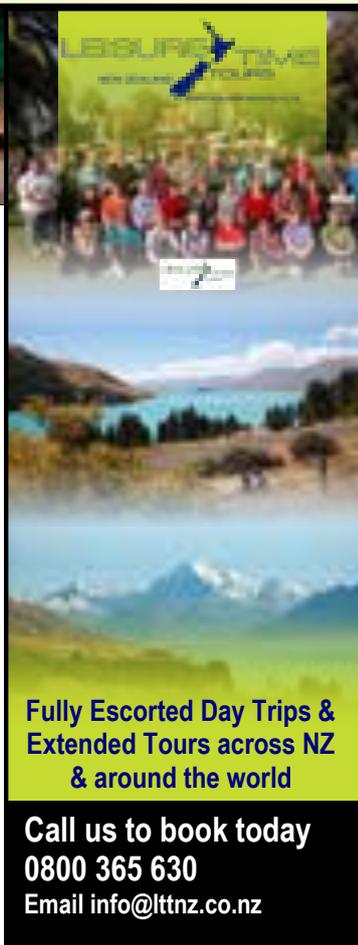
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message from **the Minister** **for** *Senior Citizens*



Staying active

Keeping fit and active is an important part of positive ageing, and it's good to see people in Waikato are taking the opportunity to try new things, make new friends and get involved.

Students from Waikato University recently ran a "Not Your Usual Outing" day at the Rhododendron Lawn in the Hamilton Gardens.

It was a chance for seniors to try out eight different activity classes – like Zumba, Tai Chi or yoga – in a bid to attract more members and help people get fit.

Of the 65 people who went, 56 have signed up for at least one programme, which is very encouraging.

It can only be good for the health and wellbeing of Waikato seniors – leading an active lifestyle helps you stay healthy and reduces the risk of suffering a fall or a similar injury. It's also a chance to have a bit of fun with your friends, and it's easier than ever to take part.

Movement and exercise classes help people maintain their strength, balance and flexibility, keep muscles,

bones and joints strong and reduces the risk of developing a chronic health condition which could impact on quality of life.

Our new SuperSeniors website has a wealth of information about how to keep active as you get older. There are contact details for clubs and organisations up and down New Zealand and stories about what some of them do.

Close to home was a feature on the Hamilton-based Rauawaawa Trust, which runs singing, dancing and kapa haka classes for Maori seniors. Chair Kiriata Matthews is 77 and still leads exercise classes and plays in a band.

ACC is partnering with Age Concern to deliver a strength and balance programme to help prevent falls based on Otago's successful Steady As You Go, which you can get more information about on our new website at www.superseniors.msd.govt.nz

SuperSeniors is also promoting walking opportunities – both in community groups and on Department of Conservation public land. Walking is the most popular form of exercise – it's free, you can go at your own pace and can do it almost anywhere, by yourself or with a group. As Minister of Conservation, I'm aware of the fit-for-all-levels range of walks DOC offers in some of our country's most inspiring landscapes.

There are many tracks which are suitable for older people, and you can find out where the closest one to you is by visiting SuperSeniors.

Since the launch of the website in September it has attracted more than 30,000 visitors and we'd welcome your feedback and suggestions on what you'd like to see included and what you'd like to find out more about.

We've also had close to 5000 people follow SuperSeniors on Facebook. The new newsletter is going out every two months to more than 170,000 SuperGold Card holders. If you'd like to be included on the list just let me know.

You don't need to open an account to have a look at Facebook – just take a no-obligation view of what's on offer.

It's been encouraging to see the growth of SuperSeniors in just a couple of months, and I know the social networking sites and newsletters are going to be valuable ongoing resources for all seniors who want to take the opportunity of being mentally and physically active and involved.

Honourable Maggie Barry ONZM

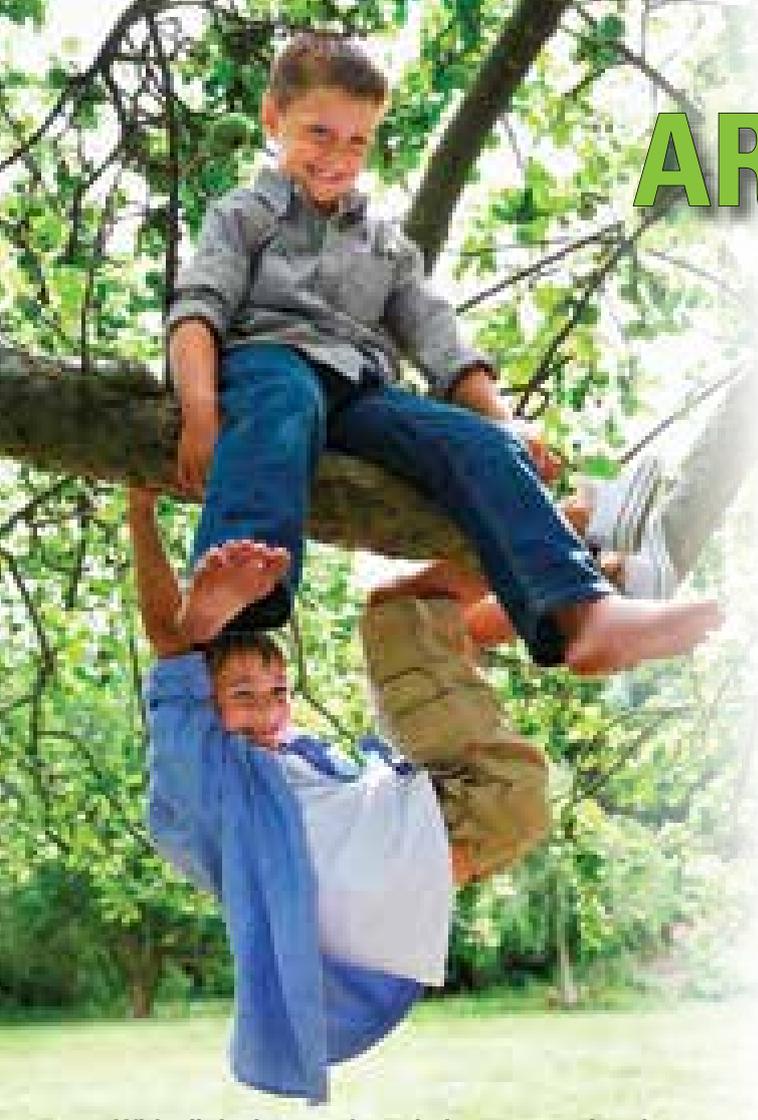


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ARE WE *the last* adventurers?

With all the laws and regulations concerning the coddling and societal appropriateness that seem to be the norm these days, it's a miracle those of us over 50 survived to tell the tale of our childhoods.

Are we the last adventurers of youth from a time when getting out and about playing cowboys and indians (which is socially inappropriate today) was second nature? Are we the last adventurers of our youth who were able to build a tree hut (without a permit or Naturists getting up in arms), or goodness forbid, say "mate, your car's a bomb!!" without having the GSB raiding our homes?

I remember in my youth, riding in the back of the old pickup truck in the open tray with my friends, zooming like a mad thing around on my bike or skateboard or homemade trolley "no pads required", and even jumping off the roof into the neighbours' pool making the biggest "bomb" possible (there's that word again). It was all in the name of competition with my mates, and yes, some ensuing bruising, scrapes, or in some cases the odd broken bone came along. But it was those incidents that taught me the grand rule: that with every action came a positive or negative reaction. And I found ways to do the things I loved in a safer "my way", using my own non-the-wiser and ingenuity, not having to be told how it must be done to be safe or politically correct, especially when I was at an age I didn't even know what that meant in innocence!

Does anyone else remember what it was like to learn lessons for yourself or even how to make your own kite

these days? Or is it all back to "here's a pre-made one for you or just fly one virtually on your i-pad so you don't have to go outside and get a cold or sun burnt or worse still interact with other people"?

Raise your hand if you survived a childhood in the 60s, 70s, and 80s which included one or more of the following, frowned-upon activities (raise both hands if you bear a scar proving your participation in these daredevilish events):

1. Riding in the back of an open pick-up truck with a bunch of other kids
2. Riding your bike without a helmet or worse, look mum no hands!!
3. Riding your bike with a buddy on the handlebars, and neither of you wearing helmets
4. Drinking water from the hose in the yard
5. Swimming in creeks, rivers, ponds, and lakes with the rope swing that was hoisted over the nearest tree and tied with the trusty double knot
6. Climbing high trees without parent permission and height limitations
7. Carrying a pocket knife that Grandpa gave you for your 10th birthday, without being bent over the bonnet of a police car and searched like an up and coming terrorist
8. Camping (with your pocket knife and without having to be in the backyard by the sliding door just in case)
9. Throwing rocks at fish in the river
10. Playing politically incorrect games like Cowboys and Indians
11. Playing Cops and Robbers with *gasp* toy guns
12. Working for your pocket money well before your teen years on the milk or paper run in traffic in the dark / rain / for all of about \$6 a night
13. Taking that money to the store and buying as many 1 cent lollies as you could afford, then eating it in one sitting without being pronounced a pending diabetic or obese
14. Getting so dirty that your mom washed you off with the hose in the yard before letting you come into the house to have a shower (in winter)
15. Getting the strap or cane or something thrown at you for being a jerk at school or losing library books even!
16. Playing "dangerous" games like dodgeball, or my favourite Bullrush, which had significant risks of injuries, but are awesome fun for kids
17. Walking to school alone

Come on, be honest, we all did crazy stuff as kids and we are all still here and had a great time doing it. Much more fun and far better than watching TV, or playing video games.



Our children are being enveloped in this softly padded culture of fear, and it's creating a society of people who are fearful, out of shape, overly cautious, and painfully politically correct. They are incredibly incompetent when they go out on their own because they've never actually done anything on their own and this is why more and more are just opting to stay at home till they are 30 or even worse, getting married and having kids and STILL staying at home (whaaat)!

My kids thought I was being mean at the time I began making them do things for themselves, but pushing these skills viewed to most kids as mundane tasks, I have given my children a chance to not only produce a good meal and fend for their own families, but also excel and enjoy being a prepared provider.

The need to realise that clothing does not get worn and then neatly reappear on a hanger in the closet, ready to be worn again is just a reality, like the need to understand that meals do not magically appear on the table or that life outside of school revolves around the PlayStation or Facebook for that matter, when the reality of life is only the front door away.

If the country is populated by a bunch of people who can't even cook a box of macaroni and cheese and in some cases even boil water, how on earth will they sustain themselves when they have to not only acquire their food, but must use that new-fangled machine called a stove to prepare it? How can someone who requires an instruction manual to operate a digital clock hope to keep warm when their home environment has an open fire that you need to light, or someone who

is afraid of getting dirty wanting to plant a garden and shovel manure?

As the last of the adventurer demographic, I feel we have a responsibility to our kids and grandkids to ensure the adventure continues, and that the lessons of living life "the good and the bad" are not forgotten.

So here are some thoughts for the coming summer months that you can enjoy with your younger generations to inspire them mentally and physically.

I'm not suggesting that you throw caution to the wind and let your kids attempt to fly off the roof with a sheet or the picnic umbrella (been there done that, got the scar) or make a makeshift flying fox from the nearest tree to the washing line (another scar).

And let's get this straight: I obviously don't recommend that you purposely put your children in unsafe situations with a high risk of injury, but for goodness sakes, let them be kids. Let them explore and take reasonable risks. Let them learn to live life without fear and learn to live life.

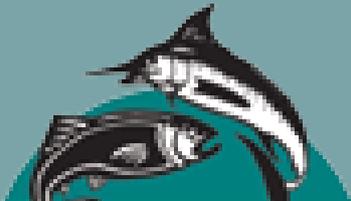
In my day, we didn't get trophies just for showing up. We were encouraged to get involved and practise skills, as in life not everyone can be the winner and more often than not, it's the ones who take the odd risk and put in the effort who reap the rewards.

Do you think our ancestors were afraid to climb a tree or get dirty or take risks that brought forward our evolution?

I can just imagine one of our great ancestors saying "I will be there soon to stand up for our rights just as soon as mum irons my shirt and has made breakfast for me" NOT.

Nurture the rebellion this summer. Boot (not literally!) them outside. Get your kids and grandkids away from their TVs, laptops, and video games. Get sweaty and dirty. Do things that make the wind blow through your hair. Go off in search of the best climbing tree you can find. Shoot guns. Learn to use a bow and arrow. Play outside all day long and catch skaters at noon. Do things that the coddled world considers too dangerous and watch your children blossom with the freedom of life.

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AGE... *it's just a number on your shoulder*

Why is it that so many people link achievements with age?

Certainly as we grow up from babyhood there are milestones we all hit at about the same age.....our first steps, starting school, perhaps getting a drivers licence or our first job but after that there is no set pattern of achievement linked to age.

Remember Jack Lanting, the young boy from Te Awamutu who raised \$16,000 to buy an elephant which was being ill treated by her handler then went on the rescue mission to Thailand with his mother to see the elephant's first steps to freedom. Before that, when Jack was an 8 year old, he raised \$20,000 to save an elephant in Thailand after going there on holiday and being moved by the awful conditions they lived in.

Actress Jessica Tandy won an Oscar aged 80 for her role in the movie Driving Miss Daisy and Albert Schweitzer was 77 when he won the Nobel Peace Prize.

What amazing achievements at any age and stage of life.

People of all ages can achieve great things and so it was with real pleasure that Age Concern Hamilton welcomed the Waiheke Island Hip Op-eration Crew to Hamilton to help celebrate the International Day for Older People on 1 October. This group of amazing people is the oldest dance group in the world, confirmed by the Guinness Book of Records. There are 22 in the mega crew but it was their seven member travelling crew, aged 71 to 95, who came to the city to perform.

What an inspiration they were and certainly dispelled all those perceptions and prejudices that if you are of a certain age you must be feeble, can't learn new things, are not engaged in technology and won't do anything outside of their comfort zone. These guys rocked!

Ageism can be a real problem in society but one of the best ways to challenge it is by demonstrating to the world that age is no barrier.....it's just a number on your shoulder.



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RETIRED *and recently* in Rarotonga

I'm currently in recovery mode: we returned ten days ago from an 8-day trip to Rarotonga.

Eighteen of us (average age mid 60's), most of whom are members of the Hamilton Marathon Clinic, flew over to the Cook Islands on 18th Sept for the Round Rarotonga Road Race. It is a 31km event, on a flat sealed road all the way around the island, with the blue sea of the different lagoons always beside you on your right. Runners and walkers started in the dark at 5.30am, to the beat of Island Drummers on the back of a truck as they heralded the way for the elite runners, and within 45 minutes the sun was rising: a brief but fabulous red glow through the dark hills behind us. Every step of the way was interesting, with the local folk fielding water stops, some playing Island music, passing cars tooting, and our watching a huge number of scooters driven by Islanders and tourists. Some parts of the road were quite narrow and we had to step off to allow oncoming cars to pass! But it was all done in the happy atmosphere of the day. I walked that distance in 5 hours and 3 mins, at a nice comfortable pace in perfect overcast conditions, and enjoyed the whole thing! There was a 10km event starting two hours after ours, in which some of our Hamilton Group happily participated in. Crossing the finish line was amazing: drummers welcomed, smiling women garlanded with flowers handed us medals and coconut drinks in their shells, and lots of photos were taken.

It was a FUN run/walk few days: First a 5km CRAZY WIGS run/walk (Thurs), then the main RRRR race (Sat), a Prize-Giving dinner (Sun), a 5km Hash House DRESS-UP Dash followed by a BBQ & drinks (Mon), a 10-person Round the Rock relay around the Island (Tues) and a 8.5km Nutters Cross Island Run over mountain ridges to the other side (Wed). I gave the last two events a miss but some of our Group completed them all!

The Cook Islanders certainly manage these events well, and have done so for the last 38 years. Check out their website - the organisers are Destination Management Cook Islands (DMCK), they can be contacted on events@dmck.co.ck or phone +682 23026 for dates of next year's Round Rarotonga Road Race week.

As well as the organised events, we added a few of our own to prevent boredom in our team! We went on Captain Tama's Cruize in the beautiful Muri Lagoon, snorkelling in beautiful clear waters despite the chilly wind that day. Must mention the live mermaid under the boat, and a large turtle swimming on the surface near our boat. Cameras were clicking. We landed on a nearby island where the crew cooked us a great BBQ lunch; one of the men climbed a tree for coconuts, then husked and opened the coconuts to share the coconut water. There was much hilarity as we were shown how to tie pareus (sarongs), followed by good drumming, ukuleles and singing. These guys certainly love their



Our team ready to go to the Hash House Harriers Fun Run/Walk and BBQ

music and entertaining tourists! Thank you Captain Trouble and your crew for an awesome few hours!

Each day was as busy as one wanted it to be, often starting at 5.30am to watch the early games of the World Rugby Cup on the big screen in the dining hall of the Edgewater Resort. Many Kiwis and Aussies choose to stay there, so you can imagine the excitement of the various games as they happened. Just like being at Hamilton's Rugby Park!

One special occasion was the Tropical Island Night at Edgewater Resort which included a fabulous smorgasbord feast and entertainment from a professional Cook Island Dance Group – wow, how do they move like that!

The highlight for the cyclists in our group was when seven of us hired brightly-painted bikes with comfy seats and rode around the Island for about seven hours, stopping to look at different sites of interest such as the Whale and Wildlife Centre, the Maire Nui Botanical Gardens, and a variety of shops and cafes along the way. And when it bucketed down, we found the perfect hamburger eatery undercover. One can't get lost, just delayed!

Between us all, over our eight days, we circled the island of Rarotonga many times: we walked or ran the main event, relayed as part of a team, we bused, biked, drove a hired car or motor scooter - it became very familiar and welcoming. Colour is



Deidre, Raewyn, Event helper, Maureen

everywhere - beautiful tropical flowers and foliage in the gardens, along the roads and the beaches, then add the blue of the lagoons with the swimmers and kayaks, and colours of the early morning and evening skies, so much natural art to see. In hindsight we could have stayed another 2-3 days, and we would not hesitate to recommend the accommodation and staff at Edgewater Resort & Spa who looked after us superbly.

For me, this trip to Rarotonga was a wonderful end to my 70th year. Now where shall we go in 2016?

Carol Downey
5th October 2015



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LOOKING *back*

Mark Twain allegedly said 'Life would be infinitely happier if we could only be born at the age of 80 and gradually approach 18'. I have great admiration for Mr Twain, however, on this subject I believe he is decidedly off the mark (if you pardon the pun).

When I recall how gauche and tender, foolish and naïve I was at 18, the prospect of hurtling from 60 back to those years fills me with trepidation. A slow trickle of sweat runs down my back when I recall the mistakes, the gaffs and faux pas I toppled into at 18. The moment I found myself locked in the park with my first boyfriend, climbing over gargantuan spiked gates and running home. Curfew for me at 18 was 10.30pm. I flew in the door with the hounds of hell at my heels, only to meet with a lioness masquerading as my mother. The explanation lasted for several days and many Hail Marys in recompense.

My first car at 19 was the speeding Austin A40, red with a black roof. My escape into the night, until my father

decided to place a 'governor' under the accelerator pedal. I discovered that little delight while posing at traffic lights (yes, I know posing in an A40). I tried to burn off a good looking young guy in a mini and was left high and dry creeping along at 30mph. Oh the shame.

As I grew older I found there was joy in learning by experience and not just hurtling at life. The experience of travel, of meeting new people, of learning to be me became a pleasure I continue to enjoy. Knowing there were so many years to gain experiences, to grow, to learn, that there was always plenty of time was a reassurance. Now my youth has passed, I have wrinkles and grey hair. I have grown and gained so much from my life. I consider I am blessed because I was allowed to make my mistakes and learn from them. George Bernard Shaw or perhaps the other Irish fellow Oscar Wilde said youth is wasted on the young. I think they may have something there.

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To get results – I always recommend making it simple. Though I would love to ensure everyone is getting the best nutrition through their diet – your lifestyle might be such that we start with one or two, the best ones for you, and work forward from there.

We all deserve the best health and wellbeing we could possibly have.

Monica van de Weerd

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All these recommended nutrients should be in your diet – but through fast foods and busy stressed lives most of us need to take more to cover our body's daily requirements. These two nutrient supplements should be enough.

But what if you suffer poor gut and digestive health? This could also be a cause for the lack of energy and poor immunity.

There is a New Zealand clay called Pure South taken out of our southern alps. Packed full of natural absorbable nutrients. Due to it being a clay – it also supports digestive cleansing. Just take a dose before you go to bed – it is that easy. Men just love this product. So easy to take and it supports so many factors. Recommended to support skin looking good too. Digestive good health equals skin good health!

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Sugary snacks

New tooth brushes are fantastic stocking fillers!!!

With summer and the holidays on our doorstep, we all need to be mindful as to what all those treats are doing to our family's teeth ...

We look forward to seeing the grandchildren and giving them extra lollies and chocolates. Nobody wants to be a killjoy, so in order to still be able to hand treats out, here are some useful tips to keep their teeth healthy!

When to give sugary treats and what to give..

1. Sugary snacks and treats should be kept to meal times. This prevents the acid in our mouths from peaking and dropping too many times of the day.

By introducing healthier snacks when treats are given, you can initiate new ways to still feel like you are treating them, yet you are being responsible by caring for their teeth and health for the future.

2. Choose chocolate over sticky lollies as the sticky lollies get into the crevices of the teeth. A glass of water after their treat will help wash the chocolate off.

3. Instead of sugary snacks and treats make a game out of how little sugar is in the snack which is going to be consumed by everyone.

4. Smoothies. Although they sound very healthy, we think we are being helpful by giving them to people of all ages. But they have a lot of hidden sugars and acid which stay on the teeth... If you do have a smoothie, rinse your mouth with some water afterwards to get rid of the acid and sugar off your teeth. Also do not brush your teeth for at least 30 minutes after a smoothie as the acid on the teeth will cause the enamel to soften. When the enamel is soft, it then weakens in certain areas and this can cause decay.

5. Fizzy drinks and sodas over the summer and holiday period can't be avoided, but they too should be given as a treat and not the main drink. Water is always the best! If and when they are consumed, it is best to drink them out of a straw and not straight from the glass. By drinking them out of a straw, the sugar and acid in the drink will come into less contact with your teeth.

6. Cheese can act as a neutraliser in your mouth. So instead of a sugar snack after a meal, cheese and crackers make a good alternative. At the same time, cheese can be used to expand everyone's tastes and trying of new flavours.

KEEP SMILING!!

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29th to 31st December: OPEN
5th January 2016: OPEN for business as per normal



REAL ESTATE *today*

with Kim Taylor

WHY DON'T THEY JUST TELL US HOW MUCH THEY WANT? Deadline Sale, Auction, Tender, Price by Negotiation (PBN), Set Sale Date, Buyer interest

above \$400,000 – What on earth does all this mean. Sometimes as agents we forget that the terminology we use can be very foreign to people.

Selling your home is not as simple as getting an opinion on the possible sale price and then selling, if you really wish to get the best money you can. After all you've probably worked very hard to earn the money to invest in your home or investment property. Why would you sell yourself short and give someone else a portion of your nest egg - who's probably not even related to you? It's your money, and it is important you get the right advice to ensure you achieve the best possible price.

Selling a property is a marketing exercise first and foremost. The price you achieve often depends on the marketing method, and the skills of the agent. Different movements in the market can also have a huge effect on the final result.

In an active market like we currently have: Sale by Deadline Treaty or Set Sale Date is worthy of consideration. This is a lot like a Tender, where the agent sets a date and time in which all offers will be presented to the Vendor. Offers can be conditional or unconditional. The timeframe is somewhere between 7 to 20 days before the deadline closes. This often allows ample time for people to do things like get their builders through, consult with their lawyer, get a LIM, sort their finance or even just get a family member to have a look. In my experience we often see a large variance in prices and conditions on the deadline day. The great thing about Deadline Sales and Tenders is, no one knows what the other is going to pay, so often the variance between the highest and lowest offer can be quite substantial. I recently had 13 offers on a property where the difference between the highest and lowest offer was a remarkable \$121,000.

If you have a definite date you need to sell by and you're prepared to 'meet the market', an Auction is a good option. I do believe agent competence has a huge influence on the outcome of an Auction. If you choose to sell by Auction don't be afraid to ask your agent if this is something they feel completely confident about doing with regards to your property. The idea of an Auction is to create competition and in doing so; push the price up. If there is competition, people tend to bid a little higher

than they intended – they get caught up in the moment. If your reserve is met on the Auction floor – you've SOLD - because all bids are unconditional cash bids.

Price by Negotiation. I personally feel this is always the worst method to use. If you don't want to Auction or have a Deadline Sale, put a price on it. In my experience of nearly 20 years in the industry 'By Neg or offers' attracts far less buyer enquiry than any other method.

Putting a price on it: This is a very traditional way – but are you getting the best price for your hard-earned asset? If you do price it in this hyped market – price it with a slight premium.

The cost of selling (commission) differs between companies. The method of marketing can often incur an extra fee over and above the commission payable, but these are always optional costs. This can be for extras like newspaper advertising, photography, internet feature ads, flyers, and perhaps a charge for an Auctioneer if you choose to Auction. These are often much more inexpensive than most people think they will be and well worth the 'spend' to lift your property above your competitors. We currently have a special package for a Deadline sale and Auctions for under \$500. Jess and I are more than happy for you to give us a call to give you a guideline on what you would expect to pay if you are considering selling. We are always happy to talk freely.

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PHOTO: JAMES HARRISON

SPOTLIGHT

on Morrinsville



Jan Barnes, Matamata-Piako Mayor

Morrinsville

Morrinsville is known as the cream of the country, the international dairy capital of the world. It's a great destination to visit, or settle down and make yourself at home in the tight knit community that has so much to offer.

As soon as you arrive in town you will be bound to notice the blooming hanging baskets and planters throughout the main streets, which are beautifully planted all year round. Located near the centre of town in Morrinsville are the Morrinsville Rose Gardens which are a must see. The gardens consist of a flat grassed

area and feature three seating areas, concrete paving in a herringbone pattern, picket fence and circular rose beds. The Morrinsville Horticultural Society established the garden in 1946 and recently celebrated their 100th anniversary.

Morrinsville has a lot on offer with its recent new addition of the street art trail, where you can explore the herd of cows in the streets. Each cow has an individual design, walk the trail and pick your favourite. There are many good coffee shops along the way – make a day of it, or come along on the first Saturday of the month and browse the Morrinsville Country Market which has something for everyone!

The Wallace Gallery is also a must visit. The gallery showcases New Zealand art and artists, providing a community focus and an ideal venue for inspiring and educating people. The gallery is available for music recitals, public gatherings and private functions, where individuals are able to view the artistic expressions on display. Just down the road is the Morrin Museum where you can learn about the interesting history of the town.

While you are in Morrinsville, why not take a look at what the wider Matamata-Piako district has to offer. Come for a weekend with friends or family and visit the Te Aroha Mineral Spas, cycle the Hauraki Rail Trail and take a tour of the famous Hobbiton movie set.

As Mayor of Matamata-Piako I encourage you to take a trip to Morrinsville and explore what our district has to offer, you won't be disappointed.



Morrinsville Information Centre

251 Thames Street
Morrinsville
Phone: 07 8895575

Email: morrinsville.info@xtra.co.nz
Web: www.morrinsvillenz.co.nz

Pop into the Info Centre to pick up a map, make a booking, or simply see "What's On". Our passionate-about-Morrinsville team are always here to help!

MOOOO-VE YOUR WAY OUT TO MORRINSVILLE:

The Cream of the Country

A lady from the city and her travelling companion were riding the train through the rolling countryside, when she noticed some cows.

"What a cute bunch of cows!" she remarked.

"Not a bunch, herd", her friend replied.

"Heard of what?"

"Herd of cows."

"Of course I've heard of cows."

"No, a cow herd."

"What do I care what a cow heard. I have no secrets to keep from a cow!"

With a population of approximately 7,500 (excluding cows), Morrinsville is roughly 33 kilometres east of Hamilton and 22 kilometres west of Te Aroha. The town is bordered by the Piako River to the east and the Waitakaruru Stream to the south.

Morrinsville is one of three towns, along with Te Aroha and Matamata, serving one of New Zealand's most prosperous dairy farming areas. The area around

Q: Why don't cows have any money?

A: Because farmers milk them dry.

Morrinsville is sometimes described

as being the most intensively dairy-farmed area in the world. It is from the dairy industry that the town gets its slogan of 'cream of the country'.

Dairy processing has been a notable industry in Morrinsville, most notably through the Morrinsville Dairy Company since 1922. Today, after a series of mergers, the dairy factory is now operated by the Fonterra Dairy Co-operative. The factory processes 1.2 million litres of milk per day during the peak of the milk production season, producing milk powders, cream, butter and canned butter for tropical countries where refrigeration is not always available.

Q: Why does a milking stool have only 3 legs?

A: Because the cow has the utter.

Historically, Morrinsville was the railway junction for Thames and the East Coast Main Trunk Railway, to Tauranga. The Thames line has now been closed, with a short shunt line - the Waitoa Industrial Line - extending to the Waitoa Dairy Factory. While freight trains continue, the last passenger trains to serve the town were the Kaimai Express and the Geysersland Express - both of which were cancelled in October 2001.

While primarily a service centre for the local farming community, you'll find some interesting shops and a range of cafés. Or fancy a visit to the market? Make your way to Murray Oaks Craft & Fun Day Market, held on 28th November between 9am and 2pm, Murray Reserve. Come and take a leisurely stroll amongst the fabulous array of Art and Craft stalls. There's so much to choose from: art work, wood craft, paintings, pottery, jewellery, clothing and plenty more! Perfect Christmas ideas.

Q: Why did the cow cross the road?

A: To get to the udder side.

Pop along to the town's museum (Morrin Museum), which includes an 1874 pioneer cottage from the district, fully furnished with authentic household items. The museum also has a Maori waka (canoe), as well as a collection of farm machinery and tools that were once in common use around Morrinsville.

Today, you can walk through the township and see cows. Many cows. Life-size, but made of fibreglass. Each cow has been imaginatively painted by the many artists living in and around Morrinsville.

In the middle of this month, Morrinsville will





Q: What do you call a cow with a twitch?
A: Beef Jerky



increase the herd by another 15 spots. Herd of Cows Chairperson Nicki Robb said the project has been driven by a group of enthusiastic community members, with a local accountancy firm revealed as the major sponsor.

The cows were purchased by businesses who have been very accommodating and were keen to get in on the action. Designed together by the business and chosen artist, each cow is unique in its own right.

Perhaps you're looking for a walking trail? Starting at St Matthews Anglican Church, the 2.7km Morrinsville Heritage Trail is perfect for history buffs looking for things to do in Morrinsville.

Take in tranquil Howie Park and historic McDonald's Cottage, built in 1874 from heart kauri. Those keen to make a day of it can bring a picnic, otherwise the walk can be done in just over an hour. Either way, meandering through Morrinsville's gardens, churches and historic buildings is the perfect way to really get a feel for this charming town.

If you're looking for a night out on Saturday 7th November, why not head along to the 2015 Fireworks Extravaganza? With plenty of entertainment on the night (firedancers, a band, a massive bonfire, the biggest little circus show, plus loads more to enjoy), there's something for everyone!

Come along, bring all the family, pack a picnic! And if you don't feel like lugging a picnic basket around, there will be food and drinks available onsite, and parking on Polo Fields (entry off Avenue Road).

People of all ages will enjoy this delightfully spectacular evening of entertainment both on and off stage.

Gates open at 5.30pm, and entry fees range from \$5 per child (under 14yrs of age) to \$25 for a family (2 adults and 2 children). 5yrs and under are free! CASH ONLY at entrances. EFTPOS available at various sites.

Postponement date Sunday 8th November

For those who like to plan in advance, there's always the annual Christmas Parade to lock in! Held on Thames St, Morrinsville, on Saturday 12th December, this fantastic parade always provides a great day out for everyone. It's full of glitz and glamour, and there are prizes for Best Nativity, Best Themed, Best Community and Best Commercial Floats.

To ensure you get a good view of the parade, make sure you're there before the start time of 1.30pm.....it finishes around 3.30pm, so don't forget to take plenty to eat and drink!

There are many more things to do in Morrinsville, but you'll need to see it for yourself. So take a drive out there, spend the day lapping up the charm this quaint town offers, and enjoy yarning with the locals.

We head out there every month to deliver the magazine, and you can guarantee it'll take us all day. Why, you ask? Because everybody in Morrinsville has a story to share, an update to give us, and generally just love the monthly catch up.

So thank you to the wonderful people of Morrinsville for allowing us to focus on your town this month! We have thoroughly relished the time spent with you all, but it's now time to moooo-ve on!!!

Q: What do you call cattle with a sense of humour?
A: Laughing stock

Q: What was the first animal in space?
A: The cow that jumped over the moon



CLEVER *Planning*

As we grow older and our bodies don't quite work as they should, or more to the fact, like we want them to, we need to be mindful of what lies ahead. Clever planning can make life a little easier and require less intervention when things do start to slow down. From scooters to toilet seats, ramps to recliners, there are so many things to consider.

SCOOTERS:

Do you live in a flat/hilly/urban/rural area?
 Will you be using the scooter for personal use or also transporting goods?
 Will you be driving by yourself or with a friend?
 Will you be staying around your home, venturing further away or even playing golf?
 Where will you be storing your scooter? Will it fit in your home or an elevator?
 What is your budget?
 Who will look after your technical and service needs?
 Other things to think about first being your own safety (or the safety of your family member) and the model of the scooter you choose.

RAISED SEATS AND RECLINERS:

Raising chairs (or beds) can reduce the effort required to stand, making it easier to go from a sitting to standing position.
 Using a lift out chair: this takes all the effort away and the chair does all the work. This also works in the reverse and helps to lower you into a sitting position.
 Having something to hold onto: this might be a walker or armchair lever. As long as these are secure and don't move, then this can provide balance and support.

RENOVATIONS/BUILDING A NEW HOME:

For those who are looking to downsize and are considering building a home for retirement there are many options to consider during the building process. A few of the more obvious examples are putting in ramps versus steps, stair lifts, and hand rails. Considering wider doorways that can accommodate wheelchair

access, putting power points slightly higher up a wall for easy access, and adequate lighting can all make general access to the home easier. Bathrooms are an area of concern especially as mobility deteriorates. Think ahead in terms of the size of showers so they can accommodate shower stools/chairs and removing steps/lips into showers for long term safety and also flooring surfaces.






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LOOKING AFTER *your feet* with Rik Schinkel

I am a podiatrist who has set up a new renovated clinic in Morrinsville opposite the the Flex Fitness gym on Thames Street and conveniently located next to the Crazee Cow – with their fantastic coffee! For many years I worked for a media company before making a career change, which meant going back to university in Auckland and becoming registered with the Podiatry Board of New Zealand. I live in Morrinsville and I could see a growing market for podiatric care so it was an easy decision to set up here.

Many are unfamiliar with what a podiatrist does – podiatry is a specialist area of healthcare – allied to medicine which involves care and maintenance of foot and lower limb conditions. As podiatrists our aim is to improve the independence, mobility and general quality of life of our patients. This is important as there is an ageing demographic as well many New Zealanders like to stay fit by running, walking etc, which can also mean problems with the lower limb. I specialise in custom orthotics which have shown to be highly effective, but also have a range of pre-fabricated orthotics designed by podiatrists. You can contact me on 07 889 1158.

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MORRINSVILLE

menzshed

Morrinsville Rotary Club had a dream, to research the possibility and if all the ducks lined up, bring the Menzshed concept to Morrinsville.

Originating in Australia the men's shed concept migrated to New Zealand in 2010. There are now approximately 70 Menzsheds in the country.

What is a Menzshed?

The primary purpose of the shed is to create an environment where all men feel welcome and feel they really belong. Sheds bring together men from all walks of life, putting them in one communal space to share their skills, have a laugh and work on practical tasks, individually or as a group. Most men enjoy pottering around whether it be making something, dismantling something or fixing something. This they are able to do in the shed due to the large array of machinery and tools available to them. Most men have a small shed available to them but often are unable to complete a task due to the lack of equipment.

After a survey Morrinsville Rotary Club decided to call an open meeting to judge the public support for such an idea. Fifty men and women attended and from this meeting a committee of 16 was elected. Committee groups were put in place to investigate different aspects of setting up the sheds e.g. O.S.H., location and availability of a shed. Shed rules and funding.

A special General meeting was set for September 2nd where these individual groups presented their findings to the 42 people in attendance.

A motion was put and the Morrinsville Community Menzshed Incorporated was born.

We now have a shed which is well suited and also allows for some expansion if required.

Morrinsville Menzshed has become a member of the National Menzshed N.Z Association and this

organisation has been invaluable for information covering all aspects of setting up the shed.

Once a member, other Association sheds have helped out in sourcing or swapping machinery and tools.

The Morrinsville Community Menzshed now has its own autonomy run by members for members and even though we have only been open and functioning for 6 weeks, already camaraderie is starting to show. Members have been setting up the shed shelving and positioning all of the donated machinery ready for action. Most importantly, the smoko room, where much of the day is spent drinking tea and talking about life's issues.

Most of the donated or loaned machinery has been repaired, parts replaced and an electrical survey carried out.

Early projects which have been given the green light are building Billy Cart trolleys for Christmas and the big one – Santa's Sleigh for the Christmas Parade being held in Morrinsville on 12th December at 1.30 pm.

Morrinsville Chamber of Commerce has commissioned a project that members with their combined knowledge are keen to get started on. Work also undertaken is the repair of children's toys especially for the kindy's and play centres, and the repair of household furniture for the elderly and infirmed people.

Members can carry out their own projects which they will find easy to complete because of the array of tools and machinery and the knowledge and experience gained from other sheddies.

It is envisaged that work carried out by the shed will cover woodwork, carpentry, metalwork, sheet-metal, wood and metal turning.

Morrinsville College have supplied two steel lathes and Matamata Shed a wood lathe along with other machinery. As the shed is a Community Shed work will be undertaken by members to help in the repair or build



of any request by local schools, clubs or organisations and individuals. More activities will be added to the shed as time and space permits. Already developing a garden, training on computers, model making are some of the suggestions.

Contacts:

Chairman	Graeme Brewer	021 207 6053
Shed manager	Colin Giddy	027 346 1002

Our mission statement covers the ideals of the Morrinsville Community Shed.
“A social environment where men can meet, talk freely and politely with people of similar ilk and use their talents to manufacture or teach others a new skill”
 It is an environment where both Men’s physical and mental health can be improved due to the comederie and interaction found in the shed.



MORRINSVILLE *rotary*

FUN AND FELLOWSHIP

Rotary International is a 100 years old service club whose mantra has always been to have fun and fellowship whilst serving the community both local and international. Morrinsville Rotary was established 70 years ago by prominent local business people. It can boast of many completed projects in the area to the tune of \$300,000 in the last 10 years, as well as its contribution to the major international projects such as “polio eradication in the world” and “Shelter Box” relief providing vital aid to war-torn and disaster areas. Rotary is open to all who choose to be involved to a greater or lesser degree in its many projects, many of these being practical help, as well as fundraising to benefit others.

Local projects assisted financially or with volunteer labour include: Art Gallery Project, Events Centre, Rotary Centennial Walkway, Museum, Town Clock.

Fundraising projects include: Garden Goodness fertiliser drive, old battery collection and firewood working bees.

Rotarians are also visible in the Morrinsville community manning the Campbell Park gate on Saturdays during the rugby/netball season, setting up the

monthly farmers market, assisting with various charity collections, volunteer marshalls at the Morrinsville College annual fun run and Morrinsville Christmas parade.

Morrinsville Rotary also supports local schools in youth development sponsoring youth exchanges, public speaking and science summer schools.

Morrinsville Rotary currently has a membership of over 40 men and women and always welcomes new members seeking to contribute to the local community.

The club meets regularly each Monday at 5:45pm to share friendship and business around a fine meal, followed by a guest speaker or club activity. Meetings are held at the Rotary Clubrooms at Campbell Park Morrinsville.



If you have any questions about the Club and its activities, or if you are interested in joining our Club, please contact our Secretary, John Willis, phone 07 8896041 or write to PO Box 119, Morrinsville.





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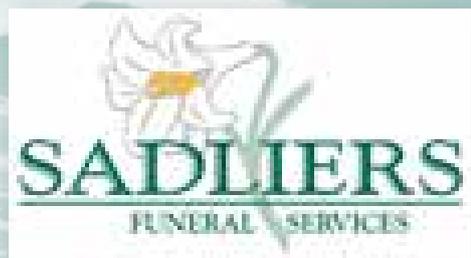
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Aroha Health & Wellbeing

41 Moorhouse Street, Morrinsville, 07 889 1095

For 11 years The Relax-In, a natural health practice, operated in Morrinsville. At the end of 2013 the doors closed and 3 of the practitioners (Dr Michael Hooker – Chiropractor and Applied Kinesiologist, Marion Golding Clarke – Energy Healer, Massage Therapist and Homeopath and David Longjiang Li – Acupuncturist) moved in with the Aroha midwives and formed a new co-op, Aroha Health & Wellbeing, based on natural health care for the Morrinsville and wider district.

Dr Michael Hooker, Hamilton based chiropractor, provides an Applied Kinesiology based Chiropractic practice at the Aroha Health & Wellbeing on Wednesdays. Dr Hooker incorporated applied kinesiology into his practice over the last ten years because of its diagnostic system and ability to look at the needs of the individual physically, nutritionally and emotionally. Dr Hooker has continued to study advanced levels of Applied Kinesiology and is the only diplomate qualified applied kinesiology practitioner in New Zealand. Dr Hooker comes from a sports background having completed a Masters degree and lectured in Sport Science before gaining his degree in chiropractic. He understands movement pattern problems and advises on exercise and nutritional practices to enhance health wellbeing and performance for those under his care to reach the levels they truly want to reach.

David Longjiang Li was born into a family who practised traditional Chinese Medicine. His father was an Acupuncturist in China and it was the only

form of medicine that the family grew up with. It is no surprise that David and his sister went on to follow the family tradition. When David came to New Zealand he established Green Forest Chinese medical centre in Hamilton and works from the Aroha Health & Wellbeing on Tuesdays.

A passion for health

In my early years growing up I became aware of the ability to feel other people's emotions and at times pain. In my teens I met a group of healers which deepened my understanding of these feelings and my passion for Energy Healing began.



Energy Healing is a therapy which aligns the energy field (aura) that surrounds a person's body. Have you ever stood next to someone and felt uncomfortable and not known why? This is because you can feel the energy in their aura. The aura holds the blueprint (pattern) of every aspect of your life, much the same as DNA in the physical body. Stress and physical trauma wear away the fine lines of this pattern, and over time this is seen as physical ailments. By working in the aura before the physical body is unwell you prevent a lot of discomfort. It also relieves pain by helping the body to heal faster.

In later years I went on to study Homeopathy, this therapy is the art of matching a person's symptoms to a remedy which ignites the natural healing ability within the body. A very gentle, but powerful therapy that treats a wide range of illnesses from headaches to arthritis, cystitis to back pain.

Lastly I learnt relaxation massage as everyone benefits from a foot rub and a bit of human touch.

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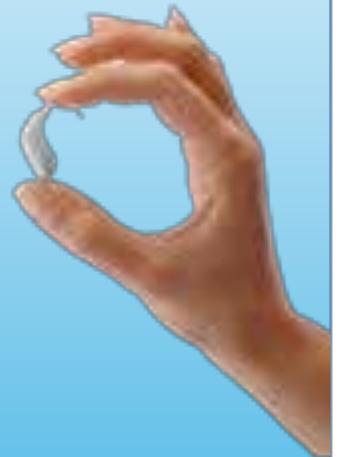
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OPARAU festival

For most of the year, Oparau is a sleepy little place about 20 minutes drive from Kawhia.

It used to be a big deal. It had its own school, dairy company and general store.

But over the years these things have disappeared. Until today - it is a collection of holiday and retirement spots and a small community of people who work in other places and don't mind the drive.

But one thing that has remained, at the end of Rotoiti Rd, is the old Oparau Hall, a stick of history and relic of a bygone era. Its Roll of Honour names the boys of the district that gave their lives in WWI and Queen Elizabeth's portrait, circa 1953, hangs graciously in the kitchen.

Only a few minutes' walk away, in what was the dairy company store, lives Lott.

Lott is an American jazz guitarist and bassist who arrived here from his native Seattle about 15 years ago and has come to call New Zealand home. He has since become an active part of the Waikato music scene.

More than a decade ago, he hatched a plan to create a music festival based in and around the Oparau Hall which, with the help of friends, music lovers, and local supporters has become the Oparau Acoustic Festival.

Now in its 11th year, the festival has featured a wide range of acoustic musicians from folk/celtic and country acts to singers, pianists and brass ensembles.

The festival takes place over the second weekend in November, this year, Friday November 13 and Saturday 14. The musical programme includes a Friday evening blackboard concert open to anyone who wants to perform, followed by a Saturday night main concert featuring booked bands along with random interludes by local performers and characters as required.

Oparau is a picturesque place. The hall is on a bend in Oparau River and surrounded by an area of land where festival-goers can camp. As Friday and Saturday progress, the area rapidly fills with wagons, vans, motor homes, tents and even house trucks.

There is the traditional Saturday afternoon gumboot swim in the nearby river and a slide-guitar workshop. On Saturday the evening begins with dinner and dessert, which can be provided for those who want it, followed by the main concert, which kicks off about 7.30pm. Later in the evening a bonfire is lit in the nearby field. Talking, singing and music and general merry-making continues until everyone falls asleep or sunrise, whichever comes first.

Leading the billing for Saturday night entertainment is Peter Parnham and Skiffy Music. Peter, a guitarist and

slide player is joined by Sue Tearne, Holly Carrington and Steve Gerrish who dish up a musical menu of Americana, Folk, Swing, Bluegrass, Country and Blues.

There will also be the special experience of the Township Kwelas. Hailing from all corners of the world, this group of six talented musicians pay homage to the beautiful sound of Kwela music and other African styles. With its hypnotic rhythms and lush horns this music reeks of African township flavour.

The word 'Kwela' comes from the Zulu word meaning 'get up'. It is used to describe the irresistible blend of jive/swing that developed in the South African townships during the 30's, 40's and 50's and the tradition penny whistle melodies. The Group play classics from the likes of Spoke Mashiyane, Mirian Makeba, Kippie Moeketsi and many more.

While at Oparau there is also the opportunity to explore the area. The Oparau Roadhouse, where most necessities, food, beverages and fuel can be obtained, is only a few minutes' drive away. The West Coast seaside settlement of Kawhia is 20 minutes away, along with the big black-sand beach, and if the tide permits, access to the Te Puia Springs, an area of natural hot water rising through the sand. A bit of surf-casting might be the thing, fish 'n chips on the harbourside or lunch at a local café.

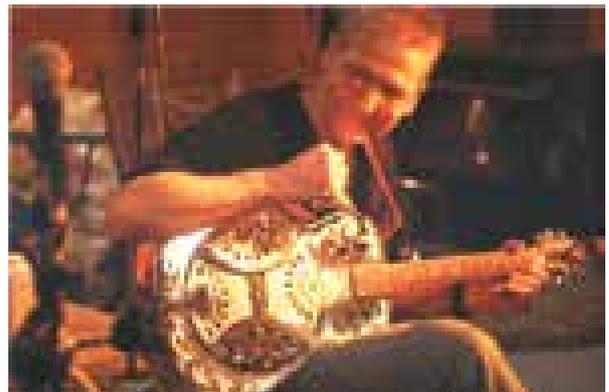
Part of the aim of the festival, outside having a lot of fun, is to help raise funds to undertake on-going repairs and maintenance for the century-old hall. Much has been achieved over the years with re-piling, painting and renovations to the kitchen.

Getting to Oparau takes about 50 minutes drive from Hamilton. Head west on SH 23 towards Raglan, turn off on SH39 at Whatawhata and head south through Pirongia. About 10 minutes past Pirongia is the Ngutunui Rd which intersects with SH31, the Kawhia Rd. Once over the hills turn right at the Oparau Road House onto Okupata Rd and 3kms later left into Rotoiti Rd, just before the bridge. The hall is about 500m away at the end of Rotoiti Rd.

Further details about the Oparau Acoustic Festival, booking, early bird deals, can be obtained by visiting www.oparauacousticfestival.co.nz. A fun video of the 2013 event can be seen on YouTube.

Story by Geoff Lewis

He can be contacted on email, geoff.lewis365@gmail.com, Facebook and 0273 255 654.





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AGE OF *the* *Silver* *Surfers*

There was a time in the past few years that I saw myself and others of similar age, being bypassed by technology. I got a growing feeling that there would come a time in the near future when everything I knew about communication would be gone, and I would be left high and dry.

As you get older you may feel cut off from the world by these new age 21st century developments such as Facebook, Twitter, Skype, and online shopping. Even to the extent of having minimal person to person relationships developing, because of this movement forward in the new high tech world where all is done via the aforementioned social sites and internet ordering and you find yourself slipping into the background as a statistic or number rather than as a person.

However, over the past 12 months I have found the exact opposite happening in my life since taking some time to learn the basics of using a computer and the "new phone" (credit to the grandkids for teaching me). Using these new social interactive mediums with the little knowledge I have achieved, I managed to catch up with friends and family all over the world not on a monthly or yearly basis but almost by the hour with pictures, text chatting and even video calling!

I have now made many new friends that I share my recipes, stories and yes, a little gossip with, on a regular basis. I've even played cards against people from all

over the world, not just neighbours or family.

My life enjoyment has increased not just online as they say, but also physically, as I am now a member of clubs and go for many lunches and dinners, and engage in activities with my new found friends. Not to mention that I am enjoying a new relationship with my children and grandkids who get a fantastic kick out of grandma or grandpa texting "LOL" (Lots of Laughs) or giving them advice when needed at whatever time, wherever they are. Whereas before this technology arrived, the instant contact with the family was more out of reach than it proves to be today and it has brought us closer together than would have been possible otherwise.

I have realised that I am not alone in this revelation. Myself and many others, are joining the ranks of the "Silver Surfers" (online friends) and gaining huge benefits and a new zest for life, knowledge and fun, that I thought may have passed me by forever. Yet it has returned with a passion, even researching my own family tree as a hobby.

As you age, there is a tendency to fear the unknown. I remember my dear mum having huge suspicions of ATMs and EFTPOS services when they first appeared. It took her a long time to come to terms of not having to take her bank book (for those that remember these) into the local branch for withdrawing funds, or getting the bank stamp for deposits, and now having to trust a machine on a wall with her money.

My mum's fears, I suppose, came down to not having the personal one on one contact with these new innovations. I now realise, just like she eventually did, that with a little extra knowledge, these innovations can make life easier, and help those of us not able to travel or get around like we used to, keep up with everything from the latest news, to being included in the day to day lives of our loved ones.

So come on all you over fifties and join the ranks of the silver surfers! Embrace the future and everything it offers!

Some view technology as a great evil that slowly diminishes our humanity, while others view it as a way to bring the world closer together and to help solve some of our greatest challenges. But I think, like anything, it's all in the way we use it!

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ALL THINGS *trees*

Steven Falkiner started Falcon Tree Services Ltd early last year. He graduated as a fully qualified arborist at Wintec, Hamilton in 2010 and has since gained experience in the industry. He has been maintaining and caring for trees over the past 20 years though while working in forestry and establishing wetlands with native shrubs and trees on the family estate. Steven has always had a great passion for trees, gardens and wetlands. He enjoys working closely with his clients to meet and respect their needs from quoting a job to finishing the job tidily. Falcon Tree Services Ltd is fully qualified to safely look after, remove or offer professional and friendly advice on trees, shrubs and hedges. Steven specialises in taking care of those large trees in tight residential areas that are too tricky to handle. Falcon Tree Services Ltd provides their services to the greater Hamilton and South Auckland area, as far as the Franklin District.



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Our Herbal Dispensary carries a wide selection of dried herbs and herbal tinctures which Sue, our Medical Herbalist, can make into specific medicinal tea blends, herbal formulas, creams and ointments for your individual health concerns.

Sue is available in store for advice on natural health, diet and lifestyle. She can assist you with your natural health product selection and advise you of any possible drug interactions or cautions relating to your pharmaceutical prescriptions and your natural health supplements. She is also available, by appointment, for

more complex, in depth individual consultations. We offer a hair analysis test, which can help identify food intolerances and environmental sensitivities, which may be impacting on your health and contributing to a range of health issues. Health conditions that may be triggered by these intolerances including eczema, rashes, hives, asthma, IBS and other digestive problems including bloating, gas and indigestion, colic, chronic sinusitis, recurrent infections, sleep issues and fatigue. Once the hair analysis has been completed, the service includes a consultation with Sue to discuss the results, ask any questions and for Sue to provide nutritional advice and support, and a herbal formula and/or supplements if required.

We also carry an extensive range of Superfoods and health foods, with tastings available and plenty of recipes to help you integrate these into your lifestyle.

The only Pharmacy in the Waikato with a Herbal Dispensary

Sue, our Registered Medical Herbalist offers

- Advice on complementing your prescription medicines with Natural Health products, and any potential interactions between them
- A wide range of liquid Herbal extracts and dried herbs for blending into individual formulas and tea blends
- Healing creams made from all natural ingredients in our Herbal Dispensary
- Bach Flower remedies made specifically for you

- Comprehensive range of Natural Health supplements including Good Health, Clinicians, Dr Schuessler, Nordic, Weleda, Life Stream, Kiwi Herb, Go Healthy
- A comprehensive selection of Superfoods
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- Hair analysis testing, a useful tool for identifying food intolerances and environmental sensitivities

LET SUE HELP TO FIND THE BEST NATURAL HEALTH SOLUTION FOR YOU

For more information contact Sue at
herbal@flagstaffpharmacy.co.nz
or call us on **078540445**

TLC Building 1158 River Rd Hamilton

Or visit us on FaceBook



WE WILL MISS YOU *Barb*



After eight years, Barb Ritchie is retiring as the co-ordinator of the Kauri 2000 Trust.

Barb grew up in Michigan and following college she developed a successful career with the Amway Corporation. The company took her all over the world and it was in New Zealand where she met and married her English-kiwi Mike. Their move to Hahei saw Barb free of corporate life, but not ready for full retirement. Kauri 2000 needed a co-ordinator, Barb got the job and so began

a wonderful relationship. Barb now admits that she didn't know what a kauri tree looked like!

Everyone involved with Kauri 2000 appreciates Barb and all she has achieved. She's a born organiser, has developed wonderful relationships with volunteers, contractors, supporters and sponsors, and has overseen the planting of over 20,000 trees during her time. But before she leaves she is making sure her replacement, Janet Munns, is up to speed and ready for the task ahead.

Everyone in the Kauri 2000 "family" will miss Barb and her wonderful sense of humour. She leaves the Trust with the warmest good wishes.

Looking for a unique and lasting gift idea? Something to help our planet?



Help restore the kauri forests to the Coromandel, give a kauri seedling - a gift that will last thousands of years.

www.kauri2000.co.nz

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- Additional donation towards ongoing maintenance of sites and young kauri

Name/message for certificate and plaque:

(no more than 50 characters)

Name.....

Address.....

.....

To the Secretary, Kauri 2000 Charitable Trust,
PO Box 174, Whitianga

THE EYES *have it!!*

I thought this experience I just encountered was something to be shared with our fantastic readers, due to the eye-opening experience it was for me (excuse the pun), as you will “see” as you read on (I did it again....).

Recently my eyesight has been experiencing some drawbacks regarding my near-vision, when looking at business cards or reading my favourite current paperback in bed (not that I often get the chance). But with **seasons** magazine, the drawbacks can cause me some major issues especially when editing copy, or squinting at photos that we may wish to include whilst checking quality requirements to ensure best quality for print.

Anyway to cut a long story short, I decided to heed the advice from friends and colleagues and paid a visit to one of our fantastic clients: Bell Neuhauser - on Anglesea Street, Hamilton. I wanted to get a checkup as to whether my current condition was age-related (I'm 21 by the way and sticking to it) or something more serious as it seemed to come on quite suddenly over a period of roughly 12-18 months.

So here's me wandering in to be greeted by the enthusiastic staff, and was introduced to the team with a few light-hearted jokes and pleasant chitchat. Very unexpected, but also very welcoming nonetheless. I thought this would be the standard sit-and-wait scenario usually associated with doctor-type visits I had experienced in the past.

Then with the assistance of a very lovely young lady named Anna, who finally took charge of the situation with perfect grace and care, guiding me to an

examination room to take what I thought would be the customary one-hand-over-one-eye-read-the-chart-on-the-wall examination.

“But boy was I wrong!”

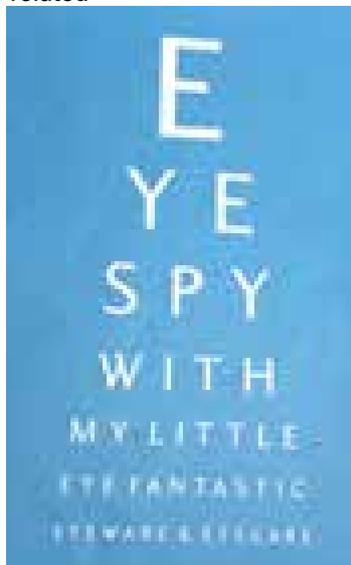
It was immediately clear that things in this industry have changed dramatically. I was asked to be seated at a complicated-looking machine (I was told it was called a Zeiss Profiler, and tests the light levels for my eyes). I was then introduced to another flash piece of technology called a Zeiss Visucam - it took a photo of the back of my eye (quite possibly because it's my best side) which can assist in spotting changes in my eyes' health.

Thinking that was the end of it, I prepared myself for the final verdict to be pronounced.

“But wait there's more....”

Into the next room I went. Only to be confronted with another high-tech looking machine that resembled something out of a Sci-Fi movie, which had many different functions all rolled into one sleek-looking unit. Until explained that this was a normal process, I was thinking, “ok they've found something abnormal and need more tests”. However, Anna alleviated that thought with a quick smile and took me through the reasons for this next barrage of tests, the necessity of these tests to ensure a complete analysis of my sight, and to get the best results for me personally.

I wasn't intimidated by the machines I came across, such as the Phoropter – this machine's purpose is to confirm the exact lens requirements and balances between



each eye. There are hundreds of lenses they can run through to get everything perfect for your particular eye shape, including for eyes shaped like rugby balls! I'm still not sure on this one but apparently it doesn't come from watching too many replays of the world cup!

The scariest part was the Tonometer that puffed a small amount of air onto my eye to check my eye pressure (I'm sure Anna deliberately distracted me in order to see me jump). I must admit it didn't hurt a bit!!

Once those tests were completed, I was led across to Chris and Peter for yet a further analysis of my eyes, but by an eye-profiler computer programme – similar to that of one of the new airport-customs self scanners - which compile all of my information and variations that different natural conditions may affect my sight. It's a unique instrument to the Waikato region as well.

At Bell Neuhauser, once all was done and completed, I was given a full explanation of my situation, which was very detailed with definite answers. And as I found out, my vision problems came down to the fact that my eyes were going through the normal ageing process (unbelievable, as I'm only 21 REMEMBER!).

The final analysis would allow them to not only customise the lens to my eyesight, but because of my

tendency to sit on, misplace, or just outright lose them, Bell Neuhauser designed them so they could be worn at all times, taking away the necessity of constantly removing them when not required.

But the care didn't stop there as virtually the whole team got involved in finding me the perfect size and shape that would sit, feel and look right (this brought a few more laughs to the table). They also allowed me to take mine and their choices of frames away to get opinions from my loved ones (the ones who would be brutally honest) to ensure I would be completely satisfied with the end result.

One smart co-worker decided that one particular pair made me look like Paul Henry! They are currently out of my good books!!

Many thanks to the team at Bell Neuhauser, Anglesea Street Hamilton, for your hard work and dedication in getting my vision sorted.

PS: Bell Neuhauser will offer **Super Gold Card Holders 15% off**, and in 2016 will be giving **COMPLIMENTARY SCHOOL CHECKS** to help our youth who may be struggling with their vision due to undetected eye issues.

SO AT LAST, I CAN NOW SEE THE BIGGER PICTURE!


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THE LIGHTER SIDE *of Getting Older....*

LAUGHTER IS THE BEST MEDICINE

A boss asked one of his employees, "Do you believe in life after death?"

"Yes, sir," replied the new employee.

"I thought you would," said the boss. "Yesterday after you left to go to your grandmother's funeral, she stopped in to see you!"

An elderly woman died last month. Having never married, she requested no male pallbearers.

In her handwritten instructions for her memorial service, she wrote...

"They wouldn't take me out while I was alive, I don't want them to take me out when I'm dead"

I went to the doctors today and he said to me, "Have you been taking the medicine I gave you for your memory loss?"

I replied, "Err no, I forgot."

He said, "If you don't take your medicine you won't fix the problem."

I said, "What problem?"

"Hey Grandpa!, can you make a noise like a frog?"

"I think I can do that. Why?"

"Coz Dad says when you croak, we're going to Disneyworld"

In a Podiatrist's office:
"Time wounds all heels."

At a Tyre Retailer:

"Invite us to your next blowout."

At a Towing company:

"We don't charge an arm and a leg. We want tons."

On a Maternity Room door:

"Push. Push. Push."

On a Fence:

"Salesmen welcomed! Dog food is expensive."

In a Veterinarian's waiting room:

"Be back in 5 minutes. Sit! Stay!"

In the front yard of a Funeral Home:

"Drive carefully. We'll wait."

My five year old son squealed with delight when he opened his birthday present from his grandmother. It was a water pistol. He promptly ran to the sink to fill it.

"Mum," I said. I'm surprised at you. Don't you remember how we used to drive you crazy with water pistols?"

My mum smiled and said, "Yes, I remember."

A professional juggler, driving to his next performance, is stopped by the police.

"What are you doing with these matches and lighter fluid in your car?" asks the police officer. "I'm a juggler and I juggle flaming torches in my act."

"Oh yeah? Let's see you do it," says the officer. So the juggler gets out and starts juggling the blazing torches masterfully. A couple driving by slows down to watch.

"Wow," says the driver to his wife. "I'm glad I quit drinking. Look at the test they're giving now!"

The prospective son-in-law was asked by his girl friend's father,

"Son, can you support a family?"

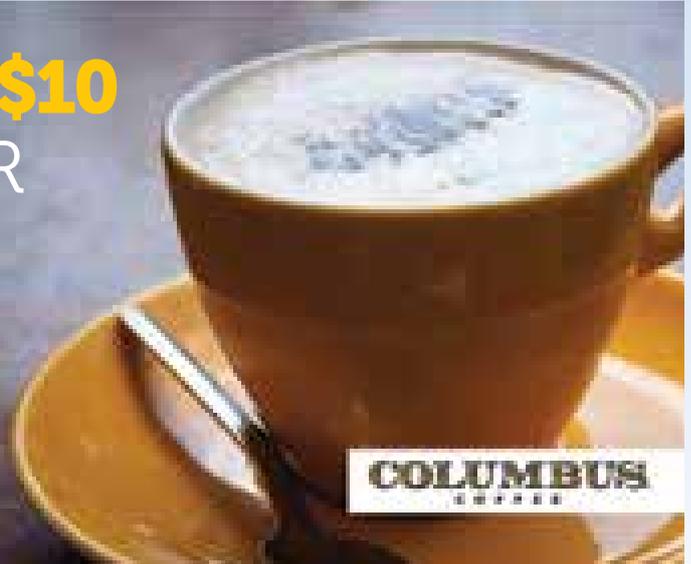
"Well, no, sir," he replied. "I was just planning to support your daughter. The rest of you have to fend for yourselves."

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RIVERLEA THEATRE

Bring Back Burlesque

After a successful 2013 Christmas season Riverlea brings back Drag Diva Miss Gloriousole and her nationally toured performers to create a new season of risqué and boldly humorous entertainment. This adults only entertainment features a full company of vocalists, comedians and burlesque specialty acts.

Miss Gloriousole is the performance alter ego of well known theatre performer Dennis Ralph, having taken his 'raised eyebrow' to perform for the houses of parliament and the cabaret 'fleshpots of New Zealand entertainment' he once again presents "Bring Back Burlesque" at the Riverlea Theatre for your Christmas entertainment.



Join us for the 2015 Riverlea Christmas Show!

Bring on BURLESQUE

28 Nov - 19 Dec
Thursdays - Saturdays @ 6.30pm



This adults only show brings back the era of Burlesque at its best. Featuring some of Hamilton's own national and international Burlesque sensations, supported by a cast of comics and vocalists.

Ideal Christmas entertainment for the office party and large groups.

DINNER & SHOW \$70
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PERFECTION *in the Cook Islands*

As a holiday destination, the beautiful Cook Islands are second to none. Only a four hour flight from New Zealand and home to some of the South Pacific's most picture perfect beaches, everything about the island exudes peace and relaxation.

Cara Christie, from Flight Centre Hamilton says, "the jewel in the crown in the Cook Islands is Rarotonga and the west coast with its stunning sunsets is a beautiful area to stay in. Dotted with beautiful resorts offering the ultimate in relaxation, beachside villas hug the shoreline and snorkelling in crystal clear waters only metres from your room is available at many resorts. With only 15,000 residents the Cook Islands gives you that rare and wonderful feeling of being completely distanced from the world in paradise."

Ms Christie says a trip out to Aitutaki is a must, "a short flight from Rarotonga will take you to the stunning island of Aitutaki, a true wonder of the Pacific. With a world famous lagoon, beautiful turquoise crystal

clear water and long sandy stretches of beach, it's often described as one of the most beautiful places on Earth. Best of all you can easily visit on a day trip."

Laura Gatenby, also from Flight Centre Hamilton says, "like most things in Rarotonga, time has a mind of its own. Days roll by with the island tides, one morning you'll be exploring taro plantations, enjoying local cuisine at the markets and floating over the crystal clear lagoon on the glass bottom boats, and the next, a plane will be waiting to take you home. Make the most of it while you can – paradise is a pretty tough place to find."

Flight Centre Hamilton's group tour to Rarotonga departing March 17 2016 will be the perfect opportunity to experience everything the Cook Islands has to offer. Enjoy a pre-planned itinerary including guided tours of Rarotonga's best attractions, sights and activities all while making memorable experiences with like-minded travellers. Bliss!



Join us in Rarotonga for a relaxing island holiday in 2016!

Enjoy a pre-planned itinerary which allows you to unwind & indulge as you embark on a group tour of beautiful Rarotonga from only **\$2899*** pp

This holiday includes:

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- ✓ Selected meals daily
- ✓ Guided tours with experts
- ✓ Rarotonga's best attractions, sights & activities
- ✓ Memorable experiences with like minded travelers

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BOAT *business*



In 1957, Rollo Dutton began building dinghies as a hobby. His skill as a craftsman soon saw this hobby become a rapidly growing business, which led to the need for larger premises and staff, to meet the high demand for his boats. Rollo's range of boats expanded to include runabouts and cabin boats up to 8 metres in length.

In the late 60s, a decline in the need for plywood-built craft gave Rollo the opportunity to retail new and used boats. So he moved once again. This move was to the company's present site at 554 Te Rapa Road.

Having one of the largest marine showrooms in New Zealand, Rollo's Marine offers a wide range of high-excellence boats, motors and chandlery. Names like Yamaha, Haines Hunter, Figlass Boats, Senator Alloy Boats, Stabi-Craft Pontoon Boats, Yamaha WaveRunners, Hutchwilco, Lowrance, Furuno, and DMW Trailers are all leaders in their relevant markets.

Today, Rollo's Marine has a huge selection of both new and used boats ranging in size up to 8.5 metres on display and a variety of new Yamaha outboards and used outboard motors. The Service Department is modern, well-resourced, and is second to none in the Waikato. Highly skilful staff are able to service all types of outboards, inboards, and jet skis. Two of their

technicians have reached the peak in their field by being qualified as Master Technicians. There is no higher qualification in the industry.

At Rollo's Marine, our principals are based on quality, service, and value. Come into our showroom and see for yourself!

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Email: rollos@rollosmarine.co.nz

Website: www.rollosmarine.co.nz

Facebook: <https://www.facebook.com/rollosmarine.hamilton>

The Bridge to Bridge Water Ski Classic is back for its 32nd year running and will be held on the weekend of 27th-29th November 2015. This year, Yamaha and Rollo's Marine are once again on board as naming rights sponsors, which is fantastic for the support of the event. The racing takes place in many forms over the weekend, is held on the Waikato River, and is the premier event of the year for water ski racers in New Zealand.

The pinnacle of this event is the Long Race - an 82km flat out sprint, against the clock from Cambridge to Taupiri and back to Hamilton. This race attracts the best ski racers throughout New Zealand, as well as plenty of competitors from across the Tasman.

This year, the Bridge to Bridge and Twin Rivers are being run as a "Super Series" and the overall winner of the two events will be crowned King of the Rivers 2015.

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READERS'

submissions

The Skating Rink

The lilting sound of the "Blue Danube Waltz" floated across the road to the white house with the green shutters. Peggy, sitting in her chair by the open window, watched the skaters gliding gracefully around the rink. Her hair was grey now, but her face was soft and feminine. She had once been an attractive woman.

There were 12 skaters today, but some days there were only three or four. Peggy noticed that the young woman with the torn jeans was back. She had not been there for the last few days, but now she sat on one of the benches, keenly watching the skaters.

Peggy lifted her eyes to the cliffs behind the skating rink. They rose majestically above the beach and gave character to the village where she had lived all her life. The gaily painted houses stood on one side of the main road and the skating rink and shops were on the other.

Peggy's gaze moved back to the skaters and she saw the man who managed the rink, go over to the young woman with the torn jeans.

"Come and have a cup of coffee," she heard him call out. The young woman nodded and they went into the office together.

Peggy got up and closed the blinds. She turned on the lamp and picked up the photo album from the table. As she turned the pages, she remembered another scene so many years before. It was the same skating rink across the road, but the young woman in the picture was Peggy. She looked beautiful. Her face shone and her sequined dress sparkled as it caught the spotlight above her head. A young man entered and went over to her. He smiled, took her hand and together they skated around the rink to the lilting sound of the "Blue Danube Waltz."

How she loved skating with Robert. He was her childhood sweetheart and they were inseparable. During the week they sat side by side at the village High School and in the afternoons they scoured the beach for driftwood or climbed the cliffs to watch the sunset. On Saturdays Peggy and Robert practised at the skating rink.

In March of that fateful year they entered a skating competition in the next town. The week before the event, Robert went on the bus to see what the rink was like. He never returned. They told her the bus driver hadn't seen the train coming and no-one in the bus survived. That day she put her skates in the attic trunk and did not speak of Robert again.

Now Peggy sat looking at the photo album. Not a sound could be heard in the room except for the ticking

of the clock on the mantelpiece. At last she placed the album back on the table and pulled herself stiffly out of the chair. She crossed over to the stairs and slowly climbed up to the attic. She walked inside, went over to the trunk and lifted the lid. There were the skates lying just where she had left them on the day that Robert had died.

She knelt down beside the trunk and let her fingers run gently over the metal blades. Slowly the tears began to flow. Then great sobs shook her body as she shed the grief that she had kept locked up inside for years. "I loved you so much, Robert," she whispered. "Goodbye my dearest one."

It seemed a long time before Peggy rose from the floor. She took the skates from the trunk, closed the lid and went down the stairs. Then she opened the front door and crossed the road. The skaters were putting on their coats and leaving for home. She looked for the young woman with the torn jeans. She was standing beside the office, still talking to the man. Peggy walked up to her and handed her the skates. "I want you to have these," she said. "I have no further need for them."

The young woman's face lit up. "Oh thank you so much," she replied. "I have been saving up for a pair of skates just like these." She hugged Peggy and ran home with the skates clutched in her hands. Peggy crossed the road again to her house. The ache inside her had gone. She felt a peace and knew that she had buried the past forever.

Written by Marilyn Sampson

A LETTER FROM EGYPT

He grabbed me by my slender neck
I could not call or scream
He dragged me to his dingy room
Where we could not be seen
He took from me my flimsy wrap
And gazed upon my form
I was cold so scared and damp
He was so big and warm
He put his cold lips next to mine
I gave him every drop
He took from me my very soul
I could not make him stop
He made me what I am today
That is why you find me here
A broken bottle thrown away
That was once full of beer

From Gerry & Daphne O'Neill:

I found it among my father's papers and it is handwritten on a piece of tissue-like paper. I have no idea who the 'poet' is and sadly, my father is no longer with us, to check to see if he knew of them. He was Lot Fahy and the family came from the St Bathans area. He finished his 'career' with NZR as a locomotive supervisor after starting as a fireman.

Our Bucket List: Life is too short

After trying four times to take off on our first trip to Europe, we finally pulled it off.

A busy work/lifestyle had ensured the years had passed by all too quickly without us noticing. There we were: businesses to run, family to take care of, ourselves to look after.....the list went on. But finally, we did something about it. We booked the trip of a lifetime, and looked forward to restoring the energy in ourselves that our busy lives had previously taken over.

We owed it to ourselves to do it. And so off we went. Warm weather, look out!

Linda's bucket list: Paris – Eiffel Tower; Italy – scenery.

Barry's bucket list: Spain – lovely vino; Dubai – being an engineer, and loving design.

Paris here we come! Eiffel tower: history aplenty, mind-blowing buildings, pleasing warm weather, picturesque scenery and to top it off, a hotel in Paris looking straight at the wondrous Eiffel Tower.... am I dreaming? Are we really here? And let's not forget the gorgeous french cafes: baguettes, stunning selections of cheese, chou pastry balls (chouquettes), and of course, a perfect chocolate éclair!

Italy: our walking tour was along the coast, and in the lovely fishing villages the people were incredibly welcoming, and loved to entertain. We saw unseen

treasures, and felt like we were walking the footpath of the Gods. There were so many cultures to admire! We felt challenged with Italy's trains, but nevertheless, did as they did....sit anywhere, with anyone!



Spain: here we got to taste a mixture of art, history, culture and cuisine! On a beautiful sightseeing train tour around Southern Spain, the history was rich in abundance, magnificent scenery and breath-taking cities were on the menu, and the Spaniards were very accommodating. The wine was delicious to say the least! And the weather couldn't have been more perfect whilst we enjoyed this wonderful tour (and consumed a vino or three!).

Dubai: our senses were on overload as soon as we got into the taxi! Loud music, a fast driving taxi driver (who chewed gum just as fast), and when the "tour guide" came out in him, it became a party in the taxi! Hilariously entertaining, and definitely one ride we will never forget! As for the engineer and his engineer-loving ways, the structures around Dubai were astounding. Every corner, every straight-line, every "movement" (in a design-sense), was met with incredible words of delight. He was finally able to nestle

amongst his dream buildings!

Now that we are home, we feel so much more settled having ticked that box off our Bucket List. So if you have a Bucket List, get started now and get those boxes ticked!

*Submitted by Linda Fisher
InspiredBy2*



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OPEN YOUR HOME TO OTHER CULTURES!

Waikato residents have an opportunity to open their homes and experience new cultures in 2016, by hosting an AFS exchange student.

AFS bring students from around 50 countries into New Zealand each year to experience the Kiwi lifestyle and culture.

Waikato AFS Chapter president, Les Wills, says "hosting is a great way to bring an overseas experience into your own home. It enables everyone in the family to learn words in other languages, develop relationship skills, greater levels of understanding and tolerance and gain insights into other cultures."

Host families are not required to change anything about how they live, as the point is for the overseas student to experience living in New Zealand like locals.

"New Zealanders are very open to hosting and the number of AFS students coming into the Waikato region over the past two years has steadily been increasing which is very reflective of Waikato families being keen to be a part of a cultural experience in their own homes," says Mr Wills.

What separates AFS apart from many other hosting organisations, is that host families are volunteers, they are not paid for hosting, although small hosting scholarships to help offset some costs are sometimes available.

"You gain a lot more than you give," says host mum Tania. "And the more you put into making it work, the better it works. It lets you grow as a family and gives you a new view on the world."

Host families come in all shapes and sizes, potential

families don't have to have children of their own; children might be grownup or very young, same sex couples, singletons and empty nesters who aren't quite ready for the change.

"New Zealand has so much to offer visiting students and we get to go places and do and see things that we would probably never do otherwise ourselves as a family," says Mr Wills. "Hosting has changed our lives, we've just been to Europe recently and visited all of our AFS 'children' in Finland, Italy, it was a Tiki tour!"



2015 Hosted Students Julia Arnold from Germany and Sofia Berthelon Carrion from Chile

Current hosted exchange students attend local secondary schools in Hamilton and Cambridge and will return home during the first week of December. These students come from Finland, Sweden, Germany, Chile, Canada, Iceland, Denmark and Switzerland.

"Many host families and students remain in close contact for the rest of their lives," says Mr Wills.



Some of our 2015 hosted students in the Waikato region from Iceland, Sweden, Chile, Germany, Switzerland, Finland, and Canada.

Anyone over the age of 25 can apply to host and host families cover a broad spectrum of ethnic, religious, cultural and socio economic background both rural and urban.

All host families are different, which makes each student's exchange unique. A family needs to offer a warm and caring environment and be happy to host a student on a voluntary basis.

In return, the AFS Waikato Chapter does its best to find a student

compatible with a family's interests, personalities and way of life.

Anyone interested in hosting, or simply finding out more about it can contact Les Wills on 846 3422 or 027 344 9880.

The AFS National Hosting Coordinator can also be contacted on 0800 600 300.



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seasons
magazine *Life Beyond 50*

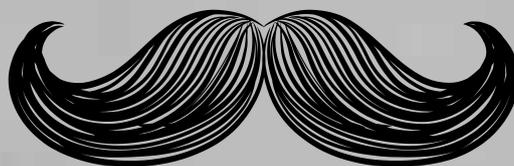
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Register from
20th October

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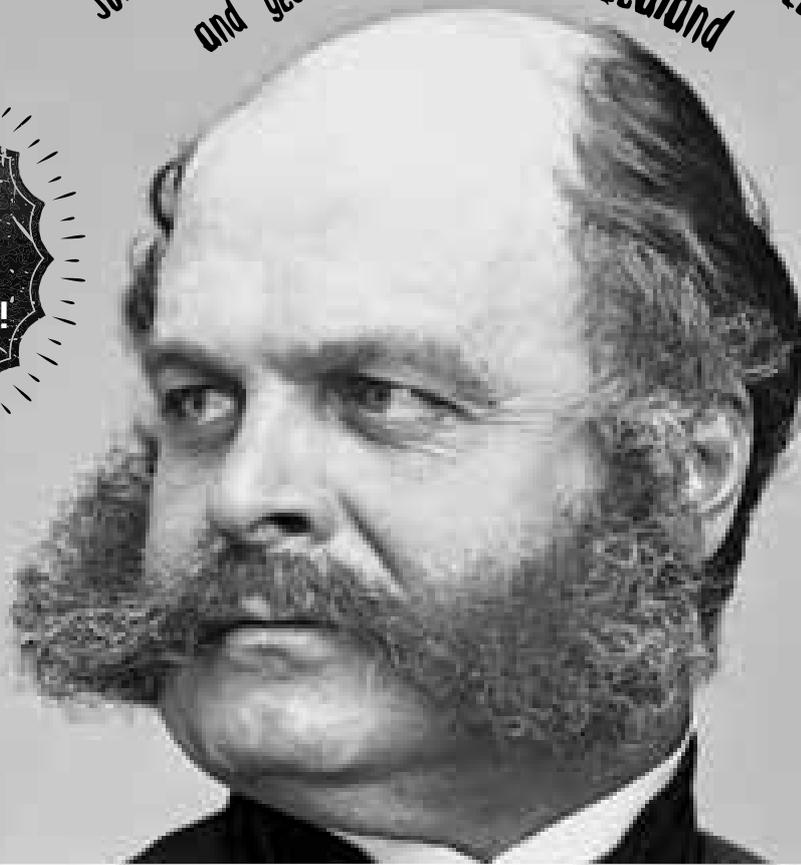


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Whos Ya Barber
25th – 31st October
to kick you off

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Support
Men's Health
Join the
Challenge Now!!

Free MOBBQ &
prize draw
Whos Ya Barber
26 Bryant Road
30th November
@ 1pm



MO-BBQ 30th November Prize giving and a free BBQ at Who's Ya Barber to pass over our donation to
The Movember Foundation for Mens Health

Ladies welcome to enter as our Mo-Sistas and supporters of this awesome challenge.

Also where ever you find your free copies of Seasons magazine please put a donation in the provided donation box

(All funds directed through Westpac or online through our team website)

For further details please contact Ph: 07 981 1311 or Email: whosyabarber@ymail.com

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 Wednesday 25th November.
Please ensure you include your contact details also.**

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.

seasons' spring recipes

plum and white chocolate mousse



Preparation time: 10 minutes

Chill time: 10 minutes

Serves: 6

Ingredients:

12 gingernuts

25g butter, melted

850g can Black Doris Plums (preferably in syrup)

120g white chocolate

250g tub of cream cheese

1c full cream (lightly whipped to a soft peak)

Method:

Finely crush gingernuts.

Stir melted butter into the biscuit crumbs. Spoon the crumb mixture into the base of 6 serving glasses, or ramekins.

Drain Black Doris Plums, reserving the syrup.

Cut the plums into quarters, removing the stones.

Reserve 6 plum quarters and mash the remaining with a fork.

Melt the white chocolate in the microwave, or in a bowl over hot water. Set aside to cool.

Beat the cream cheese until smooth. Stir in the melted white chocolate and mashed plums.

Carefully fold through the whipped cream.

Divide the plum mixture between the serving glasses.

Chill for 10 minutes.

To serve, top with a dollop of whipped cream, and a drizzle of the reserved plum syrup.

sticky date and maple dessert

Preparation time: 20 minutes

Cooking time: 30-35 minutes

Serves: 6

Ingredients:

1c dates, halved

1t baking soda

1/2c boiling water

50g butter, melted

1/4c sugar

1 egg, beaten

1/2c Maple Syrup

1c self-raising flour

Method:

Preheat oven to 180°C.

Line a 22cm round tin, with baking paper.

In a bowl, combine dates, baking soda and boiling water. Let stand for 15 minutes, or until the dates have softened and cooled.



In a large bowl, mix the butter and sugar, and then add the egg and 1/4c of maple syrup. Beat well.

Sift the flour into the creamed mixture and gently fold in with the dates and any remaining liquid.

Pour the remaining 1/4c of maple syrup into the base of the lined tin.

Spoon the cake batter on top.

Bake for 30-35 minutes or until a skewer inserted comes out clean.

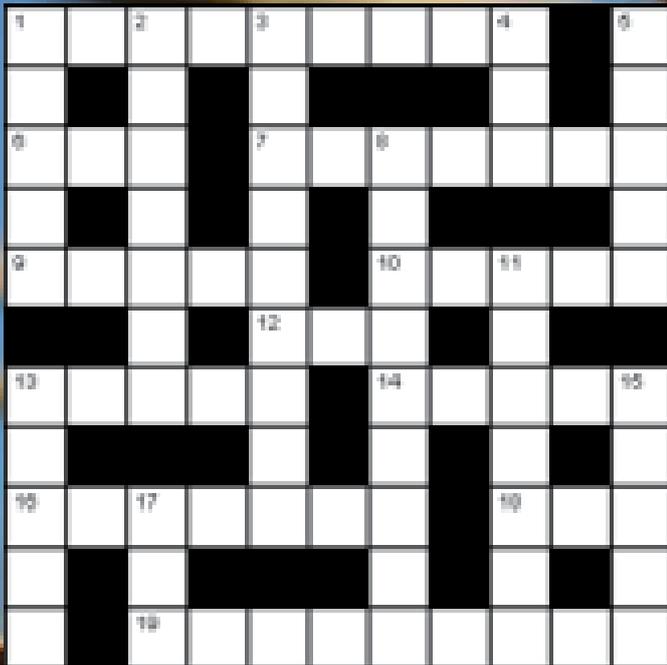
Cut and serve with syrup or cream on the side.



Phone 07 846 1561 24 hours/7 days

This month's Puzzle Pages proudly brought to you by Seddon Park Funeral Home

Quickie Crossword



Across

1. Eternal (9)
6. Water barrier (3)
7. Precious gem (7)
9. Mistake (5)
10. One of the senses (5)
12. Expert (3)
13. Beer mug (5)
14. Score (5)
16. Very old (7)
18. Self (3)
19. Stage name (9)

Down

1. Military chaplain (5)
2. Compunction (7)
3. Survival (9)
4. Fifth sign of the zodiac (3)
5. Emblem (5)
8. Tried (9)
11. Physician (7)
13. Frighten (5)
15. Tempest (5)
17. Drinking vessel (3)

Cryptic Crossword



Across

1. Occasion when some shall owe entirely (9)
4. Encountered in cemetery (3)
6. Spirit of tough ostrich (5)
8. Demonic battle device (7)
9. Halo found in chateau raid (4)
10. Wizard uses mixture to gain mica (8)
13. Pinches head to tail and causes a whirl (4)
14. Reversal of temper results in day of reckoning (4)
18. Halved scattered dice bets (8)
20. Creatures of the night pierce back to front (4)
22. Heart and family is fruitful (7)
24. Stands unsteadily as eel on three legs (5)
25. Cacophony of sound in reading library (3)
26. Cast a frenzied spell then dance (9)

Down

1. Sounds like bony old witch will keep watch (7)
2. Discovered turncoat had curse (4)
3. A very long period of time, in general (3)
4. I roam here and there to find a New Zealand language (5)
5. Sent to Kenya to locate relic (5)
7. Some roadhog residents are fiends (5)
8. Feeble after listening for seven days (4)
11. Sounds like object of worship isn't working (4)
12. Some quartz including an element of metal (4)
15. Don't believe all of these stories (5)
16. Consumed little and pen dripped blood (7)
17. Found to evoke energy, like a knife's edge (4)
18. Some two-legged creature with incubi pedigree (5)
19. He says it's a name of a game for children (5)
21. Describe table where second letter is located (4)
23. Find sinners somewhere to stay (3)

Medium

	1	5						
		4			5			9
		6	8		4	2	7	5
	2	9		3		7		
			9	7	6			
		3		4		9	5	
6	8	7	2		3	1		
9			7			5		
						8	2	

Hard

				2				9
		2				5	3	1
6	1		9	8		2	4	
			1			3		
	4			5			7	
		5			8			
	8	7		6	9		5	3
5	3	9				7		
2				3				

Syllaballistic!

Fill in the answers to the clues by selecting the correct syllables from the list below. Each syllable can only be used once and the number of syllables to be used is shown in brackets. When the correct words are filled in, the first and last letters reading down will reveal a proverb.

CO, CONDS, DEN, EN, IN, NA, NO, NUR, O, RI, RING, SAL, SE, TER, TICED, TO, TU, VAGE, VIEW, WI.

1. Fostering _____ (3)
2. South American river _____ (4)
3. International organization _____ (2)
4. Lured _____ (2)
5. Broaden _____ (2)
6. Save from destruction _____ (2)
7. Consultation _____ (3)
8. Units of time _____ (2)

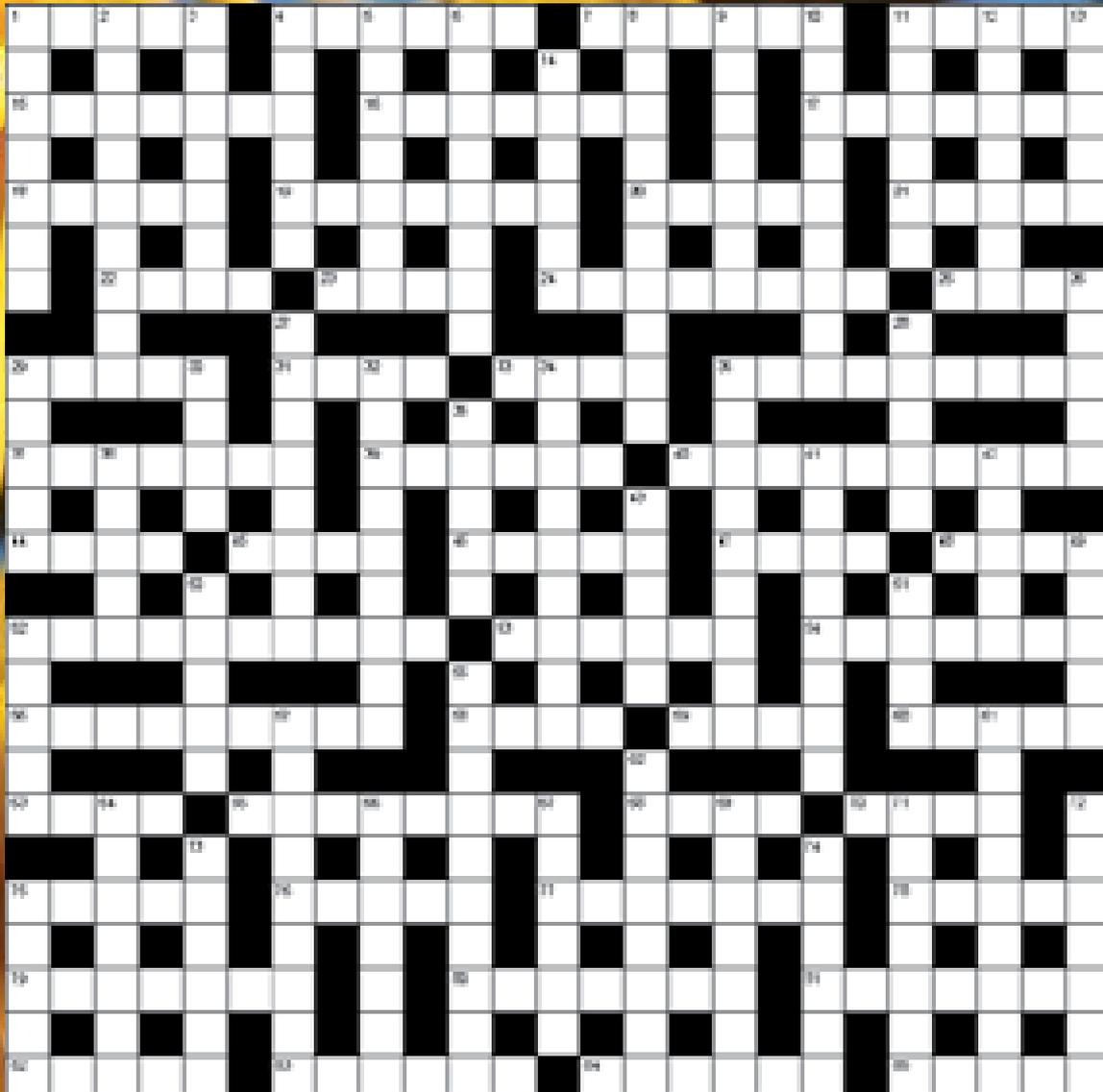
Hubword



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

Find the answers to all puzzles in the December issue of seasons magazine or go online to www.thebestlittlebookstore.co.nz

Colossus Cross



Across

1. Fruit (5)
4. Pill (6)
7. Adjusts (6)
11. Combat (5)
15. Vegetable (7)
16. Sewing implements (7)
17. Floorshow (7)
18. Performed (5)
19. Instructor (7)
20. Protective stratosphere layer (5)
21. Each and all (5)
22. Totals (4)
23. Sharp (4)
24. Narcissus plant (8)
25. Molecule (4)
29. In front (5)
31. Pleasant (4)
33. Impartial (4)
35. Winning move (9)
37. Dissimilar (7)
39. Sharp pain (6)
40. Vanishes (10)
44. Nobleman (4)

45. Group of players (4)

46. Diffident (5)
47. Unit of length (4)
48. Metallic element (4)
52. Simple (10)
53. Mystery (6)
54. Small edible fish (7)
56. Revolt (9)
58. Thin fog (4)
59. Capital of Norway (4)
60. Elude (5)
63. Gape (4)
65. Roomy (8)
68. Amphibian (4)
70. Requests (4)
75. Claw (5)
76. Component parts (5)
77. Acquired knowledge (7)
78. Moderate purple (5)
79. Surprised greatly (7)
80. Ancient god of wine (7)
81. Kindled (7)
82. Top tournament players (5)
83. Peril (6)

84. Paragons (6)

85. Early warning system (5)

Down

1. Mattock (7)
2. Mediate (9)
3. Stashed (7)
4. Pact (6)
5. Dressing (7)
6. Large mammal (8)
8. Soreness (10)
9. Small flute (7)
10. Tightlipped (9)
11. Short moral stories (6)
12. Article of clothing (7)
13. Shabby (5)
14. Flamboyant (6)
26. Encounters (5)
27. Innate (8)
28. Similar to a giraffe (5)
29. Intense (5)
30. Pulpit (4)
32. Type of sailing boat (9)
34. Differences of opinion (9)

35. Felons (9)

36. Presents (5)
38. Concur (5)
41. Progenitor (8)
42. Legal excuse (5)
43. Byword (5)
49. Paper with crinkled texture (5)
50. Stringed instrument (5)
51. Desiccated (4)
52. Ahead of time (5)
55. Totally unlikely (10)
57. Confiscated (9)
61. Threw into disorder (9)
62. Appended (8)
64. Greeting (7)
66. Domestic fowl (7)
67. Choose (6)
69. Memory loss (7)
71. Conference (7)
72. Slim (7)
73. Reptiles (6)
74. Allows in (6)
75. Jobs (5)

Word Search

Can you find the hidden words? They may be horizontal, vertical, diagonal, forwards or backwards.



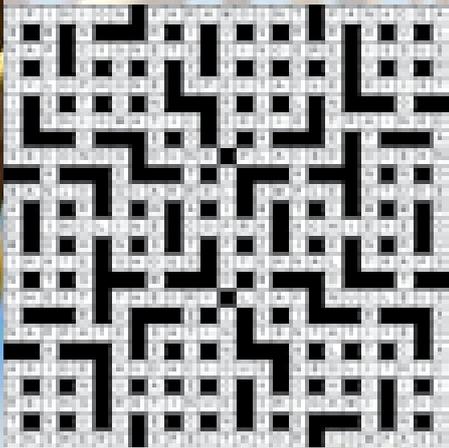
CATNAP, DAYDREAM, DOZE, DREAM, DROWSY, EXHAUSTED, FANTASY, FATIGUED, FORTY WINKS, HIBERNATE, IMAGINATION, KIP, MIRAGE, NIGHTMARE, NOD OFF, RELAX, REPOSE, REST, SHUTEYE, SIESTA, SLEEP, SLUMBER, SNOOZE, STARGAZE, TIRED, VISION, WEARY.

Syllaballistic:

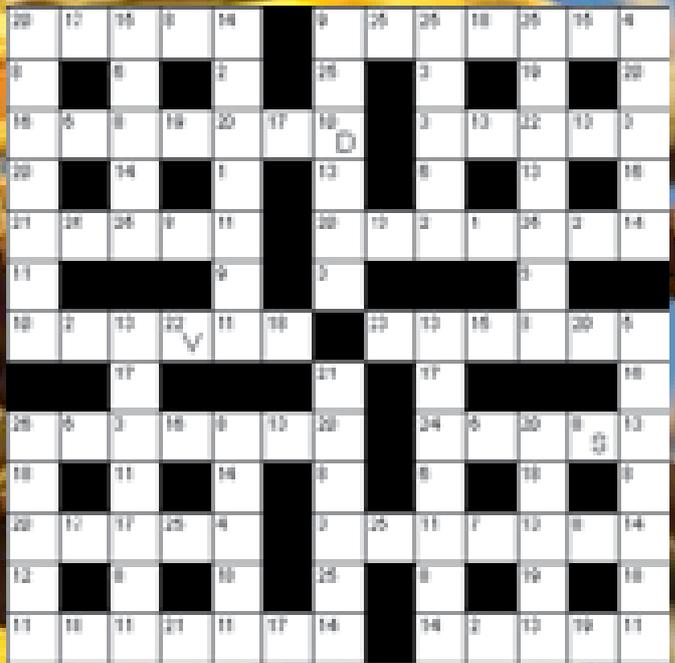
1. ONEROUS
2. LIBERATED
3. DELPHI
4. HIBERNATE
5. ADMONISH
6. BALALAIKA
7. INCISOR
8. TIMID

Proverb: OLD HABITS DIE HARD

Colossus Cross



Codeword

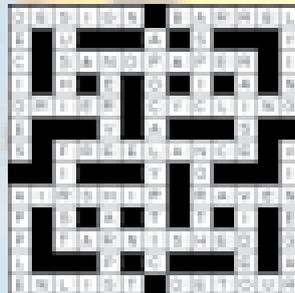


1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

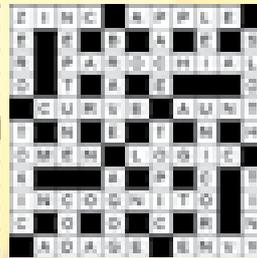
Each letter in this puzzle is represented by a number 1-26. Can you crack the code and solve the crossword? Every letter of the alphabet is used at least once. Three letters are already in place to get you started.

Answers to the October puzzles:

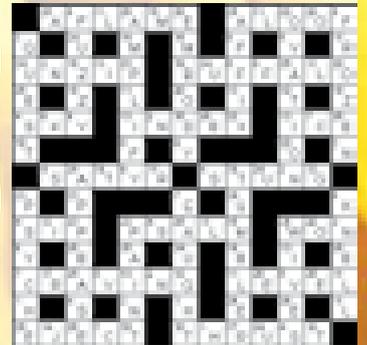
Cryptic



Quickie Crossword



Codeword



Sudoku Medium

6	3	8	4	9	2	1	5	7
9	1	4	3	5	7	8	2	6
8	5	7	1	6	8	4	9	3
4	8	9	5	1	7	3	6	2
8	5	2	9	7	3	6	1	4
1	7	3	5	4	6	8	9	2
7	8	5	2	9	3	4	1	6
5	8	1	7	3	4	6	9	2
3	4	9	6	1	8	2	7	5

Sudoku Hard

3	8	6	7	2	8	4	5	9
2	1	5	6	4	9	7	3	8
9	4	7	8	3	5	6	1	2
8	7	6	1	8	3	5	2	4
6	3	4	2	5	8	1	9	7
5	2	1	9	7	4	8	6	3
4	8	2	5	9	7	3	8	1
1	5	3	4	6	2	9	7	8
7	9	8	3	1	6	2	4	5

Hubword – 9-letter word - ACROBATIC

Some other words of four letters or more containing the hub letter R: airt, aria, boar, brat, brit, cart, coir, crab, crib, riot, rota, taro, tori, trio, abort, actor, aorta, atria, bract, carat, carob, circa, cobra, orbit, raita, ratio, riata, tabor, taira, tiara, aortic, rabato, acrobat, carioca.

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What's in a question? ◇ A correct answer hopefully!

Sometimes when a Loved One dies, those left behind are required to answer questions that they might be unable to answer. Can you answer the following questions without asking your Loved One?

- ◆ What is his or her favourite song, favourite colour, favourite flower, favourite item of clothing?
- ◆ What were his or her parents' full names and occupations?
- ◆ Where was he or she born?
- ◆ What are his or her wishes regarding burial or cremation?

These questions are easy to answer when our Loved One is still with us, but when they are no longer there we will need to rely on our memory. This is why many people decide to Pre-Arrange their own funeral, or that of their Loved One who may be seriously ill.

Seddon Park Funeral Home has devised a booklet called: "At A Time Such As This" which asks all the relevant questions, and more. It is a helpful tool to complete and give to your family, lawyer or Seddon Park Funeral Home for safekeeping. Then when the time comes, your loved ones have all the answers and you have helped them 'at a time such as this.'

You may wish to visit our funeral home and meet with a funeral director to discuss your concerns or needs. We would also be happy to meet with you at your home if preferred.



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