

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 91: Spring 2016

Positive Ageing Expo Page 11



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Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



This year is flying by – August already and we have certainly lost the warmer autumn days, and the hour of daylight in the evenings. Winter is a time when we often hibernate. While this can be understandable when the southerly slams in or it's pouring with rain, it is important to remember to take the opportunities that a crisp but sunny day offers to get out and about and stay socially active.

Many of our staff lined up in April and had an influenza vaccination. They did this to protect themselves and their community. It's not too late and we encourage you and your family to get vaccinated – it is a very serious illness for older people.

Health Minister Jonathan Coleman

agrees it's still not too late to vaccinate against influenza and has extended the free vaccine programme further – now available until Friday 11 September. See your GP.

We have two new faces in the Age Concern Canterbury team. Jasmine has joined the social connection team and Emma, an intern psychologist, has joined the health team. It is very exciting for us to be able to offer some psychological support to those who could benefit from it.

We have recently been successful in securing further funding from the Ministry of Social Development for Earthquake support. So if you or an older person you know is still grappling with earthquake related issues (from housing to health to insurance wrangling) – please phone us, we are here to support you.

Next month is our 10th positive ageing expo. This is a fantastic day out – to meet up with friends and see what is available to keep you as fit, active and connected as you can be as you age.

I look forward to seeing you all at the Papanui High School from 9.30am on the 26th September.

Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



and a successful resolution to your problem.

We are fortunate to have a quality health service in Christchurch and as an acknowledged lead organisation Age Concern Canterbury is ideally placed to offer help and support to older people.

On a sad note I wish to acknowledge the passing of Dame Grace Hollander. Dame Grace was awarded the title of Dame Companion in 2009 in recognition of her considerable contribution and services to the community.

I was privileged to work with Dame Grace on several committees. One of the more memorable was Women Towards 2000 the focus of which was celebrating 100 years of the Women's Suffrage Movement in New Zealand and establishing the Kate Sheppard Memorial Trust. Grace was a strong and dynamic person who will be remembered by many who worked with her and we will always be grateful for her outstanding dedication. She was 94 years of age.

Annette Harris
President

Having recently been on the casualty list healthwise I have had the opportunity to observe some aspects of our health system.

So often we just hear about the faults and poor service people experience. A quote I read recently, and will borrow, suggested that we tell ourselves "I'm awfully well for the shape that I am in" and that it's better to say "I'm fine". I don't agree. It is better to ask for help and who better to ask than Age Concern Canterbury. We pride ourselves in being available to listen, offer help and support

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More Mobility
Margaret Burns Charitable Trust
Jones Foundation.



Serving the needs of older people



Keeping On

OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)

Keeping On is distributed by Age Concern Canterbury to Christchurch Malls, Senior Citizen Clubs and Groups, Libraries, Medical Centres, Rest Homes, Hospitals and Institutions, Housing Complexes and Agencies working with older people and individuals. *Keeping On* is published quarterly in February, May, August and November each year. Written contributions for consideration can be posted to **The Editor, Keeping On at Age Concern Canterbury, 24 Main North Road, Papanui, Christchurch 8053** or contact **The Editor** on: Ph: (03) 366-0903, Fax: (03) 365-0639, or email dayl@ageconcerncan.org.nz.

The *Keeping On* Team: **Dayl Milne** - Editor, **David Gee** - Journalist, **Anna-Marie Hunter** - Advertising Representative/Desktop Publisher.

Views and opinions expressed in *Keeping On* are not necessarily those of the Editor or Age Concern Canterbury. Neither does publication of an advertisement imply endorsement by Age Concern Canterbury.

Massive book in many ways

Some books are destined to be large. One, by a former Christchurch Cathedral chorister, falls into that category.

A book, *Singing to God*, by Peter Simpson, who was a choir member for 52 years, is in that category. He has every choir member listed, every member of the cathedral's clergy and everything else associated with the choir from 1881 to 2015.

It is an enormous labour of love. It has taken Peter seven years to produce the book, with his wife, Ruth, doing the typing. It is 675 glossy pages in an A4 format. It is heavy and Peter jokes that it would make a good doorstep or cure insomnia if hit on the head with it.

Peter joined the choir when he was

nine. He continued to serve because of his "love of music and the fact that it worked in the English tradition." For many years before choir retirement he collected choir and Cathedral memorabilia. He filed it in his house or in his garage.

On his retirement from the choir (he worked for the Christchurch Star advertising department for 36 years) his thoughts turned to writing the history of the choir. He set to work in 2009.

Ask any obscure question about the choir, its associated bodies or any person involved, and Peter will be able to find the answer. The book is an encyclopaedia of the Cathedral.

Choir boys alone take up nearly 800 entries and Peter has attached



Author Peter Simpson
biographies to most of them.

All the bishops, deans, music

directors, Cathedral staff, the Cathedral Grammar School and so on are mentioned. Even the music performed at important events is included. The book is also liberally sprinkled with photographs.

Further, a good number of ex-choir boys have recorded their reminiscences of their times with the choir. They have good stories and insightful moments.

One story is about an April Fool's Day prank. While the choir boys were waiting for Foster Browne (choirmaster) to arrive, one decided to hide in the book lift. Foster Browne arrived and counted the boys, noting that one was missing.

Continued on Page 19.

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Driving Miss Daisy is about fun, friends and family and enjoying life.

Our world is currently experiencing some challenging times and can be a rather negative place. If you watch or listen to the news, or read the newspapers it's full of disasters and atrocities, which can be distressing and overwhelming. The rise of 24-hour news reporting and social media means that this news is even more accessible and available.

Alongside this, it's been widely reported that bad news can cause many harmful effects such as anxiety, sadness and anger, and can exacerbate your own personal worries. This surely isn't great for your health and not what Driving Miss Daisy wants for their clients.

Here are a few tips for living a positive life:

- Spend time with friends and family who make you feel good. Minimise your time with people who drain your energy and focus on those who boost you up.

- Smile at others when you're out and about. It's amazing how a smile from a stranger can brighten someone's day.

- Deliver a random act of kindness. It will surprise someone and make you feel good.

- Smell the roses (or Spring flowers) – seriously! Certain aromas release feel-good chemicals in the brain, so sniff away!

- Watch less news. If it makes you feel stressed, then switch it off!

- Call Driving Miss Daisy and book an outing. How about coffee at a café, a movie or trip to the theatre? It might be just what the doctor ordered to raise your spirits!

At Driving Miss Daisy it's our priority to ensure each and every journey is filled with laughter, kindness and positivity. Our drivers love to catch up with their clients and will do everything possible to make your journey enjoyable. Please call us today to make a booking – we look forward to seeing you soon!



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Spending the kids' inheritance (S.K.I)

Whenever I go out into the community to talk to people about the need for clients of all ages to have Wills and Enduring Powers, we often end up talking about Retirement Villages or Residential Care. What that's likely to cost them? What they are entitled to? What aren't they entitled to? Often one of the most important issues for our parents' and grandparents' generation is how that will impact on their ability to leave something to their children or grandchildren?

Often, there isn't much we can do. We may be able to change the way they own their home or set up a Funeral Trust, but in the end, if they have assets over the asset threshold, they will be expected to use those assets to pay for any care costs they may have in the future.

Our parents and grandparents have worked hard over their lifetimes so this is a time when they should be enjoying the fruits of their labours. However, they have been encouraged to be careful in their spending. They will often forgo that new car or that trip overseas for fear of breaking into their investments.

Potentially, the more our parents

and grandparents keep safe for that rainy day, the more they may have to pay in residential care costs. The current asset threshold for a Work and Income Residential Care Subsidy is \$219,889 for a single person or for a couple when both are in care and \$120,416 for a couple where one is still living in the family home.

If the value of the assets, whether those assets are held jointly or separately, is over that threshold, our parents will be required to pay for their care. And, if their investments are earning interest, any interest earned will also go toward payment of their care costs.

Recommend that your parents and grandparents sit down and talk to an Authorised Financial Advisor so that they have a clear idea of what their options are. If all else fails, maybe they should give some serious thought to Spending their Kids Inheritance.

As with all areas of law, it is important that you seek good advice from a team who understand how this area may impact on you. At Harmans we have experience with all areas of Seniors' Law. Contact Fleur McDonald on 03 352 2293 to arrange an appointment to discuss your situation.



Protecting you through all stages of life

Life is full of ups and downs, and changing circumstances can have a major impact on your financial position.

The Seniors Team at Harmans specialises in legal issues relating to seniors. Our friendly team offers practical advice in plain English so you have peace of mind and feel confident in making decisions that are right for you and your family.

Our Seniors Team is conveniently located in our Papanui office. If you can't get to us, we offer a Home Visit Service, so we can come to you.

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Contact Fleur McDonald
P (03) 352 2293 E fleur.mcdonald@harmans.co.nz A 485 Papanui Road, Christchurch
www.harmans.co.nz

'Spending the kids' inheritance'

Fleur McDonald raises some interesting points in the article 'Spending the kids inheritance'.

Hear Fleur discuss the issues here at
Age Concern Canterbury,
24 Main North Road, Papanui on
Monday, 10 October at 1.00pm.

Light refreshments will follow the discussion.

To book your place or for further information please
phone Age Concern Canterbury on 366 0903.



A vibrant and supportive community at Maryville Courts

Maryville Courts believe that, just as retirement means different things to different people, so too do retirement villages. Living in a retirement village where maintenance and upkeep are no longer on the domestic "to-do" list, those who want to continue an independent lifestyle, and who want to focus on a more active retirement, will now have that precious commodity – time - to do so. They have worked hard all of their lives, their children have left home, and now they can spend quality time with their partner, to travel, play more golf, learn a new hobby etc. Others might look to retirement villages for companionship, or for the support, security and peace of mind they afford.

Maryville Courts retirement villas are a perfect blend of both. Conveniently located in the heart of the ever-evolving city, Maryville is close to shops, restaurants, theatres

and parks. Maryville Courts villas offer a maintenance-free lifestyle, with affordable, spacious villas, giving you the time, and perhaps a little extra in the bank from selling your house, to relax and put your feet up, or pack up and take off for a while. There's a lot going on if you want it, privacy if you don't. It is a vibrant and supportive community of like-minded people, where staff and neighbours have everyone's wellbeing at heart.

Maryville Courts prides itself in being the first retirement village in Christchurch, being founded in 1983. Completely interdenominational, Maryville is proud to have maintained its independence for over 30 years, and it continues to flourish. It is governed by a Board of Trustees, and is registered under the Charitable Trust Act (1957).

To discuss your options, or to view the village, please contact Suzanne or Ann on 03-379-0357.

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Email:sales@maryvillecourts.org.nz.
www.maryvillecourts.org.nz



What it was like to work on the railways in 19th century Christchurch

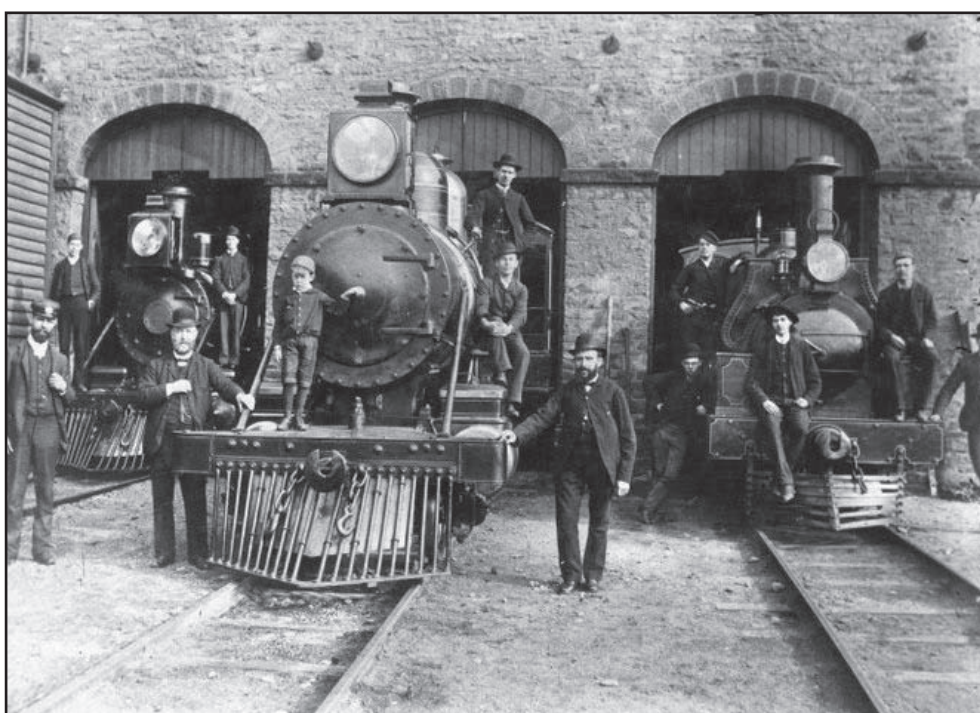
by Dan Bartlett

In "New Zealand Working People: 1890-1990", Stevan Eldred-Grigg writes that "work was not an uninterrupted treadmill. Employers sometimes allowed a generous half an hour for a midday meal, and five or ten minutes were often winked at for tea or smoko once in the morning and once again in the afternoon."

However, "most men and large numbers of women worked in the open air" meaning that "rain or strong winds caused work to be called off". And of course "no work meant no wage." Revealingly, a contemporary union official wrote that the workers "lose so much time during the winter months [that] the condition of that section of the working-class is absolutely deplorable."

The Canterbury archives reveal that the vagaries of outside labour did indeed take their toll on workers' health. The following extracts outline the unfortunate situation of a Lyttelton steam crane driver.

Henry Mayer 'entered the Government service in July 1868 and remained in the service until 27th January 1875 when, through exposure to the weather in the execution of his duties, he fell ill and was obliged to go to the hospital',



Steam locomotives and railway workers outside a Christchurch engine shed - Photographer unidentified. Making New Zealand :Negatives and prints from the Making New Zealand Centennial collection. Ref: PAColl-3060-029. Alexander Turnbull Library, Wellington, New Zealand. <http://natlib.govt.nz/records/22843314>

wrote a Railway Engineer to the Secretary for Public Works. "Mayer is now paralysed and quite unfit for work, and his illness brought on solely by exposure."

"Everyday people were killed by work", writes Eldred-Grigg before rattling off a list of health and safety nightmares. "A watersider was crushed to death while unloading

cargo...two laundresses drowned in their tubs...cannery worker drowned in a vat of boiling soup." It sounds unrelentingly grim, and unfortunately, for a large section of the working-class, it probably was.

The archives suggest that there were at least some dictates in place. The Rules & Regulations To Be Observed By All Persons Employed

On The Works Of The Canterbury Railways of 1874 states that the 'Working Time shall consist of Forty-eight (48) Hours per Week—from Eight o'clock in the Morning until Five o'clock in the Evening—allowing One Hour (from Twelve to One) for Dinner.' That this notice is "approved by order of His Honour the Superintendent, Thomas William Maude" suggests that there was at least some level of protection in place surrounding the taking of breaks and the working of overtime. It may be surmised however, that these protections were promulgated less in the pursuit of workers' rights, and rather more for the benefit of the employer; in this case, the Government.

It is also probable that a nineteenth-century railway official would find our current working environment wholly permissive: the Rules & Regulations also state that "any worker using indecent language in the Works will be fined ten shillings for the first offence, and will be dismissed from the service on the second." They must have had a huge swear jar: in today's money that's a whopping sixty-five dollars per word.



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Connecting online can help reduce social isolation and loneliness

Age Concern Canterbury's Social Connection Team is exploring new ways to help reduce social isolation and loneliness.

No matter how social, active and connected we are in earlier life, older age can bring changes such as bereavement or loss of mobility which can leave us socially isolated. Research shows:

- Rates of loneliness increase significantly in the over 80 age group with one in six people feeling lonely all or most of the time.

- There were approximately 50,000 severely lonely older New Zealanders in 2011 and that's likely to double by 2031.

Loneliness costs – lonely and isolated people face increased risks of serious health conditions including cardiovascular conditions, depression and dementia. Loneliness in older age has been shown to almost double the risk of entering residential care. It also increases pressure on GP and hospital services. (Source: Age Concern New Zealand 2014).

One way to stay connected is through the use of computers and social media

The Social Connection team at Age Concern Canterbury provides services which enable people to remain connected and included in their community through volunteer visits and social outings. The team are also **actively encouraging older people to stay in touch with family and friends** and to make new friends by getting 'online' using a computer, tablet or iPad.

You can stay in touch with family and friends or make new friends. You can share emails, photos and have free video chats using Skype or FaceTime or you can make new online 'friends' on social media sites such as Twitter and Facebook. You can listen to music, watch movies and shop online!

Being able to use the internet is becoming more important, not only to stay connected, but to pay bills, check your bank account, make appointments and access health

information.

We encourage family and friends to become more involved and to spend more time to help an older relative or friend.

Here at **Age Concern Canterbury** we are supporting older people to take advantage of the internet and social media by **supporting our volunteers** to encourage the older people they meet to 'have a go'. At our next volunteer meeting Christchurch City Libraries will be talking about their Computer & Coffee courses for older people and our volunteers will be invited to bring along their iPads, tablets and smart phones – to learn more, practise and share their knowledge with each other. We will be demonstrating how to Skype and how to 'follow' Age Concern Canterbury on Facebook. We are confident that their knowledge and enthusiasm will be passed on to the older people they meet as part of the Accredited Visiting Service and Social Outings Services.

The **Christchurch City Libraries** offer **Computers and Coffee courses** including: Beginning Computers, Introduction to iPads and Technology drop in Sessions. Call your local library for details. **SeniorNet** is a community training network that supports and motivates people aged 50+ to enjoy and use technology in their everyday lives under the banner **Learning Technology Together – Courses** to keep you switched on

at www.seniornet.co.nz

The Spark Age Hackers are 'busting myths about older people and technology' at www.grownups.co.nz - listen to older people share what they love most about today's technology – it is a simple message – 'learn something new every day, don't be afraid to have a go – you might be surprised, you can't break it, it's so easy to use, embrace it'.

There are of course some barriers to using technology including; access to the internet at home, cost and security.

Staying safe online and protecting yourself and others is important. This includes checking and reviewing privacy settings and being cautious about who you connect with, opening attachments from unknown sources and how much personal information you share online.

Talk to family and friends about what to do to stay safe and take a look at the many hints and suggestions at www.privacy.org.nz.

Using technology will not replace face to face contact and using computers and tablets may not suit everyone. It can however be a rewarding way to increase social networks based on a person's interests, needs and abilities and a great way to stay in touch with family and friends.

Visit the Age Concern Canterbury website at www.ageconcerncan.org.nz and follow us on Facebook.

Ruby and Bev's story

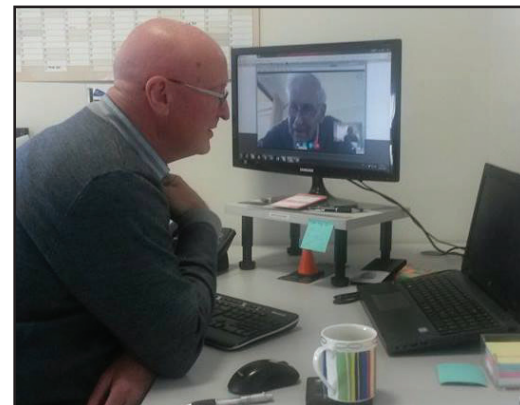
Ruby enjoys weekly visits from Bev one of Age Concern Canterbury's Volunteer Visitors. Some would call Ruby and Bev a dynamic duo. Together they have mastered the use of Ruby's new tablet. Ruby is a great example of an older person embracing new technology! Whether it's looking through photos, playing games, emailing family, using the photo application Pinterest for gardening inspiration or using Google maps to look at the houses she grew up in; Ruby has found it easy to use her tablet in daily life. Ruby appreciates the ease and simplicity of the tablet and the bright bold screen allows her to read the screen without her glasses. For Ruby, the tablet has supported her to keep her mind active and it keeps her company when she is on her own. Ruby has also had more frequent contact with family and friends overseas via email, and her next task is to master video calling through Skype (a free video calling service). Ruby appreciates Bev's encouragement to utilise the full potential of her tablet.



Ruby enjoys weekly visits from Age Concern Canterbury volunteer Bev.

Social Connection Team

The Social Connection team are also using Skype to stay connected with older people in the community. Here Peter Gwynne, one of the Social Connection team, is Skyping Morris Muir, one of Age Concern Canterbury's Social Outings clients, for a catch up.



VOLUNTEERS NEEDED

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Please phone Peter at Age Concern Canterbury on (03) 331 7801.



A recent get together at Age Concern Canterbury celebrating our Volunteers



Age is no barrier to technology

Bill Turner nearly didn't attend a special presentation in June but when he was offered a lift to the function he changed his mind. After all Bill is entitled to change his mind at 99.

He was the eldest attending the presentation to members of SeniorNet Mac of Christchurch who are more than 87 years.

The group has more than 600 members and is one of five SeniorNet societies in the city. SeniorNet Mac was formed in 2000 on the suggestion of the present CEO Allan Rutherford. Today there are 87 SeniorNet societies in the country.

SeniorNet Mac has always been a social club, and that was the original intention. The Socials are very successful. They are held on the fourth Tuesday of every month (except December) between 1.15pm-3.00pm. These times suit the many member grandparents - so they can still pick up grandchildren from schools.

Guest speakers are professionals and subjects cover a wide variety of worldly topics. Afternoon tea is always supplied.

The group's rooms are open to all members every Friday morning between 9.15am and noon and members of the public are welcome to attend. This allows members to present any problems they have or catch up on classes missed.

Professional advice and help is available to members with computer problems (a small fee is sometimes requested). Where computer repairs are required, an appointment should be made at least 3-4 days in advance.

In December 2000 Allan Rutherford called a meeting of interested parties for the purpose of establishing a SeniorNet group for adults 55



From right: Sir David Hay, Bill Turner, Barbara Blowes and Allan Rutherford

years and over to provide computer tuition for users of Apple Macintosh technology. Today there is no age limit



to people either joining or attending.

It is a registered non-profit organisation and all staff and officers are volunteers.

Courses offered range from those eight-hours long, especially written by Seniors on how to operate the Apple Macintosh computers, to those about iPads and iPhones. Teaching includes the software programmes and Apps that are used by these devices. President Barbara Blowes says the latest technology for study is 3D printing.

SeniorNet Mac was the first society in New Zealand set up to cater solely for Apple computers and technology. It also provides correspondence tuition throughout New Zealand for those who cannot attend any other society.

A wide variety of workshops are also offered. They are two hours long although some can be longer depending on the subject. Subjects can vary from minor computer problems members may have, to

the latest in technology, such as digital cameras, cell phones, internet banking, video conferencing etc.

SeniorNet Mac service charges start from \$20.00 for membership and on average are \$5.00 per hour for courses and workshops.

Awards were made to:

Betty Adank, Alastair Carey, Tom and Jessie Dodd, Sir David Hay, Tom Mitchell, Adele Heather, Shirley and Edward Nichols, Teresa Marsh, Jean McIntosh, Shirley Schmidli, Lloyd and Joyce Petersen, Jose Rendall, Aubrey Smith, Brian Stedman, Sandy Wigram, Shirley Schroeder, Colin Brown, Peter Midgley, Hilda Mitchell, Dick and Betty Mapp and Bill Turner.

Bill worked as a chemist in Samoa and later in Christchurch pharmacies. He retired when he was 70 and was married for 67 years. He joined SeniorNet 11 years ago, was previously a member of the former "Apple User group of Canterbury" and today uses his computer for research into his family tree.

He says he still drives but has to take care.

These glorious insults are from an era before the English language got boiled down to 4-letter words.

"He has all the virtues I dislike and none of the vices I admire."

- Winston Churchill

"I have never killed a man, but I have read many obituaries with great pleasure." - Clarence Darrow

"Thank you for sending me a copy of your book; I'll waste no time reading it." Moses Hadas

"He has no enemies, but is intensely disliked by his friends."

- Oscar Wilde

"I've had a perfectly wonderful evening. But I'm afraid this wasn't it." - Groucho Marx

Boutique villas available now

Nazareth Community of Care is a boutique retirement complex in Sydenham, Christchurch. We're big enough to have excellent facilities but small enough to feel like a family. All denominations are welcome.

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NAZARETH
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'THE COMMUNITY
WITH A HEART'

Ponder This with Brian Priestley

Let us sing sad songs to the stars. Tonight I may very well howl my despair to the moon.

For many months now, that splendid parkland known as The Groynes has been our weekly delight. Here are majestic trees, superb open spaces, pools where eager children feed their scraps to scores of birds of many different kinds. Here, no doubt, is one of the most gracious, most delightful stretches of parkland we possess.

And once you could drink coffee, and eat very good cake, as you gazed over the dovecot, and the field with the horses, and the vista of trees and houses beyond.

But today things are not what they once were. A vast ramp to carry vehicles now cuts off the view from the restaurant. Of course plenty of the Groynes still remains, but somehow our gracious Sunday mornings can no longer be the same. And tomorrow?



Because we have sold our car, perhaps this doesn't matter very much to us. But there are still people who like beautiful walks, and the changing colours in the year, and walking on grass and quiet, lonely paths.

Is there a more pleasant sight than children feeding their breakfast crumbs to the birds as seasons pass and the ducks come splashing in.

Oh, please let us remember to treat the Groynes well.

The seven ages of Empire....

First the toddler, stomping off to kindergarten on Empire Day with a block of New Zealand margarine, or African cocoa, for the old folk. And we linked hands and sang the national anthem in front of the flag.

Then the schoolboy who luckily lived in the best country in the world. We heard a good deal about the Germans – many of them rotters who tried to kill Biggles. My father taught me always to touch, or lift, my cap when passing The Cenotaph or a war memorial.

In the fourth form we were digging trenches at the bottom of the playing field in case the Germans or other foreigners dropped bombs on us. Luckily we had the finest soldiers,

sailors and airmen in the world. We always listened when the King spoke on the radio, and during the national anthem we stood at attention and my father saluted. When the war began my grandmother cried out "Brian, Brian!" and wept and hugged me (she had lost my uncle Harry in the first war). I said. "We will smash them."

When I was 14 I left school and worked in an air ministry office and then on a farm for a while. At 16 I joined the Home Guard and did rural fire watching for a time. When raids were in the Midlands or Merseyside we could see and hear bombs and searchlights. The Russians and Americans were on our side now and at 17 I enlisted as a young soldier. It was one's duty to be like Biggles

and kill as many Germans as one could. The war ended as we were standing by for an airborne operation in Germany.

A few months later, the Japanese gave up after the first two atom bombs and I was left facing the future with a bright beret, no useful skills except shooting, and a strange world. Did anyone think we were a great empire any longer? Having spent two years soldiering in the Far and Middle East it seemed nobody much liked or wanted us. My grandfather played in a quartet with the man who wrote 'Land of Hope and Glory', but what sort of hopes should the world cherish nowadays and where is the glory?

Oh dear...

Hobbies? Which did I most enjoy?

At the age of about six I won a high - falutin school medal for my drawing of the Queen Mary and of a twig with leaves. Perhaps the judges failed to realise my entry was all straight lines done with the aid of my ruler.

Anyway I had sense enough to quit art while I was ahead. When my wall bookshelf collapsed on receiving its first small volume, I realised that perhaps making things was not for me either. I have never regretted either decision for a moment.

I suppose my first hobby was reading. Our local Birmingham library was a ticket to *King Solomon's Mines*, and *Treasure Island*, and *The 39 Steps*, and all the wars and adventures of the world.

Then wars became real. Our rented cottage had a good library but the tiny village had no social life. So

reading became, and stayed, even more of a hobby, and can one count cricket? Then there was a spell when a definite hobby was trying to stay alive but things settled down.

For the last 65 years, my hobbies have been reading and TV, cruising England's canals and rivers and growing fruit. Is being a family man a hobby?

In England we had a small cruiser that would sleep two grown-ups and two children. We cruised ancient waterways and pitch dark 18th century tunnels. Life has had few better days than the one when we hammered our spikes into the tow-path and strolled up to see Windsor Castle. Our little craft took us from Birmingham to Oxford, and London, and Northampton, and Cambridge and Stratford-on-Avon. I'll never forget Vera's face behind the wheel as she saw a large ocean-going

cargo ship coming up the Thames towards her!

Then we found new delights - exploring New Zealand and the world. Growing things. We had three apple trees, a great old plum, a large grapefruit which one could pick from a window. Somehow or other we managed to build up a collection of old films which is a pleasure when one is getting on a bit.

My happiest memory? The best moments? Well I have seen Lindwall and Miller bowling, and Eric Hollies take Bradman's middle stump. We have admired stunning views in many lands and the King once returned my salute near Westminster Abbey in 1945. But nothing ever topped the sheer contentment of those voyages when the family were all just the right sort of age and perhaps some gentle delight would await us round the next turn in the waterway.

Kiwis are an odd lot. Not so very long ago an assistant in a city bookshop pointed out that none of the most popular novels chosen by customers were written by New Zealanders. Perhaps one or two Kiwi novelists have crept up since then, but even so it's an odd statistic.

I mean what's been wrong with our authors – or perhaps our readers? Why have we failed to find the best seller touch? Could it be, perhaps, that you need a busy intellectual scene to produce great writers? But Jane Austen, William Wordsworth, and the Brontës were country dwellers to name just a few. Shakespeare studied at a Warwickshire county school (oh to be able to get an exclusive interview with one of his teachers!).

But then Kiwis are an odd lot. I remember dismounting from an aircraft here for the first time to discover a policeman wearing shorts! And then why is it that a nation which excels at so many rough (sometimes verging on brutal) pastimes should give birth to so many shy people?

Years ago I used to vet more than 90 graduates a year to see if they might be suitable for our university journalism course. On the whole they were a lively lot. But two of the subjects which, year after year, failed to produce many graduates with a gift for making words interesting were English and English literature.

Surely the big thing about great authors is that so often they also wrote just the stuff to give uncle, or auntie, for Christmas?



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Death and your on-line accounts

by Luke Smeele, Community Law Canterbury

At Community Law Canterbury we have had a number of enquiries recently regarding what happens to your online accounts when you pass away. The more we share, create and interact on the internet, the greater the amount of information will be left over when we pass. This may include messages, documents, photographs, and personal information. Unlike your personal effects and estate, which you can control through a will, your online accounts are not necessarily within your control. What happens to your online accounts will vary depending on the terms of the user agreements for particular websites. Responses to the death of a user vary from website to website. Below are some more popular websites used today and what will happen to your online accounts.

Facebook

For Facebook to take any action, they must be notified that the user has passed away. In order to notify Facebook, you must go onto the "Help" page on Facebook where a "Special request for the account of a deceased person" link is located. Facebook will ask for your information, and details of the deceased. In



addition, it will ask you what your relationship to the deceased was and what you want to do. You have the options of deleting the account or creating a commemorative account, in which the account will remain but have "deceased" next to the person's name and, depending on the privacy settings, friends and family will be able to post messages on their page.

Yahoo

Pursuant to Yahoo terms and conditions neither the account nor the contents will be transferable to the deceased's family or personal representative. However if you wish to close the account you can do so by making a request to Yahoo. In order to close the account Yahoo will

require that you provided them with a letter containing your request and stating the Yahoo ID of the deceased, a document appointing you as the personal representative or executor of the estate of the deceased, and a copy of the death certificate for the deceased person.

Hotmail

While Hotmail does not allow the account itself or the password to be transferred to the personal representative it does provide a process for transferring the data within the account. The process requires the personal representative to provide various documents including the death certificate for the deceased as well as evidence showing the requestor's relationship to the deceased. Once this information is transferred the account can be closed down.

Trademe

Trademe, once notified of the death, will close down the account. They do not normally allow family members access to the account. However each situation is assessed on a case by case basis.

Google

As more and more issues relating to the storage and passing on of

information and profiles on the internet arise, so do new and innovative solutions. In response to such issues Google has created a new internet tool called the "Inactive Account Manager", which controls what happens to your account in the event that you stop using Google. With the Account Manager you can set aside an amount of time that, if your account remains inactive, the Account Manager will send notifications to your email and phone. If the notification is not responded to then the Account Manager will, as per your instructions, either release your data to those you have identified as "trusted contacts", or delete the data entirely.

This is just an example of some of the common websites where information about you may be stored. It is useful to keep a list of websites that you subscribe to, particularly if there is also money contained in an online account. While legislation in the future might address issues relating to internet rights, presently access to accounts of loved ones, and information when they pass, is limited to the terms and conditions of the relevant website.



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Can we help you or someone you support?

Disability Information Service - a 'one stop information service' which offers unbiased advice to assist people to navigate their way to organisations or services that can provide them with support or advice.

Aspire Canterbury Shop - shop online or call in to our shop at 314 Worcester Street and view our range of easier living products. We also hire out wheelchairs, ramps and walkers.

Total Mobility Discounted Taxi Service - a scheme which provides 50% discounts on taxi journeys to eligible people in the Christchurch area who, due to health conditions, are unable to access public transport. Contact us for more information on 03 366 9093 or visit our website.

New Mobile Service - Fun interactive presentations of our information, services and easier living equipment. We come to you! To book our presenter to speak to your group call Shannon at numbers below or email mobileservices@aspirecanterbury.org.nz.

Mobility scooter demonstrations available.



Aspire Canterbury is a not-for-profit organisation providing services to the community since 1981.

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Christchurch City Council



Love at a distance at the Blind Foundation

by Elizabeth Barnett

I'm sure the article on pets in the May publication appealed to many of us, but as was pointed out we have to choose carefully. Which may well mean "not what we actually want". What if we'd really like to cram a large golden retriever into our cosy sitting room; one that requires long walks that we can't manage with our walking frame, large meals and trips to the vet?

Ninety-three-year-old Frank has such a pet - well, two, to be exact. But we don't keep them in the sitting room, or take them for walks, feed them, or worry about their injections.

Their friends at the Blind Foundation do all that for us. They also send us beautiful photos of them as they grow up, news about them on Facebook and a little magazine called "Pupdate"



Tori



Norah

about their training as Guide Dogs. We follow them as they learn how

to get their blind owners across the street, round our beloved road works and bins at the curb, deal with all the roars and bangs from trucks and cars, and manage the mall.

So who is Frank and how did he get these lovely pets? He is one of their Sponsors. So if you're thinking you'd like a birthday present that's not here today and gone tomorrow why not talk to your family and friends about clubbing together to sponsor a Guide Dog for you to love at a distance?

I'm sure they too will enjoy getting reports from you as you follow your dog's progress throughout the year.

And when you say 'Hello' to Guide Dogs, and they certainly say 'Hello' back, they might well turn out to be friends of your Friend.

New Zealand petrol market not competitive

by Ruth Dyson, MP

The cost of petrol ranks alongside the weather as one of the most talked about topics. Anyone who drives will know that changes in the price per litre aren't just confined to rises or falls in the international price of oil, there's also huge disparities between forecourts, depending on location.

Last month I went to a conference in Auckland, and noticed the price of petrol – 30 cents a litre cheaper than in Christchurch! (except the petrol stations closest to the airport where it was similar to here.)

The Automobile Association call it the "Gull effect". New Zealand's only independent oil importer, entered the market in 1998 and its effect was immediate with importer margins dropping substantially. It's a bit like The Warehouse – no frills. It has

lower overheads and an aggressive marketing set up. That heats up local competition around pricing.

But where are the Gull stations in the South Island? Pretty hard to find! So the other big players won't be price discounting if they don't have to.

A report looking at the factors impacting on the competitiveness of the New Zealand petrol market in 2008 said that the market was "fundamentally" competitive. Well, competition is in the eye of the beholder!

The Commerce Commission also says we have a competitive grocery sector despite the factor that we only have two big supermarket chains!

I think it's time for a decent review of the petrol market – looking at

retailer margins, price comparisons with other countries and the petrol market compared to similar sectors such as electricity. The recent buy-out of Caltex by Z Energy is likely to undermine current competition. Our second largest fuel retailer – BP – returned \$300 million profit to its British owners last year and that was after a 16 per cent fall in sales.

The amount of "co-ordination" - where petrol stations fix similar prices - is well known. Yet the Commerce Commission allowed the number of companies in the petrol market to fall from five to four in the North Island and from four to just three in the South Island.

Retail margins have increased from 16 cents a litre to 28 cents a litre in the past five years!

New Zealand is a small country but increasingly we are being suckered by international corporations who see us as an easy ride.

Ruth DYSON MP for Port Hills

For advice and information
contact my electorate office:

642 Ferry Road, Woolston
PO Box 19661, Christchurch 8241
P 376 4512 | F 376 4514
E porthills.mp@parliament.govt.nz

Authorised by Ruth Dyson
642 Ferry Road, Woolston



Labour



Help available for Superannuation clients this winter

* Purchasing a heat source

There may be assistance for the cost of purchasing a portable heater.

* Heating costs

Assistance may be available to provide help with additional electricity, gas or heating costs that a person has because of an on-going disability.

* Assistance with heating costs

There may be recoverable assistance available for electricity, gas or firewood.

Note: Applicants must meet a number of criteria.

Seniors clients can access information on the Ministry of Social Development website www.msd.govt.nz click on

'What can we do for Seniors'. Or phone us on 0800 552 002.

Megan Woods

Member of Parliament for Wigram



Constituents needing assistance or wanting an appointment are invited to contact me on:

E: megan.woods@wigram.org.nz
P: 338 6347



Labour
labour.org.nz

Authorised by Megan Woods MP, Shop 8/12 McCarthy Street, Christchurch

CELEBRATING 10 YEARS OF THE POSITIVE AGEING EXPO



In conjunction with Papanui High School

Marking International Day of Older Persons

FREE ENTRY & ENTERTAINMENT

Monday, 26 September 2016
9.30am - 2.30pm

**Papanui High School,
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Exhibits and displays

Don't forget to use your Goldcard on the buses!

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Age Concern Canterbury 366-0903



**Christchurch
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POSITIVE AGEING EXPO

Monday, 26 September from 9.30am to 2.30pm

Something for everyone at Expo



The annual Positive Ageing EXPO is here again, for the 10th time! Come along, bring your friend or a family member and have a great day out.

On Monday 26 September the biggest and best EXPO yet will open at 9.30am at Papanui High School in Langdons Road, Papanui. Closing time is 2.30pm so be sure to get there early so you have time to see all the wonderful activities and exhibits.

The EXPO has grown a lot



since 2007, when just 35 services and products were shown at the Christchurch Chinese Centre. Over the years, in different venues, the EXPO has grown to become one of New Zealand's leading Age Concern public events.

This year 150 exhibitors will be there to talk with you, show you their products, explain their services, and demonstrate their activities. There will be food, cookware, homeware, gardening, tools and trades, travel – something for everyone, all ages and life stages, men and women, serious advice and fun activities. You will find entertainers, speakers, demonstrations, food tasting and

other lively activities going on throughout the day.

Representatives of service organisations will be there to give advice and answer questions. These include the NZ Police and Emergency Services, Canterbury District Health Board, Crown Public Health, Pegasus Health, Christchurch City Council, government organisations, community organisations, rest homes and retirement villages, lawyers and Community Law, Rotary, Lions and other service clubs, and many more.

Age Concern Canterbury staff will be there to explain all our Home Support Services, Accredited Visiting Service, Café Groups, Outings and Social Network Service, Visiting Service, confidential Elder Abuse and Neglect Prevention programme, Home and Personal Safety Courses, Confident Driving, Mobility Scooter Safety and Life without a Car Courses. You can join in a Falls Prevention Exercise Class to see how you like it.

If you have thought about becoming a volunteer for Age Concern, this would be a great opportunity to talk to our staff about the many activities where you could help.

How to get there

You can travel to the Positive Ageing EXPO at Papanui by one of several bus routes – the Orbiter, the Blue Line, No.28 Papanui/Lyttelton, No.108 Casebrook/Northlands, and No.125 Redwood/Westlake. The EXPO is at Papanui High School just 5 minutes' walk from the Northlands Mall.

The GREEN Caterpillar will shuttle from the School gate on Langdons Road to deliver you safely right to the EXPO door. Remember to use your



GOLD Card to get free travel on the bus.

If you are driving to the EXPO, enter



from Langdons Road – watch for the signs just near the railway line, and drive into the school grounds where parking wardens will direct you to a parking space for just a gold coin donation. The Shuttle will operate around the carpark also.

Free tea and coffee



You'll love the opportunity to take a rest between all this interesting activity, to have a cuppa and something delicious to eat. Age Concern Canterbury will provide free tea, coffee and snacks, and you will be able to buy a variety of tasty treats including barbecued sausages, cheeses, honey and ready to eat meals.

Things to do

You'll have plenty to do and see – the EXPO will be buzzing with activities. Bring along your knives

and gardening tools for a \$5 per item with Cookies Tool Sharpening, or get a new key cut with Christchurch Lock and Key. See inside a police car, or get up close to a police motor bike. Watch Rachel Vogan potting up plants and ask her your gardening questions. Try an exercise class, watch a cooking demonstration, see how emergency communications systems work when we call 111.

Talk to the experts and providers of rest home care, funeral services, home heating and ventilation systems, health care, hearing-aids, emergency services and travel. Watch horses, dancers, and a choir. Talk about Advanced Life Care plans, electoral enrolment, City Council issues and much, much more.

Thanks to the people who make this EXPO possible. Our wonderful sponsors are so generous, and this year we have vouchers, prizes, tickets and gift products to give away.

Other sponsors donate or give us helpful discounts on the equipment and products we use, like the marquees. A big thankyou to all Sponsors for making this great day possible.

Many of our sponsors have supported this Positive Ageing Expo for 10 years. You will see their certificate on the rear wall of their display stand.

Thanks to the students and staff at Papanui High School who set up the tables and chairs, move things about and run errands for us all day. We love having the young people around as part of the EXPO.

Age Concern Canterbury could not run this Positive Aging Expo without the support of Papanui High School and the Sponsors.

Celebrating 10 years of the Positive Ageing Expo

People realising burning smoke-free is easy

People are now coming to realise that burning smoke-free is easy.

Wood burner users across Canterbury are either thinking about or have tweaked their burning technique to burn smoke-free.

The proof of this good work is in the air. We have seen a decrease in high-pollution nights from last winter across Canterbury's towns and cities. This is great news but we still have lots of work to do.

Environment Canterbury congratulates residents throughout Canterbury who have made the effort to modify their burning technique and do their part in improving our winter air quality.

This winter, many people have contacted us for home demonstrations to learn to burn smoke-free.



Good burning technique is key – you'll be warmer, save on firewood, and have a smoke-free fire!

Home Heating Association fire master Dave Pullen says people enjoy the in-home demonstrations and are excited to show their friends what they've learned.

"Once people grasp the basics of creating a hot, smoke-free fire they're pleasantly surprised by how easy it actually is and how much warmer

they are. After the in-home training, people enjoy a warmer home and find that they save wood and money – this makes them want to share their new skills with friends and family."

We do not want people to be cold in their homes! It is Environment Canterbury's priority that Canterbury residents have warm, cosy homes during the winter months and that will never change. But we do know that home heating is the main cause of air pollution and we all must do our part to have clean air.

In-home training can be arranged by emailing training@warmercheaper.co.nz or by calling Environment Canterbury on 0800 329 726. If you are worried that you may have a smoky chimney, you can also visit warmercheaper.co.nz to watch a

short video about the best way to start a fire.

Environment Canterbury also has subsidies available for people with financial or health challenges to switch to cleaner forms of heating or have insulation installed in their home.

We work with a range of organisations to help provide assistance including Grey Power, Age Concern, Community Energy Action, South Canterbury District Health Board, Energy Smart and many more.

Since we started our winter assistance programmes, we have helped more than 600 people throughout Canterbury change to cleaner heating technologies and add insulation to their homes. For further information, please phone our customer services team on 0800 329 276 or visit www.warmercheaper.co.nz.

Hearing Technology built on honest family values

Twenty five years ago, a young electronics technician saw an opportunity and took a risk. Today Hearing Technology is the largest New Zealand owned and operated audiology clinic. Built on honest family values, John Robertson works hard to make sure his team are engaged in providing patients with exceptional service retaining the family feel even though it has clinics all over the country.

Christchurch based Audiologist Brad, says, "Hearing Tech is so much more than just a company name. When spoken, it brings visions of faces - both of the team and our diverse population of clients. I sincerely agree with our goal of

'giving back life' and thankful I'm a part of it!"

The hearing aid industry is extremely competitive particularly with the recent increase in international corporate chains.

Hearing Technology strives to nurture a winning network of patients, suppliers and industry associations to bring the best solutions from cutting edge technology.

Nelson Administrator Nicky says, "When you start at Hearing Technology you're told of a family culture and that's exactly how it is. I love the way we are encouraged to share ideas and often these are adopted by the Company. You're truly made to feel as though you

make a difference and are a valued member of the family. This flows to how we welcome patients and often are found to be chatting with them as if catching up with an Aunty or Uncle. Who wouldn't want to work here and be part of all that?"

When you ask John what his vision is for the next 25 years he says "I can't begin to tell you where this industry is heading! Hearing aids are already doing things that once we never thought possible – it's just getting started! It's my passion to make available next generation options and deliver this through a locally owned company to everyday New Zealanders".



hearing technology
giving back life!





Hearing Technology has been operating for over 25 years throughout New Zealand to offer a truly independent, alternative choice.

We believe in this modern day of advanced medicine and technology that you shouldn't have to suffer with the effects of hearing loss. We have the best clinicians and the latest breakthrough in hearing technology.

Join the revolution of hearing-impaired who now have their life back. Life's too short to miss out.

PROUDLY NEW ZEALAND OWNED AND OPERATED | 1991-2016 25 Years

John Robertson,
Managing Director

See you at the Positive Ageing Expo in September!

Come and visit us at the Expo for a **FREE** Hearing check, to pick up your **exclusive** promotional offer and enter our **iPad Mini giveaway!**

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0800 142 152
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hearing technology



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2016 - Age Concern Canterbury is proud to be AMI launches even cheaper contents cover for retirees

Moving into a retirement community can be emotional and stressful, but also represents a positive new chapter in your life. As you settle in to your new residence there can be lots to organise, including downsizing your living arrangements by bringing fewer personal belongings to your new home.

When moving in it's important to

ensure you have the right cover for the special things you can't live without. If something happens and your valuables get lost or destroyed, the cost of replacing them can add up quickly.

If you have contents insurance, you may find you're now paying too much given the smaller number of belongings in your new home.

Fortunately AMI is now offering up to \$10,000 worth of advanced contents insurance cover for no more than \$26 a month.* This means that if the total value of your things is no more than \$10,000 we can help protect them. This could be your furniture, TV, glasses, phone, stereo or even your watch or favourite pieces of jewellery.

There are other great benefits to this cover too, including offering repair or 'new for old' replacement when you claim on some of your things like electronics, hearing aids and glasses.

AMI also offers cover for your things while you're at home or out and about. Plus, you'll be protected when accidents happen outside your home. For example if you accidentally lose control of your shopping trolley and it runs into somebody's car, we'll cover your legal liability.

With six local branches here in Canterbury, our friendly AMI team is here to talk and can help you choose the right level of cover. Just visit <http://www.ami.co.nz/contact> to find your closest AMI or call 0800 100 200. (*For the first year).

Understanding being a guarantor

John contacted us after finding he was responsible for his grandson's debts and wanted to know what he could do. It turned out that John had agreed to be a guarantor for his grandson when he bought a TV and laptop on credit.

Unfortunately, like many clients we see, John had not fully understood what being a guarantor meant. A common misconception is that being a guarantor is like giving someone a character reference, but it's not; it's actually agreeing to pay someone's debt if they don't or can't pay it themselves. Guaranteeing a loan or other credit contract makes you responsible for paying the debt if the borrower doesn't pay it. Being a guarantor is risky, so if you've been asked make sure you know what the risks and implications are.

One key thing to know is that if the borrower doesn't pay back the loan the lender is not required to seek payment from them first; they can just go directly to you (the guarantor) and if necessary require you to sell any security that was included in the agreement. Another key thing to be aware of is that many guarantees are

'unlimited'; this means that you are not just guaranteeing one particular loan, but also any future loans from the same lender.

If you are asked to be a guarantor for someone, ask yourself the following questions:

- Why do they need a guarantor (do they have a poor credit history? Is it likely they will have problems making the payments?)
- Would you be willing and able to back the loan (plus debt recovery costs) if the borrower can't or won't?
- What would you list as security and are you willing to risk having it repossessed if the money can't be paid back?

A contract to become a guarantor must be in writing and must be signed. Because of the risks involved in becoming a guarantor we recommend that you get independent legal advice before you sign any agreement.

To access one of our Free Legal Advice Clinics or talk to one of our team about being a guarantor, or to volunteer for Citizens Advice Bureau contact 0800 367 222. Alternatively, you can pop into our office in Goulding Ave, Hornby.

Moving into a retirement community?

You can now get \$10,000 worth of contents cover for no more than \$26 a month.*

Whether it's your furniture, TV, phone or even your watch or favourite piece of jewellery, if your belongings are worth \$10,000 or less AMI can help protect them at a great price.†

Ask about our new \$26 advanced contents cover today.

Just visit ami.co.nz/contact to find your local AMI store, or call 0800 100 200.

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*For the first year.
†Refers to the combined value of your belongings, not the value per item. Normal underwriting criteria applies.

We provide information on a wide range of topics and issues, examples are listed below.

- * **Consumer rights** - buying and selling goods and services ie laptops, cellphone etc.
- * **Flatting** - your rights as a tenant, problems with flatmates.
- * **Neighbourhood Disputes** - problems with your neighbours' trees.
- * **Financial Problems** - food parcels, budgeting services.
- * **Work and Employment Problems** - annual leave owed.
- * **Relationships Problems** - what happens to your relationship property.

Free Legal Advice Clinic

8 Goulding Avenue, Hornby on Thursday evening from 6.15pm onwards.
Please phone branch directly to confirm clinic on 349 5236.

Justice of the Peace Clinics

8 Goulding Avenue, Hornby on Mondays, 11.30am to 2.30pm and Thursdays, 9.30am to 1.30pm. Please phone 349 5236 to confirm clinics.

Clients can call in and visit us at Hornby Community Centre, 8 Goulding Avenue or they can ring us on 0800 367 222 (free to cell phones) or visit our website: www.cab.org.nz

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Call for a free assessment today.
03 341 0514
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celebrating 10 years of the Positive Ageing Expo

Rachel Vogen is a happy and passionate gardener



Rachel Vogen

She's known as the happy gardener but Rachel Vogen could equally be dubbed the passionate gardener.

Rachel will be speaking at the Age Concern Canterbury EXPO in September on all matters gardening. "I will be encouraging people to get involved in their gardens – whatever the size of them."

Her talk will amount to free garden advice. Participants can take along plants which require some explanation or even photos which display a problem.

"I will talk about how to grow vegetables and edible plants at home. I am even pleased to help with plant diseases. I'm open to anything," she said.

"I really just want to encourage and stimulate people to grow things. This desire to help springs from my young days when I grew up on a farm at Duvauchelle.

"I remember my grandmother in her garden giving people cuttings. She told me about sharing bits and pieces," she said.

Rachel is a fifth generation Vogen and is well-



Rachel Vogen manages and provides guidance at Wai-ora community garden.

known in gardening circles. For more than 25 years she has been a judge, a writer, speaker on radio and television.

"It's a passion and vocation," Rachel said.

Also she was president of the NZ Nursery and Garden Industry Association and a board member from 2004 to 2012. Rachel was a member of CERA in a governance role but believes it managed to save many trees and shrubs in the red zone before dissolving.

She is also a board member of the Canterbury Horticultural Society and the manager of the Waiora Trust community garden in Harewood.

She is passionate about community gardens and is close to opening another in Wainoni in the red zone. This will be the 30th in New Zealand.

Three years ago Rachel joined the Waiora Trust which manages 28 allotment owners who pay \$100 for the land but receive all tools, seedlings et cetera and advice. She is on site three days a week and at other times if necessary.

"The benefits of community gardens were numerous," she said.

"I am passionate and proud of Christchurch gardens and parks. However, we have to work to keep the title of the Garden City and I know other cities would love to be able to use the title.

"I am excited about the suggestion that Christchurch adopts an Eden Project, in the red zone. The city council has a year to consider the project before deciding to go ahead or not," she said.

"There is so much to admire and respect about our city. There is a passion and pride about the place."

For all her work with gardens and other people's problems, Rachel wishes there was one more day to each week so that she could tackle her own garden. A large patch in Tai Tapu, it has been hit by droughts and high winds that made a mess of some of the trees.

* The Eden Project is a visitor attraction in Cornwall, England, which opened in 2003. It contains many diverse climates and environments and includes the largest indoor rain forest in the world.

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2016 - Age Concern Canterbury is proud to be

Celebrating life - everyday

It's true, not every day does the population of Christchurch (and beyond) descend on our doorstep and camp out to watch their heroes, the All Blacks parade past. What a day it was though! Our own Bishopspark Retirement Village hero was there early to put out cordons and chairs at the end of our drive on Park Terrace. So we had prime seats from which to enjoy the spectacle, up close and personal, in comfort. Our friends from Fitzgerald Retirement Village were transported in our easy-access bus from Avonside and joined us for the occasion. That day we saw quite a few extra friends and family too which may or may not have had something to do with our number one team?

Located in the centre of Christchurch, Bishopspark Retirement Village is a small, friendly community of just 32 units. With a thriving residents' association and situated to enjoy Hagley Park, Christchurch Art Gallery

and the museum there's plenty to do even when the All Blacks are not around.

With our excellent team taking care of all the property and garden maintenance, residents have the chance to enjoy lunch out together at Fine Fare for instance, our favourite container kitchen on Victoria Street. Knowing that emergency care is available and feeling safe with nightly security patrols adds to their feeling of comfort.

Families can be assured their loved ones are in the best place and when more care is needed we have our own rest home on site offering personal care second to none.

Whilst we cannot guarantee the All Blacks each year we are confident you'll love the life at Bishopspark.

For more information visit: anglicanliving.org.nz or call 03 977 2320 and we can answer your questions personally.

Alcohol Wise Hurunui - making a difference

Alcohol Wise Hurunui Incorporated is a small non profit Community Group. To run our projects we work with a range of organisations and agencies including Health Promotion Agency, Police, Cancer Society, Ministry of Social Development, Plunket, North Canterbury Family Violence Network and we are part of a Together Hurunui Collective.

We aim to create a 'Healthy Safe' community for all.

We do this through encouraging people to focus on the whole picture regarding drug use /harm.

Our Future Direction is to encourage 'Alcohol-Free Events'.

To promote awareness of Foetal Alcohol Spectrum Disorder (FASD) through staging a Blue Butterfly PREVENT FASD Campaign.

To inspire a Sensible and Safer attitude toward alcohol.

Our greatest wish, currently, is to grow our membership, and to attract people with new energy and ideas.

Our membership subscription is great value at only \$ 10.00 per year.

For more information please phone secretary Lois McGirr 033148849 or email alcoholwisehurunui@gmail.com.

Why we are staging a Blue Butterfly Prevent FASD Campaign.

The Blue Butterfly is the International FASD Logo. Central to this campaign will be the critical evidence:

- When a mother drinks alcohol the baby also drinks- but for longer.

- There is NO safe time - NO safe amount.

- Alcohol can cause permanent damage to a developing baby.

- Exposure to alcohol in utero can cause a brain injury, learning problems and behaviour issues.

We believe NO baby should be born with an alcohol inflicted disability.

A Blue Butterfly Prevent FASD Campaign will safe-guard both mother and baby, and the health, wellbeing and potential of future generations. Everyone has a role to play **'EVERYONE IS PART OF THE SOLUTION'**.

The best retirement address in town ... not just for the All Black parade.



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Alcohol Wise Hurunui Inc.

HEALTH

Hope Energy Attitude Learning Time
Involvement Fitness Self Control Grow Persist
Community Exercise Interests Family

HEALTH
Seeing a clear & happy future



Alcohol Wise Hurunui Inc

Ageing is inevitable, but growing older doesn't have to mean giving up an active life. Driver safety is vital for drivers of all ages, but older drivers experience physical changes that can affect driving ability - changes in vision, reaction time and flexibility.

What does the course involve?

- * A free class room based programme
- * Lunch included (\$5.00 contribution)
- * Held in a safe & enjoyable environment
- * Workbook for future reference
- * No tests or exams on the course
- * Certificate of Attendance

Course starts at 9.30am and concludes at 2.45pm

Contact Age Concern Canterbury on 366-0903 for bookings.



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Courses to be held at Community Facilities in Canterbury.
10.00am to 12.30pm or by arrangement. Book now!

Phone Age Concern Canterbury 366-0903 or email yvonne@ageconcerncan.org.nz

celebrating 10 years of the Positive Ageing Expo

Please don't tipple and topple over

by Christine Toner

How a drinks habit makes you fall over. We know that the likelihood of falling increases with age. Overall around 30% of people aged 65 and over will fall at least once each year. The risk of injury increases with age. Around 10% of people aged over 75 years, living in the community, will have a fracture or require hospitalisation related to a fall.

We also know that we are all more likely to fall over when we have had a few drinks. We might laugh about this, but the combination of age and alcohol potentially make for a much more serious outcome.

Firstly, research is now telling us that some older people often drink a bit more than is really safe. Loneliness, boredom, memory lapses, and depression may be some of the reasons for pouring that extra glass of wine, beer or spirit that makes us less steady on our feet.

Secondly, as we age, we become more sensitive to alcohol, so in fact we can safely drink less, especially if we take medication as well. The recommended limit for an older person is 100ml wine or one nip of spirit or one bottle of beer each day. That is, one standard drink a day is enough. And the size of glass is important!

But even more important is the long term damage that over-use of alcohol does to our bodies and brains, in ways that make us more likely to fall over even when we haven't been drinking. Physiological

effects of over- using alcohol include 'peripheral neuropathy' – hands and feet go numb, so we can't feel where our feet are, and we can't feel that the ground is sloping or rough or slippery. If you have been to a SAYGO Falls Prevention Class you will know how important it is to be aware of your feet and where they are, all the time.

Over use of alcohol has many other effects on vision, strength, balance and mobility. A person who has ever over-indulged, or who is currently over doing their evening tipple might just find that they are even more likely to fall now that age is added into the equation. To make it even more complicated, it seems that an older person who drinks a significant amount is less likely to seek medical help, and more likely to drink alone or in secret.

Chris Sinclair runs the Sixty-Five Alive programme at Odyssey House. She works with people 65 and over who are concerned about their use of alcohol and other drugs, including prescribed medication and co-existing mental health and medical problems. Chris is working with Age Concern Canterbury, using the Steady As You Go (SAYGO) Falls Prevention Exercise programme developed by Age Concern Otago, to develop a unique SAYGO class for people who have a problem with drinking.

The class includes the usual Falls Prevention exercises but is expanded to help people understand how drinking alcohol affects their likelihood

of falling, and how lifestyle changes such as the SAYGO exercise class can help reduce this. New, specially designed 5 minute video talks by medical specialists will explain how alcohol use affects the body and makes us more likely to fall.

"We have been running a pilot class for several weeks now," says Chris, "and we have had a lot of fun and laughter as well as valuable learning. The SAYGO exercises target mobility, strength and balance, and we are all noticing the benefits accumulating week by week."

'We plan to start a community class later this year. We have called it 'Don't tipple and topple' – to show that

it is a fun, open, safe space where there is no judgement, just a genuine acknowledgement that falling over is not a good thing for anyone.

We aim to show that the issues of alcohol use are a reality, and to confront them without embarrassment or shame. SAYGO is a great environment where everyone has the same issues – we are all working on preventing ourselves from falling over.'

If you suspect that your drinking might be a problem, especially but not necessarily if you have had a fall, please ring Age Concern Canterbury on 366 0903 so we can let you know when the class is starting.

The value of a Funeral

Simple really... the experienced, caring staff at G Barrell & Sons Simplicity Funerals Christchurch believe things should be simple for you at what can be a difficult time. Traditional or contemporary... a funeral should be affordable and it should be respectful.

We often hear the word 'value' in our day to day lives – from a funeral service perspective, being able to identify the value of the funeral is intangible but hugely meaningful. At G Barrell & Sons Simplicity Funerals Christchurch we seek to personalise our service to you and your loved one. Our staff are experienced. They understand that everyone is different and unique and that there may be difficulties to overcome during the arrangement of a funeral.

Often our funeral directors will meet with and pre-arrange funerals for people that simply want to put some plans in place for the distant future – topics such as the venue for the funeral, music and environmental choices can be recorded. Pre-paying

an amount into the FDANZ Funeral Plan can also be discussed and arranged in order that monies are set aside specifically for a funeral service for yourself, a family member or friend.

We aim to provide funeral services that are dignified and, in today's value conscious world, affordable. Simplicity Funerals Christchurch also offers burial and cremation services.

We are nationwide and are able to cater to all price ranges and offer individual pricing plans to suit everyone.

We care – it really is as simple as that.

If you need to speak to a funeral director with regard to any aspect of arranging or pre-arranging a funeral, please call **(03) 379-0196** - at any time or go to our website for more information on our services www.simplicity.co.nz.

G Barrell & Sons Simplicity Funerals Christchurch is a member of the FDANZ.



SAYGo Falls Prevention Exercise classes improve your balance, leg strength, flexibility, general fitness and wellbeing.

Hei Hei, Community Centre,
Wycla Avenue on Monday at 10.30am.
Harewood, St James Church Hall,
Harewood Road on Monday at 1.00pm.
Halswell, Te Hapua: Halswell Centre,
341 Halswell Road on Monday at 1.00pm.
Wainoni, (Waitlist only), Celebration Centre,
81 Bickerton Street, back entrance with Preschool signage on Monday at 10.30am.
Papanui, Age Concern Centre, cnr Main North Rd and Loftus St on Tuesday at 9.30am.
Hoon Hay, Hoon Hay Presbyterian Church Lounge,
5 Downing St, Hoon Hay on Friday at 9.30am.
Riccarton, Kauri Lodge,
148 Riccarton Road on Thursday at 9.30am.
Rangiora, Ballarat Retirement Village,
21 Ballarat Road, Rangiora on Wednesday at 10.00am and 11.15am.
Waltham, Waltham Cottage at
201 Hastings Street East, Waltham on Tuesday at 1.00pm.

Falls are not a natural part of ageing, FALLS are preventable!

Save yourself from a fall by attending a weekly SAYGO class and improving your strength and balance.

\$2.00 per class.



Phone Age Concern Canterbury on 366 0903

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Everyday living with arthritis

by Te Kani Moore, Arthritis Educator

Arthritis..... it can be managed

Arthritis New Zealand is the National organisation focused on raising awareness of all the different forms of arthritis, advocating for those with the condition and providing advice and support.

Did you know there are over 620,000 people in New Zealand with a diagnosis of arthritis. In fact it's one of the leading causes of disability in this country.

Arthritis literally means 'inflammation of the joint'. There are more than 140 recognised forms of the condition. The three most common types are - osteoarthritis, gout and rheumatoid arthritis.

Osteoarthritis or OA is the most common form of arthritis in New Zealand. In fact it is so common it is what people usually think of when they hear the word 'arthritis'. It is often referred to as "wear and tear of the joints". It involves the breakdown of the protective cushion of the cartilage covering the ends of the bones, where two bones meet to form a joint.

Gout is believed to be the most painful form of arthritis which can affect any joint but often attacks the big toe first or another part of the foot. It occurs when there is too much uric acid in the blood. The uric acid turns to crystals in the joints.

Rheumatoid arthritis is an autoimmune condition where the immune system mistakenly targets your joints. If not treated properly, ongoing inflammation damages the joints and other organs. Living and coping with any form of arthritis can

be difficult. Thankfully, while there is no cure, there are a variety of proven self-management tools that can help to control and reduce the effects of arthritis. Some of the most effective components for self management include.

- **Physical activity** – both muscle strengthening and regular exercise
- **Joint protection** – devices to relieve joint stress; braces, walking sticks, insoles etc.
- **Medication** – pain relief, disease modifying medications. Arthritis New Zealand can advise you further.
- **Weight control** to prevent extra stress on the weight bearing joints.
- Evidence based complementary products – Fish oil.
- Education and self-management. Arthritis New Zealand offers clinics, seminars, workshops and Facebook sessions across the country. Phone 0800 663 463 toll free during business hours to speak with an Arthritis Educator.

If you are living with arthritis, it is possible to continue to lead a full and rewarding life. You may be advised to make a few lifestyle changes, but there is no reason why you should not be able to continue to enjoy everything you love to do in life. If you have any questions or concerns you can contact Arthritis New Zealand on 0800 663 463 or visit our website www.arthritis.org.nz.

Age Concern in collaboration with Arthritis New Zealand will be holding a seminar on the 8th September; at the Age Concern meeting room, 24 Papanui Rd, see details below.



Everyday living with arthritis – protecting your joints

Come to this seminar and learn ways to reduce pain and strain on your joints.

Speakers:

Louise Trapper
Occupational Therapist
Port Hills Therapists

Shannon Morris
Services Co-ordinator for
gadgets & devices
Aspire Canterbury

**Thursday,
8th September 2016**

**Age Concern Canterbury
24 Main North Road,
Papanui.
Christchurch**

**To book your place
contact Age Concern
Canterbury on 366 0903.**

**For more information
please contact Te Kani
Moore, Arthritis NZ on
0800 663 463.**

There is no charge for entry - donations are appreciated.
www.arthritis.org.nz

Boost your nutrients for better ageing

by Leah O'Neill
Dietitian, Healthy Eating Healthy Ageing

When it comes to what we eat, we need to be extra diligent as we age. Older adults need fewer calories, due to slower metabolisms and often to lower activity levels, but to keep muscles and bones strong, we need more protein, calcium and vitamin D. For healthy brains we need more vitamin B12 and a diet high in antioxidants and omega-3s. Many older adults also don't get the fibre and fluid they need to keep bowels regular.

In short, once we reach our 60s we need less food but more of many nutrients. Every mouthful needs to pack a nutrient punch. So if jam on toast is replacing a square meal you'll be missing out on what you need. And don't forget that a diet rich in vitamins will help fight off flu and infection during winter months and boost energy and mood!

However, if you live by yourself or are feeling tired from illness it can be difficult to muster the energy or motivation to cook a wholesome meal. So let's explore some ways to gauge your nutrient intake and to increase motivation to cook nutrient-rich meals with minimal effort.

Get your daily dose

- Eat protein at every meal (including breakfast). Research shows this promotes more muscle growth than eating all your protein in one meal.
- Get three servings of low-fat milk/ milk products daily (includes fortified soy milk). These are great sources of protein, calcium and vitamin B12.
- Eat five servings of vegetables and fruit daily – to achieve your target, make half your main meals vegetables.

- Up your vitamin D with 30 minutes of midday winter sun.

Plan ahead, save time

- Plan main meals before your weekly shop and write a list. Don't forget protein foods for breakfast and lunch eg yoghurt, eggs, canned tuna and 'lite' baked beans.
- Have a well-stocked kitchen – dried beans, rice, pasta, oats, stock, canned tomatoes, frozen veges, canned fruit, herbs/spices and pre-prepared meals.
- Maximise your freezer – portion, date and freeze cooked rice, cooked dried beans, casseroles, soups, grated cheese, chopped and blanched cheap seasonal vegetables.

Increase motivation

- Cook when you have the most energy/time – invest in a slow-cooker.
 - Increase enjoyment - stoke the fire, play your favourite tunes, brew a cuppa.
 - Get inspired by new recipes – check out your library, start an exchange with friends.
 - Make it social - Invite a friend for a cooking day, arrange a weekly dinner guest.
 - Get creative - buy one new ingredient each time you shop and plan a meal to suit.
 - Start an indoor herb garden.
 - Join a cooking class.
- Senior Chef - cooking classes for older adults help increase skill, confidence or motivation to cook for one or two people.

Visit www.seniorchef.co.nz for more info or talk with your GP or Practice Nurse.



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Kumara and Smoked Fish Patties

Ingredients (makes 8 patties)

- 3 ½ cups (700g) kumara, cut into cubes
- 2T Table spread, melted
- 1 Lemon, juice of
- 400g (1 large can) Smoked fish, flaked (canned or fillet)
- 4 Spring onions (or shallots), finely chopped
- ¼ cup parsley, chopped
- ¼ cup flour, to dust
- 1T Vegetable oil/spray (canola, rice bran, olive)
- 1 Lemon, cut in to wedges



Method

1. Boil kumara in salted water. Drain well, coarsely mash with table spread and lemon juice. Set aside to cool.
2. If using canned fish, drain. Combine fish, spring onion and parsley. Mix with kumara and season with salt and pepper. If using fillet fish and mixture is dry, add 1 T liquid (lemon juice or milk) at a time until moist.
3. Divide mixture into 8 equal portions. Press each portion together to form a ball. Flatten into patty. Dust patties with flour.
4. Lightly oil and heat a non-stick fry pan.
5. Cook patties over medium heat for 3 to 4 minutes or until golden on both sides.
6. Serve immediately or cool and freeze. Serve with lemon wedges and a side of green seasonal veges.

Massive book in many ways

Continued from Page 3.

At that point, the boy jumped out and said: "April Fool!" Foster looked him over straight-faced and called him to come and bend over the piano chair as he got the Bunsen burner tube (for punishment) out of a cupboard. The boy was waiting and Foster said: "April Fools' Day."

But Peter Simpson is not finished with singing or the Cathedral. He is now a member of the Cathedral Singers, a group which fills in at the Cathedral when the Cathedral Choir is away, such as holiday time. A handful are former choir members and the choir numbers about 40 men and women. The younger ones in their thirties with the eldest in his eighties. It once had a member in his nineties.

Another job for Peter is the gathering of memorabilia to be recorded on CD

by the Choir Society. There are two large cartons of photos.

This group gives support to the choir in various ways. It raises money for boys' outings and for scholarships, new music, cassocks and supporting the Director of Music in any way it can.

After that job is attended to, Peter might turn his efforts to tidying the garden. He says there will be no more books.

The first print run was sold out at the book launch in the Transitional Cathedral and a reprint will soon be made.

Singing To God: A history of the ChristChurch Cathedral Choir by Peter Simpson can be obtained from the publisher, Microfilm Digital Print Ltd at \$135.00 or from the Transitional Cathedral.

A debilitating condition

by Trish Adams

The prospect of living with fragile bones is something we all need to be aware of.

Osteoporosis means "porous bones" and is a debilitating condition that weakens the skeleton and makes bones more prone to fractures, especially of the hip, spine and wrist.

Trish Adams of the Osteoporosis Society Canterbury, says, that in extreme cases, a cough, a tight hug or a sneeze can break a bone. Additional problems are pain, immobility and shrinking – loss of height.

It affects both men and women, increasingly with age, but can occur earlier in life. For older people this can be a threat to their independence and enjoyment of life. Besides a broken bone being a painful experience, other health problems such as pneumonia can often set in while people are immobilised. The risk of osteoporosis fractures doubles every seven to eight years after the age of 50. Hip fracture risk increases 40 fold between the ages of 55 and 85.

Some risk fractures can be minimised to reduce this "silent condition" by undergoing regular weight bearing exercise, maintaining a calcium-rich diet, ensuring an adequate supply of Vitamin D, limiting alcohol and caffeine and NOT smoking.

Bone mineral density is measured to help diagnose Osteoporosis. When suitable treatment is combined with lifestyle changes, most people are able to reduce the loss of calcium from their bones.

I was diagnosed with Osteoporosis in my early fifties, and now being "a little older," with careful management and a kindly doctor, this does not hinder the way I live.

I had my first bone scan on the 24th February, 1997. I was a patient of Dr John Elliott, having been referred to him by my GP. I had never heard of osteoporosis before and was interested in learning more.

I became involved in a trial for Fosamax, for about 5 years. This began in June 1997. I was well cared for and monitored by the nurses at PMH. The results were positive for me and my bones. I stopped taking Fosamax after about 5 years. I now make sure I have Vitamin D each month.

I just need to be aware on a daily basis that my bones aren't as strong as they used to be. Exercise is very important to me. I walk each day which is something I love to do. I do not particularly enjoy most dairy foods, but I do include cheese in my diet for the calcium. Both exercise and calcium are so important for bone strength.

I have had the odd fracture! Have

broken a couple of toes, and more recently fell into our chest freezer while trying to get out some whitebait!! That was a disaster as I managed to crack 3 ribs. It took me a long time to be able to sneeze, cough and accept any form of hugging. You do have to be careful.

I have been a committee member of the Osteoporosis Society Canterbury for many years. I have enjoyed the opportunity of sharing my experiences and information with people who truly understand this condition.

The committee is a great team and wonderful to work with. Osteoporosis Society Canterbury is a voluntary organisation based in Christchurch, and is overseen and supported by health professionals who specialise in bone health.

The goals of the society are to educate the public on risk factors associated with osteoporosis, what can be done to minimise the risks, and to support the people who already have osteoporosis.

If you would like to find out more about osteoporosis, please contact, **Trish Adams, P.O. Box 21 021 Edgware. Email: trish.adams@paradise.net.nz**

We always welcome new members whatever their age.

Kate's Fig and Almond Slice



Ingredients

- 120g butter
- 100g sugar
- 1 beaten egg
- 1 tablespoon of golden syrup
- 1 cup chopped figs
- 1 teaspoon of baking powder
- 1 cup chopped almonds
- 1 cup flour
- A tiny pinch of salt.

Method: Line a sponge roll tin with baking paper, and turn the oven to 180c.

In a pot large enough to hold all the mixture, melt the butter, golden syrup and the sugar, when combined add the beaten egg, the fruit and nuts and the baking powder and flour, and tiny pinch of salt. Combine everything well and pour into the sponge roll tin.

Bake for about 30 minutes, this depends on each and every oven!! When cooked it should spring back when touched lightly.

You can ice with a lemon icing, or serve as is. Good luck

Is too much sitting killing you?

by Vonnie Alexander

A recent programme on TV, "The Truth about Exercise" promoted the view that regardless of age the human body is designed for activity rather than sitting. Too much time sitting, these scientists claim, will end up killing you.

Think for a moment about the amount of time we spend every day on the very comfortable activity of sitting. Reading a good book, an afternoon of bridge or mah-jong, surfing the internet or watching television. Perfectly normal! But the experts say it's bad for our bodies when it outweighs activity.

No, they're not talking about the infirm or incapacitated. They are talking about you and me, across all age groups. Perhaps when younger, you played tennis, golf or other sports, or maybe you've never played any kind of sport. You've got aches and pains, and some parts of your body could be described as bionic, you think you're too old, too settled in your ways, happy with your lot. Taking up a sport is the last thing on your bucket list.

I'd like to share with you the experience of this retired woman who isn't exactly a spring chicken. I was



Croquet players enjoy an afternoon's play at St Martins Croquet Club.

Photo by Kay Blair.

invited by a neighbour to attend a fund raising quiz day, lunch provided, at a Christchurch croquet club. Needless to say I was later invited to also join a club, but I knew nothing about the game and didn't feel tempted. Persistence sometimes pays off and after several repeated invitations I thought it time to go along, hit a few balls and shut them up. Six years later, I am a croquet addict. Club membership has given me a window on a new world, providing companionship, sociality and above all, open air activity which gets me out of my Lazyboy and on to my feet.

Croquet is an international sport played across all age groups

as evidenced by the under 21 tournament held in Christchurch in 2015, attracting players from as far away as Egypt. Golf croquet is now the most popular form of this sport, which can be played doubles or singles. An average game might only be half an hour or much longer if the players are more experienced. Above all, it's not hard on the body.

There are more than ten croquet clubs in the Christchurch area, all of which can be accessed on the Internet. I belong to the St Martins Croquet Club situated close to the New World complex. This club draws players from a wide area. Club days are three half days a

week. Addicts, as I call myself, play even more frequently, taking part in activities or competitions with other clubs. Saturday play attracts those still working weekdays. In addition to croquet, members join in other social activities throughout the year.

Beginners receive help in learning how to play the game. Nobody becomes a champion overnight but neither do they have to be Einstein to learn the rules. Special assistance is given to those who wish to 'try out' the game including the loan of a mallet. There is a minimal charge for membership in the first year. If you try it and decide it's not for you that's okay but be prepared to be hooked. As far as addiction goes, it's a cheaper bet than the pokies and a lot healthier.

There is no uniform involved, just wear some flat shoes, and a desire to try something new. All ages are welcome, and before long you'll be moving among a new circle of friends.

We at St Martins would love to see you so come along to watch, make yourself known as a visitor and we'll look after you. For times, ring Vonnie on 332 2490 or Josie on 384 0400.

Pace yourself and conserve your energy

Conserving energy is all about doing your daily activities in a strategic way so you have energy for the important things in life.

There are many simple strategies you can use to conserve energy when you have a chronic condition.

The five Ps of conserving energy:

- * Pace yourself.
- * Position yourself and your equipment.
- * Pause and relax.
- * Plan ahead for success.
- * Prioritise.

Even with a chronic health condition, you can still live a healthy, happy and productive life. Maintaining your activity is good for your physical, mental and emotional well-being.

Pace yourself

This is a very important skill, which people often overlook. If you notice that you are more tired or short of breath than you used to be, you will need to slow down to get your tasks done. If you rush you will take longer to regain energy. If you go slowly and pace yourself, you will go a lot further before needing a rest.

Don't hold your breath, or rush through the task to "get it over with". This will only make you more tired or

short of breath. If you find an activity too hard, stop and recover, then begin again at a slower pace.

Use slow, rhythmic movements and alternate light and heavy activities.

Spread heavier tasks throughout the day, week and month.

When you are feeling tired or short of breath, use recovery positions to help regain control of your breathing. Lean your back against a wall or tree, or rest your arms on a bench, chair back, trolley or something similar.

Positioning

Keep your arms and body close to the activity you are performing. Carry objects close to your body and organise equipment or food to be within easy reach.

Keep most activities between waist and shoulder level:

- * Store commonly used items on middle shelves, between your waist and shoulders.
- * Work at benches that are at waist height.
- * Use long-handled equipment (for example, long-handled reachers, long-handled pruning shears, a broom, a dressing stick, a sock aid and a bathing brush).
- * Bring your feet to you (for example,

rest your foot on your knee to towel dry, put on socks and shoes, and tie up your laces).

Avoid heavy lifting:

- * Use trolleys; push rather than pull; slide rather than lift.
- * Let your bigger muscles do the work – squat with your legs, avoid bending your back.

Divide the load, for example when carrying groceries, and just half fill the kettle.

If possible, sit when you are doing something, as standing uses more energy. Consider sitting while ironing, washing dishes, showering, chopping vegetables, gardening, making a phone call or working in the shed. Use a high stool or chair in your kitchen or at your work bench.

Pause and relax

If you continue to work until you are tired or out of breath you may then take longer to recover. So take regular breaks to rest and recover before, during and after working. Don't wait until you need a break.

* Break tasks up into chunks and pause between each chunk.

* Relax. When you feel worried, anxious or uptight your body uses more energy. This can make you

tired or breathless. Relaxation can help restore energy. Concentrate on relaxing your muscles and slowing down your breathing.

* Make sure you get plenty of rest. Schedule a rest every day, and make sure your legs are raised (elevated) when you are resting.

* Make sure you get plenty of sleep at night. Is your mattress comfortable? Is your head raised?

* Rest for 20 to 30 minutes after a meal.

Plan ahead for success

High expectations can lead to frustration, so be patient with yourself and set achievable goals. Challenge old habits. Ask yourself, "Is it essential that I do this task in the usual way?" Give yourself time to adapt to new ways of doing things.

* Do the most energy-consuming things at the time of day when you have the most energy.

* Plan for rest breaks and interruptions.

* Break jobs into smaller steps. For example, rather than cut the whole lawn in one go, do it in two or three goes.

Continued on next page.

Pace yourself and conserve your energy

Prioritise

Use a diary or calendar to plan daily, weekly and monthly tasks. Look after yourself first, as it doesn't help anyone if you are tired and grumpy!

Prioritise your healthy habits, exercise, good food, and rest. Don't forget to have fun and stay connected with important people in your life.

Prioritise your mental health and exercise the five ways to well-being.

Ask for help, or get someone else – such as family members, community services, neighbours, volunteers or friends – to do something for you.

Asking for help does not mean you are dependent, it means you are using your energy to its best advantage. It's better to spend your energy on the really satisfying things.



More practical tips and tricks

- * Allow dishes to air dry.
- * Use a clothes basket with wheels

for getting laundry to the line.

* Use a clothes horse rather than reaching up to the washing line.

* Carry items such as the phone in an apron with pockets.

* Barbecue tongs are useful for picking things up off the floor.

* Sit on a stool to shower and dry.

* Use a bathrobe or hand towel for drying yourself.

* Clothes made out of stretch fabric are easier to get on and off.

* Electric toothbrushes do the work for you.

* Use a commode or urinal bottle to save getting to the bathroom at night.

* Keep a slow cooker, electric frying pan or mini oven on the bench for cooking.

Where to get help

Occupational therapists can help you work out ways to do your everyday activities in a safe, independent and satisfying way.

You can talk to your GP or practice nurse about being referred to an occupational therapist in the public system.

Or you may prefer to pay to see a private occupational therapist.

Arthritis New Zealand runs a helpful programme called Living a Healthy Life. It teaches self-management skills to people with ongoing health conditions, not just arthritis.

(Source: www.healthinfo.org.nz)

Cold weather a pain? Warm up muscles and joints to avoid falls

Freezing temperatures and icy winds are not just chilling. Have you ever noticed your joints aching more in winter? Some studies show a strong relationship between cold, damp days and arthritic pain. But can the elements really make joints ache?

You feel it in your bones you say, but is it just an old wives' tale? Believe it or not, your weather forecasting might have some validity, thanks to the effects of barometric pressure changes on your body. As the mercury drops, joint aches rise.

In cold weather the joint capsules swell, causing pain, stiffness and inflammation. The soft tissues around the joints are less pliable so joints feel tight and sore.

The soreness tempts us to spend more time sitting but being a couch potato is bad news for joints. Exercise helps lubricate them to prevent pain. That's why it's so important to keep moving.

In the cold our joints often suffer

with poor blood supply too. Our body restricts how much blood it sends to extremities, so that it can focus on supplying vital organs like the heart and lungs. Our hands and feet get cold.

Cold muscles don't perform well either. They don't operate at maximum range of motion, don't access their full potential strength and are generally less ready for action.

Tight, cold muscles are more prone to injury. Imagine putting a rubber band in the freezer and then trying to stretch it over a large box. It snaps. But warm the rubber band slowly and it will stretch to take the force of your pull. That band is like your muscles in winter.

The Aircycle exercise provides a gentle awakening for sleepy muscles and joints, warms and loosens them to ease them into action. It is a simple way to get circulation going and to warm up in front of TV.

It gets joints and muscles flowing so



A quick winter warm up for muscles and joints, hands and feet.

they can work together for maximum efficiency. It is a way to build leg muscle strength and joint flexibility – both vital for injury prevention and avoiding falls.

It is unnecessary to use the Aircycle circulation booster for lengthy periods. Short, frequent spells throughout the day and evening are

most effective. A few minutes while sitting with a coffee or chatting on the phone will keep blood circulating, muscles and joints loose and feet and hands warm.

You can get stronger, healthier joints at any age. Even at 90 you can still improve your muscle strength to help support your joints and relieve aches and pains. Strong muscles help maintain good balance and mobility and go a long way towards keeping you mobile and avoiding falls.

A good warm up keeps the body running like a well oiled machine. Mrs Spiers wrote, "When I've been using the Aircycle I feel as though I've had a good lube. My joints are more flexible and I can garden more easily."

Aircycles are available from pharmacies, Diabetes Christchurch, Aspire Canterbury, More Mobility, at www.aircycle.co.nz, call 04 569 5013 or post \$44.90 to Aircycle, PO Box 45105, Waterloo, Lower Hutt. 5042.



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- * Cold hands and feet

Available in pharmacies, Diabetes Christchurch, at www.aircycle.co.nz or call 04 569 5013, or post \$44.90 (P&P included) to Aircycle, PO Box 45-105, Waterloo, Lower Hutt.

Stories abound with 84-year-old

Bruce Alexander is a man of many facets, a man with stories to tell and a man who has still, at 84 much to do.

He goes out with a walking group and he cycles for fitness, too. He makes model ships of bygone years and he is involved in Cracroft Probus (treasurer) and the Christchurch Civic Trust (life member).

He still goes to the mountains (now his grandchildren ski). And there are sure to be other interests.

"I have had a full and fortunate life. I have been lucky, with good friends and I have lived with people who cared for me," he says.

Besides all his activities, Bruce is also writing his memoirs – for his family.

His father came from England in 1926 as a Government-assisted farm labourer. The 20-year-old ended up in the South Island and it was in Ealing that he met Bruce's mother. They survived the Depression years with "terrible hardships. They lived in a house with no power, no running water. Mother collected water in a kerosene can from the water race."

"So many people just did without in those days. My parents moved to Timaru (that's where I was born) and father tried selling insurance on commission."

When the three moved to Sumner Bruce went to the primary school there. Soon the beach was barricaded against a Japanese invasion and they left the suburb.

Bruce's father left for the war and was posted to the Artillery. "He didn't like it so he joined the Air Force. He had always been keen on aviation



Bruce with a model he made of HMS Basilisk, a paddle wheeler built in 1848. Great Grandfather was 1st Officer with Capt John Moresby when mapping New Guinea in 1874

and he knew people associated with it," he says. Bruce later found out that his father had put his age down in order to fly. But he was still too old. So he had a war of ground-crew work and a spell in the Solomons.

Bruce was sent to friends in Naseby by his mother and after a year was back in Christchurch attending the Cathedral Grammar School before going to Christ's College where there were family connections.

The war had split his parents apart and Bruce was sent to board with the Espiner family. It gave him for the first time, a stable household and discipline. He relished it and embraced it.

He gained his school certificate on a second attempt and then his UE.

He left school in 1950. "In those days employers would ring the school asking for likely lads," says Bruce.

"I was 18 and had no idea what I was going to do. I ended up in a surveyors' firm. I didn't know the first thing about it but signed on for four years."

Bruce recounts the hard work, the discipline and how employers extracted their "pound of flesh".

After four years he changed firms for a two-pound pay rise. After a spell in the North Island Bruce and a mate went to Tonga to survey the land. "When we arrived it was just coconut trees and bush. Now it's like a patchwork quilt."

The two surveyors wrote a book about their work.

From the heat of Tonga Bruce's next big assignment was in the Antarctic. He was one of three surveyors in the NZ Geological Survey Expedition, 1958-59.

Several mountaineers were in the party of 12 and after work they, with Bruce, set about climbing peaks. They achieved several first ascents and the Americans (who took them south in an ice-breaker), believing them to be shirking their primary survey work, asked the Kiwis to cut back on climbing.

"But we did a huge amount of surveying. Which I suppose is superseded by Google maps these days. But at the time it was important work."

He was married by 1960 and in private practice. But Bruce was always looking for something different to do: a challenge.

The fight to save Mona Vale attracted his attention. He joined John Oakley, Peter Beaven and others in the Civic Trust who fought successfully to acquire it for the city. He believes his work on the project had some impact on the local body amalgamation of 1989 as he exposed so many differences among councils.

The acquisition of Mount Vernon was another trust achievement. He is a life member of the trust and the Mt Cheesman Ski Club.

He has two children and four grandchildren. The memoirs are for them and no doubt they, too, will be interested in the model sailing ships. One, the Bounty, took seven years to make. The Victory is taking shape in the workshop under the house.

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Retired and renting? Insulation subsidies to help keep you warm

by Emily Coffey, Marketing and Communications Assistant, Community Energy Action

If you rent your home, you may be aware that recent law changes require landlords to install insulation in all rental properties by mid-2019. This law change provides a strong incentive for landlords who may have otherwise been reluctant to insulate their properties. Community Energy Action understands that there are significant health benefits of living in a warm, dry house, especially for the elderly.

Until the end of August, CEA is offering a 50% insulation subsidy for landlords whose tenants have a community services card, or consider themselves to be low income, and have a health condition that is affected by the cold. Conditions apply. If you are retired, and renting, CEA may be able to help. CEA is urging anyone who may fit the criteria to get in touch and discuss your eligibility.



As always CEA is offering free, no obligation insulation assessments for both tenants and homeowners, so if you are not sure about the state of your insulation, give them a call. For those who do not meet the criteria, CEA is offering a 25% discount on insulation for a limited time.

Energy Advice Service

If you have high power bills, or your home is cold, damp, or draughty, CEA

can offer free information and advice over the phone or by email. Just call 0800 438 9276 or email info@cea.co.nz and one of their expert energy efficiency advisors will tailor advice to your situation to help you make your home warmer, drier, healthier, and more energy efficient.

Curtain Bank

CEA's Curtain Bank service provides free, recycled curtains for

anyone that needs them. If you cannot get to the curtain bank or measure your windows due to mobility issues, ask about their Mobile Curtain Bank Service.

The Curtain Bank relies on volunteers to help sort, fold, and measure and de-hook donated curtains. With a large demand for curtains this winter, they are seeking volunteers to help them get curtains out to those who need them as fast as possible.

Until spring, volunteers who contribute 7 hours of their time at the Curtain Bank go in the draw to win a \$100 grocery voucher. There are 12 chances to win, and the 7 hours can be completed over a number of days. Please call Barbara on 03 3747225 to organise a time to come and help out.

How to use your heat pump and remote control properly

by Caroline Shone
Chief Executive, Community Energy Action

Heat pumps are endorsed by government agencies and consumer advocacy groups as one of the most efficient forms of heating available. They offer features other heating options cannot, like dehumidifying, cooling, air filtration, safety and ease of use.

Getting the best out of your heat pump involves knowing how to use it properly.

If the units are left running all day and night, or set to unnecessarily high heating (or low cooling temperatures), you could see your electricity bill increase significantly.

By following the recommendations below, you can keep your home comfortable in the most efficient way.

- Only heat/cool the areas you are using, and only while you are using them.
- Keep the heat in or out by shutting doors and blinds.
- Set the thermostat for healthy indoor temperatures. World Health Organisation guidelines recommend at least 18°C in any room you are

using (or at least 20°C if you have vulnerable people in the rooms).

- Don't set the thermostat higher than you need it. Setting the thermostat to the maximum won't heat up your room any quicker, but it can make your heat pump run less efficiently.

- Use the timer. It should only take 10 to 15 minutes to heat up the average room. It is also possible to get a seven day timer which allows you to program on/off times for each day of the week.

- Avoid using the "Auto" mode. In this mode the heat pump tries to maintain the set temperature by constantly changing between heating and cooling modes as the room temperature fluctuates. This can waste a lot of energy.

Tips for summer cooling

- Use the 'fan only' mode on the heat pump to provide air movement if opening doors and windows is not enough. This mode uses much less electricity than the active cooling mode. Keep the windows open while in the 'fan only' mode.

- Use the 'dehumidifying mode'

if the air is too humid. It will dry the air while using less energy than the active cooling mode. Keep the doors and windows shut while in the dehumidifying mode.

- Only use 'cooling' mode on really hot days when other methods aren't enough. Shut doors and windows. Set the thermostat to around 22°C. The room won't cool down any quicker if you set it lower, but you are likely to use more electricity by overcooling.

- When building or renovating, install external shading for glazed areas which is much more efficient than internal shading. Well-designed external shading keeps the summer sun out while letting the lower winter sun in.

- Fan speed, recommend that it be kept in the "Auto" position.

- To keep the heat pump's performance, efficiency and longevity, it is extremely important to keep it serviced and maintained according to the manufacturer's instructions.

While you can do some things yourself (like cleaning the filter regularly) other things need to be

done by heat pump installers, (not heat pump cleaners) check your operations manual or talk to your installer for more information.

Icons on remote control



Snowflake means cooling
Sunshine means heating

Set mode to Heat (sunshine) in winter, or Cool (snowflake) in summer, not "Auto". Set fan speed to "Auto".

If you require any advice, or you are unsure about information you have been given, please call CEA's free objective energy advice service on:

Phone no 0800 GET WARM or check on the website www.cea.co.nz

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UPDATE FROM THE CLUBS



Amberley Welcome Club members enjoyed a two night stay in Oamaru with a trip to Waimate via Kurow. In September members have a trip to Cheviot and Gore Bay and in November a two night stay in Nelson planned. A visit to 'Homebush' Coalgate will take place in December. Meet: 3rd Monday at 1.30pm, Anglican Church Hall. **Contact:** Kath Anderson on (03) 314 8365.

Christchurch Senior Citizen Club members enjoy cards on a Monday at 12.30 to 3.00pm with afternoon tea provided. Admission is \$2.00. Indoor Bowls enthusiasts meet on a Tuesday at 12.45 to 3.00pm. Admission is \$2.00. There is an old time dance on the 1st and 3rd Saturday of the month from 1.30 to 4.00pm where there is dancing to a live band and afternoon tea is provided. Admission is \$6.00. Visitors are always welcome to any of the activities. **Contact:** Veronica on 383 4682 or Beth on 388 2375.

Beckenham Friendship Club members enjoyed entertainment from Richard Hall and Russell Driver. In July Paul and Kay Easterbrook entertained and in August the Richmond Hand Bell Choir will visit. **Meet:** Second Tuesday of the month at St Marks Church, corner of Barrington Street and Somerfield Street. **Contact:** Janet Meek on 332 4237 or email janetmeek@xtra.co.nz.

Bishopdale Senior Citizens Club have enjoyed a winters lunch at Coasters Tavern and entertainment from Smokey and Lorraine. A bus trip is planned and entertainment from Rod Walkinshaw and housie. **Meet:** Fortnightly on a Monday at 1.30pm at Methodist Church, Corner Chapel Street and Harewood Road, Papanui, Christchurch. **Contact:** Marie Tyler on 359 4344.

Lincoln Area Senior Citizen Club members were entertained by The City People who were very professional and enjoyed by all. The Club's 40th anniversary lunch and celebration was held at The Tannery. An exhibition of Nancy Wood's needlework is planned. **Meet:** First Tuesday of the month at 1.30pm at Lincoln Event Centre. **Contact:** Margaret Barrat on (03) 325 2218.

Oxford Senior Citizen Club members had a mid winter dinner at the Papanui RSA. The 50's Up Band has entertained and the Iron Ridge Sculptor from Waipara visited. A trip to Hanmer is planned and entertainment from Operatunity. **Meet:** Second Wednesday of the month at 1.30pm at Oxford Workingmen's Club. **Contact:** Mrs J A Rowe on 03 312 4260.

Papanui Welcome Club members were entertained by Pat Hanagh and Val from the V Jays. Future entertainment will be provided by Marion and Laurie Searie. **Meet:** Every Tuesday at 1.30pm at the Papanui RSA, Harewood Road, Papanui. **Contact:** Colleen Smither on 359 7738.

Sumner Senior Citizens Club members visited Kaiapoi to enjoy a lunch and view the library and museum. Future activities include a lunch at Governors Bay and a garden viewing in the Spring. **Meet:** 2nd and 4th Wednesday each month at 1.30pm at Sumner Surf Club. **Contact:** Lola Bouckoms on 384-9889.

Christchurch Theatre Workshop Inc

'SING'

An afternoon of community songs.

Cashmere Club, Lower Colombo Street

Tuesday, 27th September,

Tuesday, 29th November at 1.45pm

RSA, 82 Victoria Street, Rangiora

Wednesday, 28th September,

Wednesday, 30th November at 1.45pm

Admission is \$5.00.



Please phone 960 8698 for advanced bookings.

Some tickets will be available at the door.

Garden City SeniorNet

Invite you to become a member of their Learning Centre.

For a joining fee of \$20.00 plus reasonable class fees, you can learn many skills from friendly tutors who help you get more from your laptop, tablet, smartphone or home computer.

Come to a 'meet and greet' session on the third Thursday of the month from 12.15 to 1.00pm at the Club Rooms,

3 Brake Street, Church Corner, Upper Riccarton. Christchurch.

For further information please phone 348 4499

Wainoni Avonside Community Services Trust (WACST) 'Masterchef scone bake off', 2016



Competitors from left to right: CCC nominated representative 2016, Glenn Livingstone (Winner Masterchef 2015), MP for Waimakariri, Matt Doocey (Runner Up 2015), MP for Christchurch East, Poto Williams, Kim Nutbrown, Senior Reporter The Mail (Runner up 2016), David Ayers, Mayor Waimakariri (Winner 2016), Martin Meehan (Judge 2016), Award Winning Bakery, Kidds Cakes, National List MP Christchurch East, Joanne Hayes, Betty Chapman, Community Co-ordinator WACST, Sarah Walters, Deputy Mayor Selwyn

WACST have hosted the 'Masterchef Scone Bake Off' for four years now. The first year the attendees of WACST were the participants, the second year Christchurch City Councillors were the competitors. The third year it was Christchurch MPs.

This is one of the many wonderful events offered at WACST that locals can participate in or enjoy.

Others held this year have been:

Westpac Rescue Helicopter Luncheon/Auction Fundraiser. Westpac Staff were in attendance and the group raised almost \$600.

Ex All Black, Fergie McCormick, acknowledged Kathleen White's 91st birthday. She was one of the original participants in the very first Sit & Be Fit group and she still participates in the group 15 years later!

WSM (Wainoni Service Medal) event, where their very own Wainoni Queen presented Appreciation Awards to two of their wonderful volunteers, Lee Hawkey and Richard Peoples. They are both at the community programme volunteering almost every working day. A High Tea followed and the leftovers were given to the workmen outside and were very much appreciated.

They hosted a Mid-Winter Hoe-Down with Live Music from Marians Outlaws to acknowledge former minister Rev. James Stewart's 80th birthday. He was one of the original founders who set up the WACST 14 ½ years ago. Christchurch City Councillor, Glenn Livingstone, did a Flash Dance and entertainer Janice Gray also sang at this event. The Methodist Church, 878

Avonside Drive, Wainoni (opposite the old Porritt Park Entrance) is a venue where people can meet for fun and enjoy the company of others.

Regular activities programme:

Tai Chi: Tuesday -

12.00pm to 1.00pm.

Line dancing: Tuesday -

Beginners 1.00pm - 2.00pm.

Craft: Tuesdays

10.00am to 12.30 pm,

light lunch 12.15pm to 1.30pm.

Sit & Be Fit: Wednesdays

10.30am to 11.30am.

Zumba: Wednesday

1.00pm-2.00pm.

Alternate Wednesdays:

Healthy Living Lectures

(depends on speaker).

Alternate weeks:

Economical & Healthy Cooking

11.45am to 12.45pm.

Indoor Bowls: Thursday

10am to midday

Walking group: Thursday

10.30am to 12 noon.

Crib/ Scrabble 1.00pm-3.00pm

Light lunch, Thursday,

12noon to 1.00pm followed

by a movie.

\$12.00 Vege co-op

weekly veges and fruit.

Book exchange every day

the church is open.

All activities are only \$2 per session.

Footcare, Wednesday

on a six week rotation. \$25.00

If you are interested in any of these activities please call Betty Chapman Community Co-ordinator, Wainoni/ Avonside Community Services Trust Phone 389 2285 or email wainoni.wacst@xtra.co.nz 878 Avonside Drive, Christchurch 8061.

Some exciting things happening at the CWEA

by Shannon Swan, CWEA Programme Co-ordinator

The CWEA has a long history of providing adult and community education, in fact we celebrated our centenary last year but that does mean we are stuck in the past.

The CWEA is very much about providing a place where ordinary New Zealanders can learn about a wide range of topics and participate in active citizenship. We are continuing that focus by trying to diversify the courses and lectures currently being provided. One of our biggest goals right now is getting more people talking about us and becoming involved in our courses. One course offered in term two was The Internet and learning how to get the best out of personal devices. This was presented by Epic Learning, a new company which has a passion for technology and for helping people make the most of the tools and available technology.

Students brought along their personal devices such as smart phones, iPads, tablets or laptops and were guided through using the internet and apps or applications. Digital literacy is so important these days and while we could never replace human contact and interaction, devices and the internet are tools to help keep people socially connected not only locally but also globally. So many people have these tools but lack the skills or confidence to make good use of them and being able to try things out on your own device made the learning much easier. The development of strong confident digital citizens across all ages supports the CWEA goals of Democracy and Social inclusion. If we are able to understand what is really being said we are all wiser.

At the final session the students were able to experience VR or virtual



reality. It was an amazing experience, many of the students were wowed by the experience, by how life like it was and the range of possible uses of VR such as travel for people who are unwell or limited in mobility.

The overwhelming feedback from this group of students was about feeling more confident in their abilities to use smart devices and the internet.

The next course in the series is about Social Media and Internet Safety.

Check our website for details. www.cwea.org.nz

cwea.org.nz or call 03 366 0285.

Term three is about to begin, (August 1st- September 23rd) with a variety of courses during the day, evening and weekend. Courses include, From Scibble to Script an introduction to Italics, Mathematics in the modern world, The 2016 Local Government Elections: Let's get involved to name a few.

We are proud to announce that Russel Norman has agreed to speak as part of the Lincoln Efford Memorial Lecture. This is scheduled for Thursday September the 22nd at 7pm and is a free event, feel free to let others know about this event.

Everyone is welcome, if you would like more details please see our website, FB or call if you would like a programme emailed or posted out to you. <http://www.cwea.org.nz>, admin@cwea.org.nz. 59 Gloucester Street, CBD. Phone 03 3660285.

Losing money to a scammer is an awful experience

by Maggie Barry, Minister for Senior Citizens



Maggie Barry

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

Age Concern branches across the country are doing some great work raising awareness of scams and particularly the new techniques they use through things like Scam Savvy seminars. It is good to see Age Concern work closely with the police and other organisations, like councils, to keep people safe from the scammers.

It might seem obvious in hindsight but many so-called 'investment opportunities', romance scams or approaches by phone or computer can seem very genuine at the time. You need to protect yourself by

watching out for "red flags" – signs that what you are dealing with may be a scam.

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

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

As Minister for Seniors, I am very aware that some of our older people are very trusting and potentially vulnerable to this type of fraud, especially if they are lonely or isolated and in need of companionship. I know that's something born out by Age Concern's experiences and work.

But couples and families can also become victims. One recent case involved an older couple in their

seventies losing their savings in a Hong Kong investment scam.

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

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

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

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

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

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

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

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

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HOME VISITS AVAILABLE

Bernie's island link re-forged

An Anglican clergyman, the Rev Bernie Cox, is still evangelising - in a retirement home and at the age of 82. He believes he was put in the home for this purpose and he has started group religious studies for residents. He comes from a family which had ties with the Chatham Islands for more than 150 years. Bernie's story begins with Felix Cox, the 12th son of Samuel and Mary Cox of Oxfordshire, England. Samuel fought at Waterloo.

Felix attended Rugby School and entered the army in 1857 and served in India and helped relieve Lucknow in 1857. He came to New Zealand in 1864. Later he went to the Chathams and worked for the Maori chief, Pomare. With his brother-in-law, Felix farmed Whangamarino and he also took an interest in church matters and local affairs. He was a keen botanist and the plant, *Coxella Dieffenbachia* bears his name.

Bernie's father succeeded to the farm ownership and Bernie was born there but did not live there too long. Instead the family lived in Riccarton until the Depression when the house was rented out and the family moved back to the Chathams. But in 1938 the



Bernie Cox, more than 15 wonderful years as an Army Chaplain.

family moved again to Christchurch and Bernie's father travelled regularly to oversee the farm. Sheep and cattle were shipped to Halswell for fattening before sale.

Bernie was not attracted to the farming life and early on he had thoughts of graduating in electrical engineering when he had finished his education.

He attended the Fendalton Open Air School and then Papanui High School before the University of

Canterbury. However, compulsory military training intervened, and he served in the Navy.

While at varsity he was interested in Bible classes and began Sunday-school teaching at several churches. In 1954, while at varsity, he felt his studies (electrical engineering) were "taking him along the wrong path." He took advice from churchmen but, instead of taking an arts degree as recommended, he attended a CSSM Beach Mission at Kaiteriteri

Nelson's bishop arranged for theological study in Sydney and, after two years, Bernie was back in Nelson and ordained. Two appointments as curate followed before he met Joy Palmer, a Christian lass. Three months later and after four meetings, they were engaged.

They had four children and now Bernie has 11 grandchildren and five great-grandchildren. Joy died 16 years ago from cancer after more than 40 years of marriage.

After their marriage Bernie was posted to Greymouth as a curate and, after eight months, went to St Stephen's, Reefton, as the new vicar. He remained for six years before moving to Collingwood, later taking in the Takaka parish.

Joy's health deteriorated at this stage and Bernie sought a residence that provided a more stable and lengthy tenure. The family moved to Auckland and Bernie, after an unsuccessful attempt to sell insurance, became a

clerk with the Bible Training College's printing arm, Institute Press. He had found a stable job and it brought a 25 percent wage increase.

Through a work acquaintance, Bernie later became a counsellor with the National Society of Alcohol and Drugs Dependence. Six years later the society changed its direction and Bernie found himself out of work. He was invited to become an army chaplain and in 1975 he was back in Canterbury - at the Burnham Military Camp.


This was the beginning of more than 15 "wonderful years". He also served in Singapore and then in Trentham as the Principal Chaplain (Army) for six years before retiring in 1990. His swan song was to write a manual of knowledge and guidance for up-and-coming chaplains.

He spent more than three years as a North Island vicar before becoming a part-time honorary priest in Wellington. In 2004 Bernie moved to Matura to be close to his family. Then began a period of association with the Chatham Islands again.

He had taken the 1975 Christmas service on the islands, invited by Christchurch Bishop Allan Pyatt, but then he was back in 2003 to celebrate Anzac Day and help the vicar. The next year Bernie was there to celebrate the opening of the Kopinga Marae, built on land, Te Awatea where the Cox homestead once stood.

This year Bernie travelled to the islands again for an Anzac Day service and to take another Church services and study groups. He spent his birthday there and also noted that it was virtually 100 years since an uncle was killed at Passchendaele.

Over recent years Bernie has had a stroke and a broken leg. Besides his study groups with elderly folk at the Lady Wigram Retirement Home, attending church twice every Sunday and his contact with local clergy, he is busy writing his memoirs (he has reached 1954). He has plenty to reveal and hopes at least one of his grandchildren, or great grandchildren, will be interested in them.



AGE CONCERN CANTERBURY

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Please send to The Chief Executive, Age Concern Canterbury Inc, 24 Main North Road, Papanui. CHRISTCHURCH 8053.

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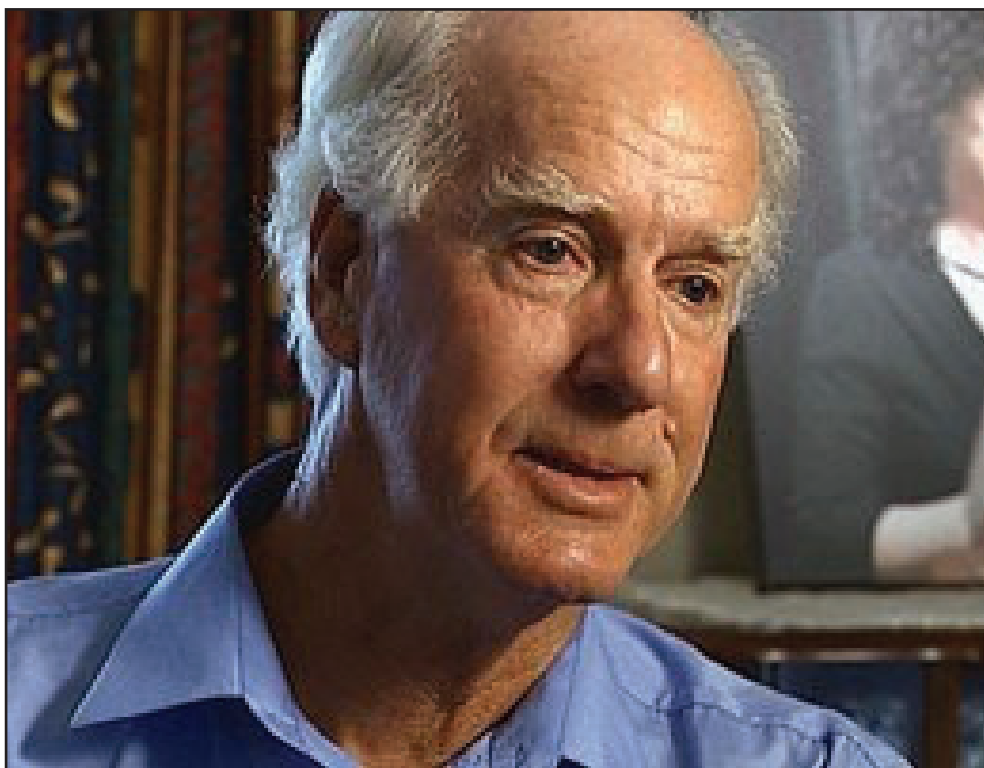
Meet Mondays and Thursdays at 9.30am by the Shirley Community site to car pool to start of walks.

A variety of two hour walks to enjoy with others are offered on these days.

Call 981 7071 or 0277754635 for more information

We didn't see it coming!

by David White



David White - "Helen is dead. That I can't change."

Life at 65 was cruising.

Four years into a new occupation and working outside for the first time in decades. I retired early (and not wisely my accountant told me) and as a 60th birthday present I got my class five licence and took up driving milk tankers. I had the perfect job collecting goat's milk around the Waikato, working only day shifts and on holiday for 8 weeks between seasons. Overseas trips were the norm.

Some would say we were living the dream and we had no need to even think on what lay in the future.

But there was one dark cloud in our lives.

Our eldest daughter was living in an abusive relationship. We had moved to Matamata to be close by, believing that our presence would keep a lid on things.

We talked a lot, my daughter and I, we worked out how to get around some of his stupid behaviour, because that is how I saw it, just stupid behaviour.

I was 65, Helen was 39. We were adults and we both felt we could handle this. I mean, how much living

do you need in all those years not to have a level of confidence that you couldn't sort it out? We were wrong. I had no knowledge of the deviousness of an abuser's mind. Helen still loved him and thought that he would change.

He beat her severely once on an assumption that was falsely based.

I confronted him telling him that I was going to lay a complaint with the Police in the morning. He was in no doubt that I would and took evasive action – he spent the night wheedling his way back into Helen's confidence promising the world and a beautiful future.

It was enough for Helen to persuade

me to hold back on going to the Police. He did behave, but it was like walking on egg shells for all of us as we didn't want a repetition of that beating. It went on for nearly a year.

It got too much for Helen, living in that tense atmosphere of not knowing if and when he would strike again. She announced that she was leaving him. She told everyone, and everyone was delighted. Maybe me more than anyone. I was going to get our old Helen back again and there were tears of joy.

He spent those carefree three days planning his next move.

On the 4th morning he stepped from being hidden behind the barn wall, put the shotgun to Helen's neck and pulled the trigger.

He decided who left the marriage and when, such was his belief in his control over her.

We never saw it coming.

We had no knowledge of the depths of depravity in those who control their partners by mental and physical violence. We never thought we needed to ask for help.

Continued on next page.

VILLAGE CENTRE – ALMOST COMPLETE!



Artist's Impression

summerset.co.nz

Brand new village centre and care centre

Summerset at Wigram is growing, with our new village centre opening in September. The village centre will be the new heart of our retirement village and our residents are looking forward to all it has to offer. Once complete, the village centre will include; an indoor swimming pool, spa pool, Divine Café, bowling green, indoor bowls, pool table, lounges and more. We will also offer rest home and hospital-level care for residents and the wider community in our brand new care centre.

To find out more about the living options available contact Anne on 03 741 0872

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We didn't see it coming!

Continued from page 27.

I'm writing this to ask you all to look again at your family and those around you. Are their relationships safe and loving? Do you have any doubts that maybe something is wrong?

Remember that all this happened in our later lives in a family that was wealthy. Family violence has no boundaries and cannot be put aside as a poor family problem, or a Maori problem, or a drug or alcohol problem.

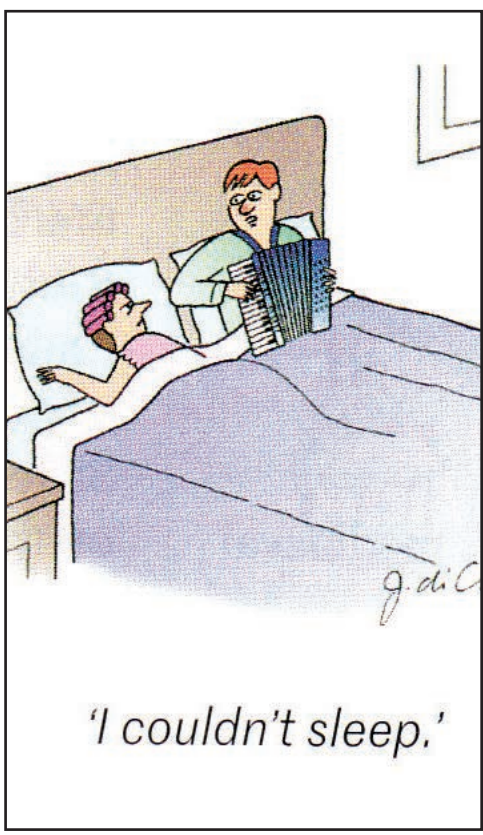
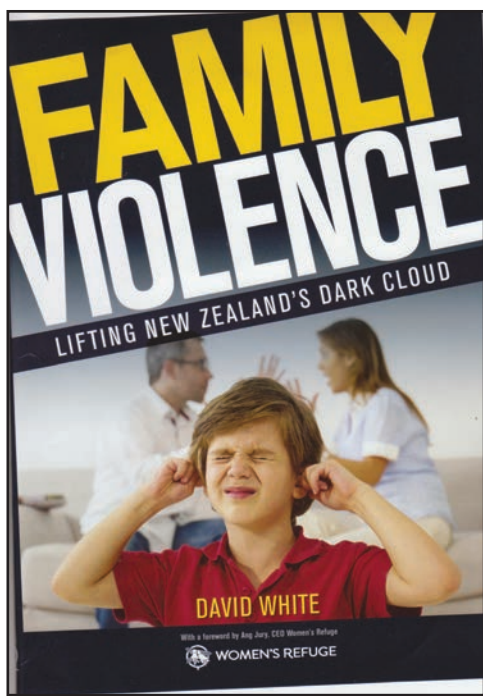
We are your age, and we didn't ask for help. It is little help now knowing that one in every three women will be abused by their partner, or that a woman is four times more likely to be

murdered in the week of separation than at any other time of her life, no matter how abusive it is. Please look around you, and look again at all of your family. Don't end up walking in my shoes by not taking action now, because our lives now are crap.

Never mind that we are bringing up Helen's children, never mind that I campaign to end family violence, never mind that I have written a couple of books on it, never mind that I have helped so many live safe lives – Helen is dead. That I can't change.

Don't you end up like me.

David White, Matamata. Author; Family Violence. Lifting New Zealand's Dark Cloud.



Barton Fields provides both freedom and peace of mind

Nestled amidst 2.4 hectares of landscaped grounds on the fringe of Lincoln, Barton Fields is a lifestyle community with an ownership structure that provides both freedom and peace of mind.

Despite being designed specifically for older residents, Barton Fields is certainly not your average 'retirement village'. In fact, it's an exclusive enclave of quality homes surrounded by communal gardens and sprawling reserves; a vibrant community where people over the age of 55 can enjoy an invigorating lifestyle without the

stress of maintaining a large home and its accompanying grounds.

Unlike most traditional 'retirement villages' in this country, there's no Licence to Occupy policy at Barton Fields. Instead, Barton Fields was created around the Unit Titles Act, allowing residents to purchase their own villas just as one would a normal home.

The villa becomes their own in every respect; an asset they can borrow against, sell whenever they want, or pass on to other family members. And because there is no Deferred

Management Fee (i.e. Barton Fields doesn't take a percentage on the resale), the owner of each villa will reap the rewards of any increase in value.

It's a model that's been praised by investment experts including Paul Rickerby, Director of Christchurch accountants and financial advisors Moore Stephens and Markhams. "The freehold title ownership model is far more transparent than the licence to occupy model", he says. "Freehold ownership gives the owner more options and means any capital gain

is theirs, and theirs alone."

Built by the award-winning Mike Greer Homes, the villas are highly customisable, with seven unique floorplans and four different colour palettes. Facilities within the development include an architecturally designed Community Hall and an array of walkways and cycle ways, while the proximity to everything from the local golf course to the charming township of Lincoln ensures everything you could ever need is within easy reach.



Barton Fields Lifestyle Villas - Lincoln

Safe - Secure - Lifestyle

Why live when you can live a lifestyle?

- Our 2-3 bedroom villas are freehold title not licence to occupy. Proudly built by Mike Greer Homes and come with a 10 year Master Build Guarantee.
- We take care of your lawns, gardens and external home maintenance freeing you up to enjoy all that Lincoln and Selwyn have to offer - bowls, golf, restaurants, supermarket, library, doctors, chemist and a handy shopping centre and much much more.



BARTON FIELDS
VILLAS
Safe | Secure | Lifestyle

To find out about our latest promotions or register your interest in our Stage 3 villas:
Visit our show homes at Barton Fields, Birchs Road, Lincoln
We are open: **Thursday & Friday 11am - 2pm**
Sunday 1pm - 3pm

Call us on **0800 325 523** or visit **www.bartonfieldsvillas.co.nz**
Like to know more about Lincoln, Selwyn?
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