

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 96: Summer 2017

**Making a day
of it at the Arts
Centre, Page 31**

Photo courtesy of Christchurch City Council, Pam Carmichael Photography

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Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



"No person was ever so completely skilled in the conduct of life as not to receive new information from age and experience." Anon.

We never stop learning new things, new ways of adapting, and this was evident last month when we celebrated the International Day of Older Persons. It is observed on October 1 each year and was observed for the first time on October 1, 1991. The major part of our celebration was to host the 11th Positive Ageing Expo, and what a fantastic day we had. Thank you for all coming out and enjoying the day of socialising and learning. Thank you to Papanui High School for your ongoing support and to all the exhibitors for making the day as great as it was – we have had some wonderful feedback from the older people of Canterbury.

Volunteers play a vital role in our organisation and in society as a whole. Our entire sector would grind to a halt without their support, and Age Concern Canterbury is very pleased to be able to share a Christmas Lunch with our volunteers in early December. This is our way of giving back, in a small way, for the hours of support our volunteers give in the pursuit of our organisations mission "to achieve wellbeing, rights, respect and dignity for older people". We are always looking for more volunteers and can provide a wide range of opportunities – so if you have some

time to give back – please give us a call.

November will see us engaged in White ribbon day (25th) – a day when we as a nation draw attention to the appalling and unacceptable crisis we face – family violence. 75% of elder abuse is committed by a family member – meaning it is a family violence issue. We have seen the numbers of older people needing our support increase each year over the last 5 years and recently Age Concern Canterbury won the tender to deliver the new Elder Abuse Response Services across all of Canterbury and the West Coast. If you, or someone you know, is facing an abusive situation – please give us a call so we can support you – all calls are confidential.

With summer here, we are enjoying the weather and the gardens around us (being the Garden City). If you are enjoying a perfect summers day and your lawn mower is broken, call Age Concern Canterbury for a reliable gardener to come and do it for you.

Although it might be seen as early - as this will be the last **Keeping On** for 2017, I hope you have a safe and happy Christmas and New Year period. We will be closed between the two holidays, but open again from January 3rd and look forward to supporting you in 2018.

One thing to remember, the holiday period can be a lonely time for some people, so make an effort to say hello to your neighbours, and stay in touch with family and friends.

Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



Since the last issue of **Keeping On** we have had a very successful Older Persons Health Expo held at Papanui High School. We had an excellent number

of attendees who all went home armed with new information to read and make use of in their daily lives. I must thank Yvonne Palmer for her brilliant organisation of this event. Yvonne has an army of contacts who give generously to her each year when she comes knocking on the door for goods or services.

The students from Papanui High play a very important role in the event, starting on Sunday setting up the display areas in both the gyms and the John's centre. The students are there all day Monday helping carry the exhibitors material to their sites and at the end of the day packing down. There was also a number who through the day walked around the expo offering food and fruit that had

been donated to Age Concern for the expo.

Early on October 11th we had a loud very sharp thunder and lightening storm that rocked the city for about an hour. It was accompanied by very heavy rain and some hail. I hope you all managed to get back to sleep after it was over and that you did not sustain any property damage.

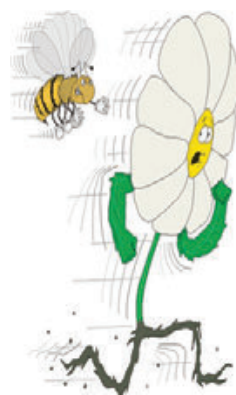
Winter continued well into spring with continuing cold temperatures. We were lulled into a false security with spring being so colourful and some days so warm. It just reminded us not to put away our winter clothes, hot water bottles and electric blankets until Show Day.

It seems far too early to extend to you warmest greetings for Christmas and best wishes for a happy and prosperous new year. Take care over the holiday season, drive safely and enjoy the company of family and friends whenever possible.

Trish Adams
President

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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.

Recognition for nine years of involvement

The partnership for the Expo, between Papanui High School and Age Concern Canterbury is a remarkable success and Rachel McConnell, Assistant Principal of Papanui High, has been involved in that success for approximately 9 years.

Rachel first became involved with the students when the Expo was held at the Convention Centre. The students initially assisted with the set up and break down of exhibitor's stalls and then also undertook serving tea, coffee and biscuits. Rachel arranged the roster of the students and oversaw their contribution on the day. Over the years many of the community attendees have commented that they found the students interested in their stories and very respectful of them.

Rachel has been committed to working with the students and has given her own time generously to help make the Expo run smoothly. In return the



Rachel McConnell

students work tirelessly knowing that the funds

raised on the day go to their school sports or arts group travel and accommodation.

Rachel turns up Sunday, prior to the event every year, has all the plans and knows where the chairs, tables, and all other equipment is to be set-up for the day. Then back again early on the Monday from 7am and works hard all day supervising the student's activities: car parking, tea and coffee making, food service and meeting and greeting the attendees.

Rachel is just one of over 400 volunteers who contribute to Age Concern Canterbury and the welfare of older people.



Enjoy the festive season with Driving Miss Daisy

Believe it or not we're heading into the tail end of 2017 already. The days are getting longer and the sun's

warmth has sparked the beginning of a new growth cycle. The abundance of blossoms, daffodils and new

vegetable shoots indicate that Winter is well and truly over for another year. It won't be long and the memorable smell of Christmas pine will be filling the air.

At this time of year Driving Miss Daisy is thinking not only about how we can help our clients to complete their Christmas tasks, but also how they can enjoy the festive season.

Receiving a card in the post with a thoughtful hand-written message is always much appreciated, but due to email it's becoming a thing of the past. We think it's a tradition worth keeping due to the joy it brings the recipient, so our Daisies can help you to purchase, write and post greeting cards to your friends and family across the world.

Gift shopping for family and friends can often be a challenge. But we're often called on to assist our clients with this task and to be honest, our Daisies love to help. We'll share ideas, help you get to the shops, assist you with the purchase and can even help with gift wrapping and postage.

The shopping needn't just be for others – if you'd like to purchase a new season item for your own wardrobe, or perhaps treat yourself to a gift, we'd be pleased to help.

You might be asked to bring a plate to a pre-Christmas function, or contribute a dish to a Christmas Day meal. We can help plan this dish and shop for grocery items.

Finally, we can assist you to get wherever you need to go for end of year events. You'll arrive on time, looking fabulous and ready to enjoy the day.

Driving Miss Daisy is committed to helping our clients get out and about, so you can live life to the full and make the most of every moment. Remember that many of our franchise owners have fully equipped Wheelchair Accessible Vehicles, if you have a walker or wheelchair.

No matter what your requirements please call us today to discuss – we look forward to seeing you soon. **(A)**

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A shed for a man or two

When Ray Hall retired from IT his goal was to establish a men's shed for the New Brighton area.

He started in 2008 and he had it established in a garage on a church site on Hawke Street by 2013. The earthquakes tended to lengthen the time frame.

Today the shed has 16 members, one of which is a female. But more importantly Ray is secretary of that shed and chairman of the New Zealand Menz Shed movement.

Nationally there are about 120 sheds, with 28 in Canterbury and eight in Christchurch city area. The movement is growing. A Westport shed just opened, Ray says. He knows that groups are working to



Bishopton Menz Shed regulars enjoy the well-equipped shed.

form sheds in Greymouth, Darfield and Ferrymead.

A Menz Shed brings men to share

their skills, have a laugh, and work on practical tasks individually (personal projects) or as a group (for the shed

or community).

The type of projects a shed tackles is entirely up to the shed concerned, however, most sheds around New Zealand take on some community projects, examples of which include building playgrounds for pre-school centres, repairing toy library stocks, repairing old bikes for distribution to poorer communities, building planter boxes for the main street of the local central business district, and the list goes on.

Once the Kaiapoi shed made eggs and aviaries for Department Of Conservation to help save a rare parakeet in a North Canterbury valley.

(Continued page 5)

Maltworks Lifestyle Village - freehold unit title

A vision to turn Heathcote's derelict Maltworks' site into a new residential lifestyle village, has begun with the first of stage one villas now under construction and a showhome open for viewing.

Property Lifestyle Concepts, or PLC Group, has been operating in Canterbury for 15 years. Having developed three previous larger scale over 55/60s lifestyle villages, they certainly have fine tuned the 'lifestyle village concept'. The new village project, Maltworks Villas, contains 65 villas, a clubhouse facility and a communal vegetable garden.

The villas are a mixture of single level and two storey homes, with single or double garaging. Configurations vary with two or three bedroom options and floor plans ranging from 102sqm to 200sqm. There is limited fencing around the homes so as not to box people in, and plans vary from being in a duplex situation (joined), standalone, or terraced.

The central community clubhouse facility available in the village, allows residents to become part of the social scene by having access to committee organised art classes, exercise groups, card games, coffee groups, organised dinners and outings. The clubhouse is offered for the exclusive use of village residents to meet and socialise with their friends and family as they wish, or to arrange events for that special celebration or milestone. Consisting of a modern kitchen facility, bathroom facilities and an open plan lounge area, which flows easily onto a northwest facing patio and lawn area, providing a pleasant socialising environment all year round. The lounge is set up with TV, lounge suites, dining table and chairs. All this while still having the ability to live in a village environment of like-minded people.

Ownership of the villas is on a freehold unit title (not a license to occupy), where the purchaser retains

full ownership of their home giving them the option to on-sell it on the open market as an 'over 55s lifestyle villa'. The owner retains any capital gain realised from the sale process.

An onsite caretaker living in the village, mows the lawns, so you can sell your lawnmower! They also take care of the roadside gardens, keeping the overall appearance of the village up to a high standard. Exterior windows are cleaned quarterly too! Along with the clubhouse facility, the exterior maintenance of your villa is taken care of into the future. House insurance is organised by the Body Corporate which manages the operation of the village. A perfect setup giving added security for those who wish to lock and leave to escape the winter.

The Heathcote area boasts a strong community, a microclimate sheltered from the cool easterly and southerly winds, and is surrounded by the natural beauty of the Port Hills.

Maltworks Villas is within easy reach of all hill suburbs, and an easy tunnel commute to Lyttelton township, providing a great opportunity for parents to be closer to their families who live within these areas.

The village is located at 66 Port Hills Road, Heathcote Valley, where local shops are to be constructed adjacent to the village. Ferrymead and Eastgate shopping centres are both within an easy driving commute. The bus route 28 to Christchurch and Lyttelton runs close by the village within an easy 200m walk.

Recreational activities are in abundance with Ferrymead driving range an easy five minutes drive away, tennis and bowling clubs and other community recreational activities all in close proximity to Maltworks Villas, along with the gondola, walking tracks, and a children's playground on the doorstep of the village to take the Grandchildren! Come and see what the Maltworks has to offer! (A)

Your country in the city

MALTWORKS VILLAS
HEATHCOTE 66 PORT HILLS ROAD
PRICED FROM \$469,900

Maltworks Villas, designed for the over 55's, is situated on the old Maltworks site. Located in an excellent micro-climate position in the middle of the beautiful Heathcote Valley.

Immerse yourself in this newly developing community and enjoy the company of like-minded neighbours.

- Freehold unit title, so you retain 100% ownership.
- Lifestyle village, NOT a retirement home.
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- 2 and 3 bedroom villas, double garage options.
- 11 different plans to choose from.
- Sizes vary from 102m² - 200m².
- Pick your own internal colours prior to construction!
- Body Corporate weekly fees kept to a minimum.
- Onsite caretaker mows your lawns (sell your lawnmower!), maintains roadside gardens and house exterior, house insurance and windows cleaned quarterly.
- Clubhouse facility for social gatherings.



MALTWORKS VILLAS

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A great place to learn a new skill or two

Continued from page 4 .../

The Menz Sheds' official website says the sheds, originated in Australia in the 1990s, are a great place for blokes to learn new skills. Builders teach engineers some of their skills and vice versa, and accountants are shown a plethora of skills they never had the opportunity to learn in their working life. Some sheds also have sessions catering for women who wish to acquire new skills and get involved in personal or community projects.

Many couples find that after retirement, the shock of suddenly being with each other every waking (and sleeping) hour can cause friction, so the sheds are a great place to escape the stresses of "underfoot syndrome", and the result is that women are among the most ardent supporters of sheds.

Men are known to have smaller circles of friends than women, so the shed offers opportunities to foster new friendships outside the social circles their partners establish. One Sheddie once said "Ten months ago none of us knew each other, but now it feels like we all went to kindergarten together."

MenzSheds are an ideal place for



A birdseye view of the spacious Bishopdale workshop.

health professionals to gain access to men who may otherwise not take as much care of themselves as they could, and many sheds invite speakers to give informational talks and basic health checks at the shed in the men's own environment where they feel the informality makes for a more relaxed atmosphere.

MenzShed New Zealand is the

body which represents and supports sheds nationwide. It aims to:

- Bring sheds together to enable them to establish relationships and collaborate where appropriate.
- Promote the concept to communities without sheds, and support groups as they go through the establishment phase – and this includes linking new groups with

nearby established sheds.

- Establish relationships with sponsors nationally. This function is also carried out at a local level by the sheds themselves.
- Encourage sheds to act autonomously. It encourages sheds to make their own decisions and rules – however, it remains available to offer advice if asked.
- Operate at minimal cost to sheds. The only cost incurred by sheds is the \$25 annual membership fee.
- Organise national conferences, which at present are on a two-year cycle.
- Allow sheds to drive the organisation rather than the organisation driving the sheds.



Source: www.theoldie.co.uk

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New Zealand memorial museum for two wars

All New Zealanders who served in Europe in two World Wars are to be commemorated with the development of a Memorial Museum in the northern French town of Le Quesnoy.

The project requires the acquisition and development of the Gendarmerie, formerly the mayoral residence, for a NZ museum and tourist accommodation.

The memorial will be a focal point to honour the exploits of two generations of NZers who served in the two world wars.

It will also serve as recognition to those who died on the battlefield.

Le Quesnoy was chosen because it was notably liberated by New Zealand soldiers.

A trust has been formed as a charity headed by its patron, Sir Don McKinnon.

It is hoped that the memorial will be opened on the centenary of the battle –on November 4, 1918.

The museum will display artefacts from two world wars and include resources to allow research into the location of NZ graves.



Former Maire Residence (Mayoral residence) - circa 1890

Accommodation for Kiwis and other tourists will be provided in maisonettes on the site and there is a proposal for a hotel but for it



to be developed separately on the site.

It has been calculated that over two years eight million euros will be invested in the development. Once complete the facilities will turnover about one million euros a year.

For more information contact: Herb Farrant at nz.lequesnoy@gmail.com

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Son to push for funds

Former Christchurch lawyer Colin Averill will help a local committee to raise funds for the New Zealand Memorial Museum in Le Quesnoy in France.

This is highly appropriate as he is the son of the man who led a charge to liberate the French town in 1918. Lieutenant Leslie Averill, with revolver drawn, mounted a ladder against a rampart to begin the assault by NZ troops to liberate the town.

Now a national appeal for funds is being held to be able to finance the museum in Le Quesnoy (see *separate article on page 6*).

Colin Averill, 82, says Australia, Canada, and South Africa have memorials on the Western Front and this NZ memorial would fill the gap.

"I see us approaching descendants of soldiers who fought on the Western Front for a contribution. A little bit from many seems to be a good idea," he says.

The Le Quesnoy engagement took place on 4 November 1918 as part of the Battle of the Sambre. Beginning at 5:30 am, they advanced from east of the town, aiming to surround it and link up on the far side. By late morning, the link-up was achieved and other elements of the NZ Division moved further west leaving the Rifle Brigade to capture the town.

After mopping up outposts, the New Zealanders moved up to the ramparts of the town, but were held back by machine-gun fire. Late in the afternoon, a scouting party located an unguarded section of the walls and the brigade's 4th Battalion managed to climb the ramparts. First up the ladder was Lieut Averill. The men moved into the town, quickly seizing it. The capture of Le Quesnoy was the last major engagement of the war for the New Zealanders.

Leslie Cecil Lloyd Averill was born in the vicarage of St Michael and All Angels, Christchurch, on March 25, 1897, the son of Alfred Walter Averill and his wife, Mary Weir. His father, the vicar, was later archbishop and primate of the Anglican church. Leslie began his education at William Wilson's



From left: Leslie Averill, on the top of the wall surrounding the medieval town Le Quesnoy, holding his revolver. Leslie Averill in 1918 and son Colin Averill who is helping raise funds for the Memorial Museum.

private school for boys in Cranmer Square in 1904, before entering Christ's College as a day boy in 1908. When his father was appointed Bishop of Waiapu in 1910, Leslie and his elder brother, Walter, became boarders at Christ's College.

Averill began his medical intermediate at Auckland University College in 1916. When his friend, Paul Clark, volunteered for the war in 1916, so did Averill, despite parental qualms. After training at Trentham Military Camp, both succeeded in gaining commissions.

An article in New Zealand Truth alleged that Averill had been given a commission because he was the son of a bishop, but in fact he had been placed in the top seven of about 120 in an open examination. He left New Zealand in February 1918 with the 34th Reinforcements and was posted as second lieutenant in the New Zealand Rifle Brigade. After 12 days in hospital with measles, he joined the brigade in France in May.

Averill was awarded the Military Cross for exceptional gallantry and fine leadership during the assault on Bapaume in August 1918, where Clark was killed.

However, the exploit for which he is best remembered is the capture of Le Quesnoy on 4 November.

The Allies could not shell the old walled town because thousands of French civilians were sheltering inside. The New Zealanders found a lightly defended section of the 60-foot wall, and Averill was the first to enter the town from a scaling ladder. As the New Zealanders poured in the Germans surrendered, and Averill helped round up over 700 prisoners.

Averill returned to NZ in 1925 and married a medical student he met in Edinburgh. They had four children and Colin was the youngest. He says his father did not speak much about the war when the children were young. But he adds: "Mother told us all about it."

Son Colin is at present writing a memoir, mostly about his father. "There's lots of other things to say and the wider family will probably want to know about."

Leslie Averill, who was a surgeon and hospital administrator, returned to Le Quesnoy more than half a dozen times. He was feted there and the French Government awarded him the Chevalier of Honour award. Colin, too, has visited the town several times and he, too, was welcomed as a favourite son. He hopes to get to Le Quesnoy again.



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Christchurch Casino Golden Oldies Sports Celebration 2018



Sport brings fun, friendship and fraternity.

Following on from the thrill and excitement of the World Masters Games 2017 in Auckland, sports men and women from throughout New Zealand and around the world will converge on Christchurch in April 2018 for a similar sports festival – the Christchurch Casino Golden Oldies Sports Celebration 2018.

Billed as the biggest sports participation event to ever hit the Garden City, Golden Oldies Sports Celebration 2018, a four-week event, is expected to attract some 10,000 sports lovers competing in 10 sports – golf, lawn bowls, rugby, cricket, netball, hockey, softball, football, basketball and squash.

Event organiser, Peter McDermott, says the Golden Oldies sporting movement is a global success story with its origins firmly placed in New Zealand. “Golden Oldies as a sporting concept began in 1979 with the first-ever Golden Oldies Rugby Festival held in Auckland. Today the movement involves 50,000 people around the world and provides a wonderful chance for sports lovers,

regardless of age, to combine their enjoyment of sport and travel in an atmosphere of fun, friendship and fraternity.”

The 2018 event in Christchurch will mark the first time all the sports have come together for one big Golden Oldies global festival and the debut of four sports – football, basketball, lawn bowls and squash. Each sports festival is held over a week with basketball, netball and cricket on the programme for week one (1 – 8 April), golf and softball in week two (8 – 15 April), football, hockey and squash in the penultimate week (15 – 22 April) and week four featuring rugby and lawn bowls (22 – 29 April).

Well-known international, national or local sporting icons are lending their name, time and passion for sport to help drive awareness and entries into the festival and include Sir Graham Henry and Todd Blackadder (rugby), Rod Latham, John Wright and South African legends Barry Richards and Mike Procter (cricket), Brendon Pongia and Steve ‘Coach’ McKean (basketball), Alan Stroud



Hockey is one of the many events to be held in 2018.

(football), Sir Bob Charles (golf), Selwyn Maister (hockey), Jo Edwards and Gary Lawson (lawn bowls), Julie Seymour (netball), Cheryl Kemp (softball) and Sarah Fitz-Gerald and Barry Gardiner (squash).

“A major feature of any Golden Oldies event is the off field activities,” said Peter McDermott. “Whether you are playing bowls, golf, netball, rugby or whatever, participants will enjoy being part of a parade of nations and the extensive hospitality at our opening and closing functions.”

For more information on the

Christchurch Casino Golden Oldies Sports Celebration 2018 go to www.christchurchgoldenoldies.com and check out all the details of how to get involved as a player or as volunteer in this once in a lifetime event in Christchurch. Phone Michael Dolden on 09 486 1644. (Source: Ellie Bigsby, Marketing Co-ordinator)



Have you thought about playing croquet? Give it a go

Croquet is a game that allows you to have social interaction, mental stimulation and gentle exercise. Three top requirements for healthy living.

Croquet is a sport that is available to all age levels and abilities. It is a sport that you don't have to give away as you grow older as injuries are less prevalent. Many ex golfers and tennis players enjoy croquet as it allows them to continue playing a sport, either socially or competitively.

Croquet has an advantage over other games in that more or less anyone can play anyone else, regardless of gender or age or if you are new to playing a sport.

There are two distinct games of croquet played in Canterbury - Association Croquet and Golf Croquet.

Golf croquet is the simpler form,



basics can be learned in a single session. Most people new to mallet

sports start with this version.

Association Croquet is a more

complicated game requiring a wider range of skills and more strategic thinking. It usually takes several lessons to learn the basics. It is an appealing game for people who have played billiards and snooker.

Croquet is not an expensive game, all that is required is a mallet. There is no dress code only flat soled shoes.

Give croquet a go. You will be very welcome at any of the croquet clubs in Christchurch. There are also clubs in Rangiora, Kaiapoi, Diamond Harbour and Akaroa.

Club details are on the Canterbury Croquet Association website –

www.croquetcanterbury.com

Either make contact or simply call in on your nearest Club. Mallets will be available for you to try the game.

Charles cycles for fitness and fun

He cycles regularly to keep fit, for the comradeship, and for fun. He insists he is not really competitive.

Yet, 81 year-old Charles Barltrop is a world champion in mountain bike cycling (male 80-84). He won his gold medal at the World Masters Championships in Auckland earlier this year.

Three days each week sees Charles on one of his bikes – a road racer or a mountain bike. He does 60-65km, each week. On Wednesdays he joins the Magpies group which works its way out to Tai Tapu and back. On Tuesdays he is usually around the Port Hills and on Thursday he goes out with former running mates.

Charles is also involved with the Papanui Rotary Club (50 years) and is a member of the Leidertafel Choir and the New Zealand Male Voice Choir. He has sung with church choirs and says he keeps busy with his close friends.

Born in Christchurch, Charles attended Boys' High school and left to work in the hardware industry where his father had a shop. In time Charles was in partnership in retail and worked in Papanui for more than 60 years. He retired only two years ago



Charles Barltrop with the mountain bike used in the Auckland World Masters Championship where he won a gold medal.

leaving three children in the business with a grandson, one of eight.

Squash was his first sport but he found difficulty arranging partners and so was tempted to turn to running. He soon joined the Burnside Joggers

and had trips to Sydney and Greece to run. That sport lasted for 20 years until he received his only injury - a pulled Achilles tendon.

He went back to running for a while (he has a record of completing 20

marathons) but he thinks it was too soon and took up the bike.

He found success there and was soon competing in Masters' events and "won a few golds over the years".

Then came the World Masters. He cycled in the combined 75-79 mountain bike race which embraced the 80-84 group. He came 4th in the 75-79 race and took the gold medal for the 80-84 - as the only competitor.

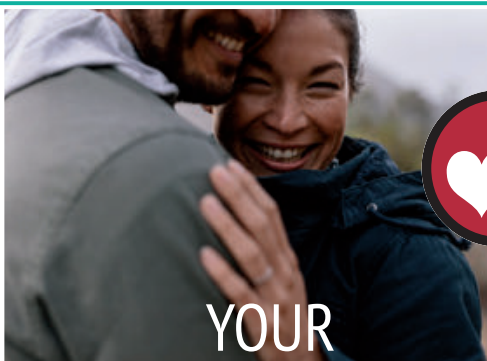
"It was a hollow victory really," Charles says. "But I gave the race my hardest. I knew when I finished I had given it everything. I know plenty of people who could have competed. But they had excuses for not going."

Will he defend his title at the next World Masters in Japan in four years? "I'd like to go to do so. But you don't know what things will be like in four years' time. I asked a representative from Japan if they were going to have races for wheelchairs. She looked it up but I told her it was a joke before things got out of hand."

Not all has been golden for Charles in recent years: he lost his Merivale house in the earthquake and had a 10-hour, highly successful operation for cancer two years ago.



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Ponder this with Brian Priestley

After all these years I can still remember the crunch of ice under my feet as I came to the gate. Behind it was a short, paved walk to the door of the Salvation Army's home for wayward girls where Vera had delivered our first daughter a few hours before.

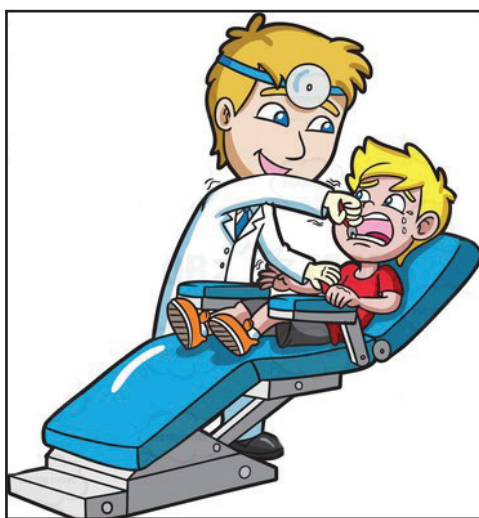
It had all been very civilised - we were paying customers and not in the least wayward. They had let me have breakfast before making the call. Nobody suggested I should attend the birth.

This is not all the view I discovered in a TV programme about childbirth the other day. Every birth included a husband/partner. To this perhaps prejudiced eye they may have undergone a spiritual experience but it looked to me as if they were sometimes getting in the way.

Vera says she would not have wanted me at either of her deliveries, and this may be a common view among the over 60s we live among. "I wouldn't have wanted THEM there," said one friend.

Our second daughter arrived while I was having a beer in the Birmingham Press Club across the road from the Women's Hospital. I hear someone yelling as I walked down the corridor but I can't say I felt wanted.

In those days husbands weren't necessarily welcome. A male friend remembers that when he arrived at the New Zealand maternity hospital matron grabbed his wife and then shut the door in his face. Neither of our girls ever saw their babies until



they were washed, quiet and serene. I cannot imagine anything more spiritual than my first sight of these tiny beings wrapped, and content, and in their mother's arms.

Of course medicine was often far from a delight then. The horror of every small boy was iodine. It usually hurt far more than the original cut or graze and one was supposed not to cry or flinch when it was being applied. I still have a scar under my right thumb and, more than 80 years later, I can still remember the hillside where I fell and that I didn't cry at the iodine.

The other awful experience was a visit to the dentist. For some reason I went very young and I hated it. I remember the dentist being old and unsympathetic and the fact that I strongly objected to the whole proceeding, it was made clear, was entirely due to my unreasonable cowardice. My main memory of that first visit was of yelling my head off. Good on me.



It was a long time since we had really seen Sumner. We don't drive nowadays but we had a daughter with a car in town. So why not see how our former home was going?

Some things can't be helped perhaps. We miss the handsome Anglican Church where the other daughter was married. With two former club presidents in the family, we also miss the croquet club but would anyone want to play the game again under that towering cliff?

Otherwise Sumner seemed to be doing pretty well. It all looked much tidier nowadays, thought Vera. Our daughter was delighted to discover so many eating places had bowls of

water for dogs available. The three of us ate at two cafes and all of us thought the food was good. The library-museum complex looks bound for success.

Summer is on the way - perhaps. During my years as a Sumner based columnist for this publication I several times draw attention to the secret shame of the place. The clock in the tower usually seemed to be wrong. The other day I checked the clock. Both hands were at midday (or midnight). My watch and probably just about every timepiece in town said the time was 11? Will this scandal never cease?



Tournon Confluent du Doux avec Le Rhone

I grow old and, alas, the holiday advertisements do not lose their appeal. I don't much care for beaches but they are not the only places where I envy the bronzed people in the advertisements. Rivers can be an idle delight and the Rhine keeps turning up on the holiday pages.

That is all very well but perhaps one might also think of the Rhone. Our splendid vessel operated between Paris and the South of France and I remember days of lolling in an easy

chair and watching vineyards go by (sometimes we stopped).

The Rhone is a river of small towns and places where people painted famous pictures. The Rhine is larger, busier, and more obviously in search of the tourist dollar. We recommend them both but they are very different.

One of our daughters enjoyed an Asian river cruise but thought it was not for us. The other climbed Kilimanjaro and we didn't even ask!

Perhaps I just grow older but the Arts programmes on television do seem to have changed. We gave them up years ago but now we are suddenly enjoying them for the first time. It's not all welcoming. We are not much tempted, in our ignorance, by a Verbier festival, with Yuja Wang and Gautier Capuçon or Ryuichi Sakamoto and the Orchestra, but if you take a chance and jump in the result can be good. Sometimes we only use it as background music but there are some enjoyable series.

I am very much enjoying

programmes about restoring pictures, or searching for masterpieces, or the problems caused by fakes, or the lives of great musicians or popular song writers. One can even (sometimes) relish vast European orchestras playing works we have never heard of by composers with outlandish names. And some of the commentaries and interviewing are an improvement on what are offered elsewhere.

The fact is there is a great deal of available good stuff on Arts. You might be surprised.

We have a small and rather splendid cinema where we live and I help to choose the films. Monday is often our busiest night when we show films some of us saw with our parents or while holding hands with some teenager of the opposite sex. So, chaos threatened the other day when the film for the evening disappeared. Somehow we had lost it.

What to do? The advertised film was Silk Stockings, one of Fred Astaire's last musicals. The replacement we managed to find was not in colour, it came from the mid-1900s when humour was not quite the same, and how would the audience of modern veterans react to a film from long ago they hadn't even wanted to see?

There was almost no sound at all from the audience, oh dear! But I had forgotten some stuff. Music and songs were by the Gershwin brothers. A lady called Ginger Rogers was involved. Did anyone walk out? People came out with



smiles on their faces and remarks like "Oh that wonderful music and dancing." We had proved once again that you can't beat good old tunes for good old people. Next time we won't be scared of showing another of Fred's real classics. Perhaps The Gay Divorcee?

A funny old thing to look at

by Mike Crean

It's a funny old thing to look at. Quaint, antique though probably worthless, ugly some might say, definitely odd.

But it's a family heirloom. And it came into my possession a few weeks ago.

I surprised my four-year-old granddaughter by whisking it out from behind my back and asking her, "What do you think this is?"

She gazed with furrowed brow before answering, "It's a light".

Clever girl. How could she have recognised the function of this 1920s' Aladdin Lamp – this strangely shaped metal contraption, 50cm tall, topped by an ornate glass crown of 30cm diameter that looks several sizes too big?

My dear old dad would have told a four-year-old it was "a wigwam for a goose's bridle". But when I was four-year-old, I knew much better than that. This lamp was our only light source on gloomy nights during the power cuts that regularly afflicted us in my childhood.

Dad would carry it delicately into the kitchen-living room of our rural State house, his path through the dark guided dimly by flames from the incinerator. He would place it



precisely on the table. He would pour paraffin down its throat, perform mysterious acts with the wick, then strike a match.

Gradually a warm glow would spread around the room. An ambience of dusky light and the aromatic emission of paraffin would fill the air. Mum would resume her darning. Dad would take up his newspaper again. I would return to my homework.

Powercuts occurred fairly frequently in the late 1940s and early 1950s. Electricity supply was fragile in far-flung country areas.

Worse than that, the post-war boom in births, buildings and businesses was throwing an unbearable burden

on the nation's power generation ability. The result was power cuts for domestic users most nights to cut consumption.

News of massive new hydro stations being built, at Roxburgh, then Benmore, helped keep spirits high. And when these stations came on stream, households like ours stacked their paraffin burners away in the shed, or just turfed them in the tip.

Dad kept his Aladdin Lamp, though. He seemed proud of it. He even found a space to display it in the tiny council flat at Norman Kirk Courts where he lived his final days. So, when he died, in 1980, it would have been churlish for any of us, his children, to get rid of it.

An elder brother of mine took the lamp into safe keeping in his large house. And there I was happy for it to stay. I must confess, I even felt somewhat relieved that the old oddity was not dumped on me.

My relief was premature. My brother and his wife recently started thinking about "scaling down" and moving to a retirement complex. They began a cull of items surplus to their requirements.

Would I like the lamp? No thanks.

But then I re-considered. It would fit easily into our place. It wasn't that horrendous to look at. And, most of all, it was a memento of my childhood. So, okay, I took it.

Seeing it now, perched in grandeur in our lounge, I am very grateful to have it. Visitors often remark on how good it looks.

Worthless it may be but it has real value in terms of family connection, of links with my mother before her long illness and death at much too early an age, of the tactile experience of being able to touch the very metal that my father once fiddled with.

As for its monetary value, an expert on TV's Antiques Roadshow would assess it sniffily as likely to fetch a paltry \$5. A local authority writing in his Press column about curios might bluntly state: "The Aladdin is a common mid-1920s' lamp that was mass-produced in the United States. This one has a piece missing (a glass tumbler-like thing that protruded above the shade). It would attract very little interest among buyers".

Do I want to sell it? No, not even for \$1000. My granddaughter would disapprove.

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Incapacity and the elderly trustee

by Fleur McDonald, Harman's Lawyers

Our population is ageing and as a result, there will be an increasing number of people who can no longer continue to manage their own affairs due to mental incapacity. Where the incapacitated person is the Trustee of a family or discretionary trust that can make the administration of the trust all but impossible.

As most trust deeds require that Trustees act unanimously, if one Trustee is incapacitated, and therefore unable to participate in decision making, it will leave the Trust in limbo until such time as that incapacitated trustee has been removed.

The removal of an incapacitated trustee can be achieved by:

1. Using the Trust Deed

Where there is a specific power of appointment held by someone who is alive, and who is not the incapacitated trustee, they can use that power to remove a trustee, whether that trustee is incapacitated or not.

2. Section 43 of the Trustee Act 1956

If the Trust Deed is silent as to who

holds the power of appointment, or the incapacitated trustee is the trustee with the power of appointment, s 43 can be used to remove the incapacitated trustee but only where that trustee is being replaced by a new trustee.

3. Section 51 of the Trustee Act

The Court can, under s 51, exercise its power to remove an incapacitated trustee and, as with s 43 above, only where the incapacitated trustee is being replaced.

The Courts also have an inherent jurisdiction to remove an incapacitated trustee if the Court is satisfied that it is in the interests of the beneficiaries.

Transferring the Trust Property

Once the incapacitated trustee has been removed, any real property owned by the trust will need to be transferred into the names of the new Trustees.

An application to the High Court will need to be made for a Vesting Order, under s 52 of the Trustee Act 1956, to vest the trust property in the names of the new Trustees.

As Trustees get older, regular meetings of the Trustees will be critical for the on-going management of the Trust.

At Harman's we have experience in dealing with trust law and estate

planning and can help you to ensure your Trust operates as it should.

Give Fleur McDonald a call on 03 352 2293 to arrange an appointment to discuss your situation. A



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Contact Fleur McDonald

P (03) 352 2293 E fleur.mcdonald@harmans.co.nz A 485 Papanui Road, Christchurch
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Our Senior Services team had a great time at the Positive Ageing Expo recently. It was nice to meet all of you who visited our stand.

We are here to support people as they age, to be happy, healthy and valued. If you are getting NZ Super or a pension and you don't have enough money, we may be able to give you extra help with:

Housing Costs, eg repairs, rent, rates or power bills

* If you are struggling financially to meet the costs of running your home or get an unexpected bill, we might be able to help you.

Health Costs, eg. prescription costs, doctor's visits, gardening, medical alarms and bracelets, house and/or car modifications

* You may also be eligible for a Disability Allowance. This is a weekly payment for people who have regular, on-going costs because of a disability.

* A Community Services Card can help you with the costs of healthcare. You'll pay less on some health services and prescriptions. When this expires you need to reapply. You may be given a new combo card that can be used for health subsidies and SuperGold discounts.

Emergency or Unforeseen Costs

* If you have to pay for something urgently, get an unexpected bill or have a personal emergency, we might be able to help.

Caring for Children

* If you're caring for someone else's child, we may be able to help. What you get will depend on both your and the child's circumstances. If you're caring for a child with a health condition or disability, there may also be other assistance.

Caring for Someone

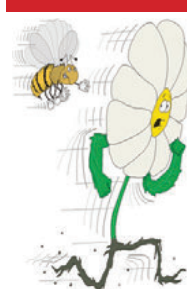
* If the person you're caring for would need hospital, rest home or residential care without you, we may be able to help.

NOTE: Most extra help is income tested, some is also asset tested. Please contact our Senior's Team to check how we can help you.

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Mister Music, Don Whelan, never sleeps

Music is paramount and permanent in the Catholic Church. It pervades every pore of the lives of Catholics the world over – and the situation in Christchurch is no different.

Except that the richness, programming and precision of the local Catholic Church is in the hands of a man who devotes his life to the task with its inherent high standards.

Don Whelan has been in charge of the music at the Cathedral of the Blessed Sacrament for nearly 50 years. The director has few other interests.

His music planning is not confined to the cathedral and his involvement can be seen in other city festivals and musical occasions.

Life for Don started in Southland where his piano-playing father was head teacher in Wyndham. His mother was a teacher too. His childhood was happy and he believes he followed novelist Janet Frame over the same haunts.

"It was exciting the night the school burnt down. The head was trying to get papers out and I remember my father pulling him out by the back of his pants," he says.

Then it was Southland Boys' High, Otago University where Don trained to be an English primary teacher. His father moved schools to Christchurch and his only son followed.

Don went to university here and with his diploma was soon teaching. He served his years at Hornby (where he met wife-to-be Beris) and Aranui Primary Schools, and at Avonside Girls' High School, Burnside High School, St Bede's College (15 years), and retired as head of music at Christchurch Boys' High School (15 years) in 2012.

It was in 1969 when he was appointed organist at the cathedral. The title of musical director came later as Don built up the choir and orchestra. He worked from the first group up re-establishing a musical heritage that



Don Whelan, choir director at St Mary's Pro-Cathedral.



Musical Director and organist of the Cathedral of the Blessed Sacrament.

the cathedral had not seen since the end of the 19th century. He went on to create an enviable reputation and made a dozen or so tours overseas with both the choir and orchestra. DVDs are available on each tour.

In 1978 Don won an Arts Council travel award that permitted him and his family of three boys to live in Europe for two years. "It was an unforgettable experience," he says. English teacher or the cathedral music director? That was a decision for the future.

In 2000, the cathedral music group was invited to lead the congregation at St Peter's, Rome, for the Papal Christmas midnight Mass.

Don's music is not confined to the cathedral's weekly requirements. He has been associated with various city musical events for many years, such as the Choral Festival, the Orchestra Festival and other festivals. His touch is found all around Christchurch's music world.

And he has been recognised for his service to music; being among

the first recipients of the MNZM in 1996, and receiving a papal medal, and an Associate of the Royal School of Church Music in York Minister in England. "I enjoyed that event particularly because I was able to sing as part of the choir," he says.

Now that the cathedral remains broken in Barbadoes Street, Don has established himself (along with the choir and orchestra of course) at St Mary's, the Pro-Cathedral, in Manchester Street. "The acoustics are excellent. As good as any in the cathedral. And our sight lines for concerts are even better," Don says.

A rehearsal centre (with offices and library) has been specially built beside the church building and it will be transported when the repaired cathedral is completed.

He says the church awaits a new bishop and the rebuilding of the cathedral. Don, himself awaits, too. At 75, he wonders if he will complete 50 years in the job and what else the future might bring. In the meantime the cathedral musicians made a weekend trip to Sydney for music making.

He points out that it takes a long time to build up anything but a short time is all that is needed to destroy it. There is always tension with the past and that which might be preserved today.

Don, a grandfather of five, lives for his music. His lounge has a half grand piano and an organ and it is also his work space. Beris, when asked about Don's hobbies, answers that he has none. "It's all about music," she says.

However Don admits he is a "car nut. A Mercedes car nut."

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by Dr Sue Nightingale, Canterbury CDHB Chief Medical Officer

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But if you do need to see a healthcare professional:

* Visit one of the extended-hours urgent medical centres:

* The 24 Hour Surgery is now at 401 Madras Street - it's open 24 hours a day, seven days a week.

* Moorhouse Medical is open 8am - 8pm every day.

* Riccarton Clinic is open 8am - 8pm every day.

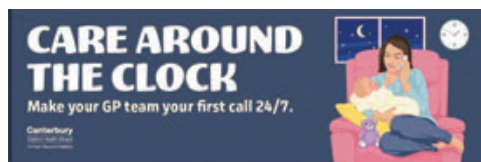
* Your pharmacist can also advise

on a wide range of products to alleviate symptoms of coughs, colds, sore throats and other common conditions.

* Emergency mental health services are available 24 hours a day, seven days a week 0800 920 092.

* If you don't have a regular doctor, search for 'family doctors' on the Canterbury DHB website www.cdhb.health.nz to find links to all Canterbury general practice teams.

Our hospitals are busy providing care for those who are very sick and need specialist hospital care. If you come to ED and it's not an emergency, you could be in for a long wait as those in the greatest need are always seen first. You can save time and phone for health advice from the comfort of home – call your own general practice team 24/7. And call sooner rather than later – don't wait for things to get worse before seeking medical advice. It's always better to nip things in the bud rather than waiting until you get so sick that hospital is the only option.



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"We do thoroughly teach people how to drive these, as part of our service," Russell says. When you visit More Mobility, you will experience a well informed demonstration of all models of mobility scooter which would suit your requirements.

There is plenty of space for a decent ride around the spacious car park and along the footpath. On delivery, which adds no additional cost to your purchase, one of the friendly, experienced team from More Mobility will spend time with the new owner with additional tutoring.

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In most cases if you're getting NZ Super or Veteran's Pension, you can go overseas on a holiday or travel for 26 weeks or less and your payments won't be affected. Usually you don't need to tell Work and Income.

We encourage you to tell them about your travel plans if you or your partner:

- will be out of New Zealand for 28 days (4 weeks) or more, or
- don't know when you will return, or
- intend to have more than one overseas trip within a 12 month period.

In these situations they can give you advice about:

- how trips of more than 28 days will affect your payments if you receive a Disability Allowance.
- how more than one trip in a year can affect the requirement to remain

'ordinarily resident' if you are out of NZ more than you are in NZ.

• how any trip outside NZ will affect your payments if you receive:

- Temporary Additional Support
- Accommodation Supplement payments and a single living alone rate of payment.

• how to avoid unexpected debt.

• what to do if you're left stranded overseas without any money if something happens to delay your return to New Zealand.

Other payments

If you receive extra financial help such as a Disability Allowance, Accommodation Supplement or Temporary Additional Support, you may be able to get this for the first 28 days of your absence from NZ.

How to tell Work and Income about your travel plans

It will work very well

by Ruth Dyson, Member of Parliament, Port Hills

The elections in Germany were held over the same weekend as the election in New Zealand, and the latest news from there is that there may not be a government formed before Christmas. People in New Zealand were getting frustrated at the length of time it took to form our government but it was only a fortnight after the final election results were known! I guess that we are still not used to MMP – even though we have had this system of voting for over 20 years.

But we now have a government formed – a Labour-led government with coalition arrangements with NZ First and a confidence and supply agreement with the Green Party. All three parties will have Ministers, with Labour and NZ First in Cabinet and Labour and Green Party outside Cabinet.

So how will this work? Well, for the last 9 years, we have had a National-led government with various support arrangements and partners. The last few years has had Act, United Future and the Maori Party keeping National's majority in Parliament. The arrangements are not dissimilar now – just very different parties and very different policies. And I think it will work very well.

Labour has set out an ambitious 100 day plan so after the commencement of Parliament at the beginning of November, we are going to be very busy! Free tertiary education (University and Polytechnic) starts on 1st January 2018, as does increases to allowances. Rental homes will be brought up to a dry and warm standard, and overseas resident speculators won't be able to buy our homes. Sale of state houses will stop, paid parental leave will be increased and we will restart contributions into

the NZ Superannuation Fund. Work will start on the clean-up of our rivers and lakes and climate change targets set.

It's big and ambitious – and needs to be done – and we can do it. Our two partners will have ambitious goals too and we will support them. The agreements we have are clear and on the public record which is important for public accountability.

But for me, work on the mental health and well-being of our residents is the most important and pressing issue. We cannot accept 10 attempted suicides a day in our region. We cannot accept that people are not able to get help because of lack of resources. We can't allow the mental health system to continue to operate under such massive pressure. The staff working for us deserve support so that they can help people in need.

There are always many issues to tackle but for me, that's number one. We will work hard in this government for a fairer and kinder country. Thanks for the opportunity to make this happen.

Ruth Dyson MP for Port Hills

For advice and information please contact my electorate office:

- 642 Ferry Road, Woolston
- 376 4512
- porthills.mp@parliament.govt.nz
- PO Box 19661, Christchurch 8241



Labour

Authorised by Ruth Dyson
642 Ferry Road, Woolston

To let the Ministry know about your travel plans you can complete an online form. https://msdsupport.custhelp.com/app/forms/overseas_travel or call 0800 552 002

Unexpected delays

If you planned to return to New Zealand within 30 weeks but are unable to, you may be able to be paid for the first 26 weeks of your travel if you were unable to return due to circumstances beyond your control or that you could not have foreseen before you left New Zealand. This can include:

- aircraft breakdowns
- bereavement
- illness/injury to you, your partner or relatives

You may be asked to provide proof of the circumstances which have delayed or prevented your return.

If you don't return and they don't hear from you within 30 weeks of leaving New Zealand you may need to pay back all of the money you've been paid since you left.

Note: Unless there were prior

arrangements with them, any payments made whilst you are overseas in excess of 26 weeks will need to be paid back.

If you're going for more than 26 weeks

• There are different rules if you're getting NZ Super and Veteran's Pension and are going overseas for more than 26 weeks.

• If you intended to return to New Zealand within 26 weeks, but delayed returning to within 30 weeks, you cannot apply for this after you return to New Zealand. You need to make this arrangement before you leave.

The International Services team specialises in paying New Zealand benefits and pensions overseas. They are the best people to contact for questions about getting your New Zealand Superannuation or Veteran's Pension if you want to travel or live overseas phone 0800 777 227.

(Source: www.workandincome.govt.nz/pensions/travelling-or-moving/going-overseas-super/travelling-26-weeks-or-less.html#null).

Personally Escorted Small Group Experiences 2018

European River Classic Cruise – 10 July – 06 August 2018, 28 Days

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Key features:

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- A company with over 20 years history
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- A high standard throughout
- Travelling with likeminded Kiwi's
- Every detail attended to
- Extension travel not a problem

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10 June – 03 July 2018

Wonders of Japan



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19 May – 11 June 2018

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14 Aug – 05 Sep 2018

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Southern Belle and Caribbean



03 June – 05 July 2018

P: (03) 338 1222 E: groups@travel2u.co.nz W: www.travel2u.co.nz

Positive Ageing Expo 2017 celebrates International Older Persons Day

Thank you to all the people who make this day such a wonderful success.



Age Concern Canterbury gratefully acknowledges the support of all our sponsors



Life Without A Car

Plan ahead - do what you enjoy



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

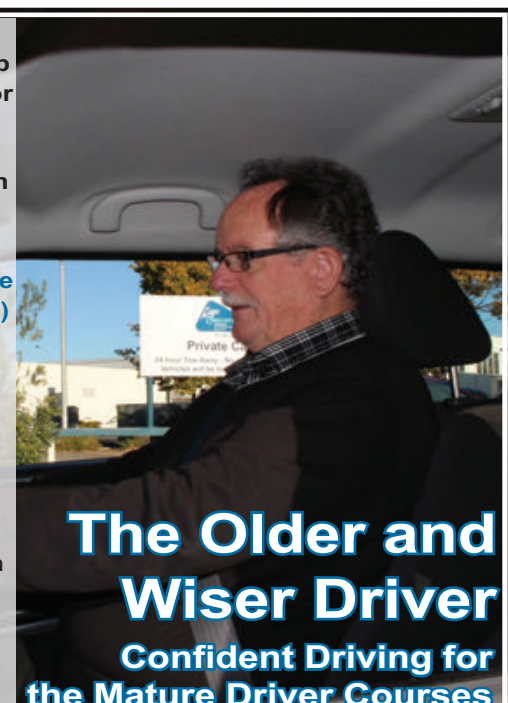
Phone Age Concern Canterbury 366-0903
or email yvonne@ageconcerncan.org.nz

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.



The Older and Wiser Driver

Confident Driving for the Mature Driver Courses

Eveline accepts Community Service Award

On the 28th June we were lucky enough to celebrate a very special volunteer, Eveline Hill, as she accepted her Community Service Award at Riccarton House.

'Eveline volunteers for multiple organisations highlighting her kind and caring nature. Eveline has been involved with St John's caring caller service for over 10 years and contacts an individual every few days to provide phone companionship. Eveline has also been a volunteer with pet therapy for over 10 years. Every Friday morning she takes her two dogs along to St John of God hospice to spend the day providing support and light relief to residents. Eveline has volunteered for the Accredited Visiting Service at Age Concern for 7 years. Eveline visits an older person in their own home on a weekly basis to provide companionship and has formed a solid friendship with the individual she has been



Eveline Hill, a very special volunteer

visiting. She also volunteers time to her local charity shop which is greatly appreciated.

Social isolation is incredibly detrimental to an individual's physical and mental health. For an

older person who may be housebound for health and mobility reasons, it is imperative they are still able to access opportunities to socialise. This can prevent an older person's health from deteriorating and ensure they remain at home for as long as possible. Eveline volunteers tirelessly to make others feel less alone. She gives her time and friendship every week to others who are isolated and lets them know she is there for them.

Eveline is an incredibly positive person and would never expect any kind of recognition. She has always loved to help others and is highly valued and appreciated. Eveline has touched so many people's lives and her skills and enthusiasm are an inspiration.'

Thank you to Eveline and all our wonderful volunteers for the time and friendship you give to others.

Another great year for Age Concern Canterbury's Social Outings and Visiting Service with 4,100 people joining us on outings so far this year. Our volunteers have made over 5,000 home visits! The photos below are a snapshot of our year.



Host visit - afternoon tea.



Mini bus outing.



Hei Hei Cafe group.



Rosie Cheeks Playcentre.



Queenspark Cafe group.



Enjoying each other's company.



Friends for over 20 years!



A helping hand with technology during a home visit.

Recipe for Life

Ingredients

Optimism – To make it easier for me to deal with grief and loss.

Family – to remind me who I am and where I come from.

Enjoyment – To stop me from taking life too seriously.

Adaptability – So that I no longer feel so unsettled by change.

A sense of self-worth – To give me the impetus to lead a healthier life.

Curiosity – To keep my horizons from shrinking.

Old in years but young in spirit: enjoy happiness, longevity, peace and health.

Stay Connected

- **Tip 1 Start a conversation**
Smile and introduce yourself. Even talking about the weather can be a great conversation starter.
- **Tip 2 Get Fit**
Join a walking group, swimming class or whatever takes your fancy. eg. Green Prescription or your local Leisure Centre.
- **Tip 3 Use Technology**
Use the phone, use the net or learn to SKYPE. eg. contact SeniorNet or your local Library.
- **Tip 4 Keep Learning**
Expand your horizons and learn something new. eg. your local High School, University or Third Age.
- **Tip 5 Connect Locally**
Find out what's happening in your community. eg. visit your Library or local Community Centre.
- **Tip 6 Volunteer**
Share your knowledge, skills and your time. eg. check the Volunteering Canterbury website.

Be a friend to make a friend

SAYGo is growing from strength to strength

Age Concern Canterbury now hosts 28 strength, balance and falls prevention exercise classes, called Steady As You Go, or SAYGo for short, throughout the city, mid and North Canterbury. Some classes have been so popular that we have had to start a waitlist and additional classes.

Classes hardly need to be promoted, as class members bring their friends and spouses along and tell colleagues at Probus, U3A and other groups. We ask class participants to tell us what they are noticing after attending SAYGo and here are some of the things they have said:

- I am steadier and more aware.
- The class is keeping me active.
- I feel so much better. This has made a huge contribution to my life.
- It is really helping my balance.
- I keep hearing people in the group saying how much it is helping them.

- My balance has improved greatly.
- It ties in with the things I am doing with my physiotherapist.
- I am feeling muscles I used to use a few years ago that I had forgotten about.
- My body feels alive.
- I am constantly aware of my feet now.
- I can stand up and sit down much more easily now - I had to pull up on furniture before.
- I feel much safer now.
- I am amazed at how much better I feel after a class.

SAYGo started out in Dunedin when Margaret Dando at Age Concern Otago, together with the University of Otago and ACC, saw the need for community based exercise classes to help ageing people avoid falls.

Age Concern now has classes all over NZ. The exercises in SAYGo classes are specifically designed for

falls prevention and are based on the internationally renowned Otago Exercise Programme. The hour-long session gives participants a gentle all over workout.


SAYGo classes are community groups held in community centres and a community cottage, libraries, church halls, retirement villages and social housing villages.

Age Concern Falls Prevention Coordinators Christine Toner (city and mid Canterbury) and Robyn Bain (North Canterbury) set up the classes, stay on for a few weeks then move on to start further classes, leaving class members to manage the group with a CD voice guide.

Age Concern is always on the lookout for suitable venues and for groups that would like to host a weekly class.

Come and try a SAYGo class.

You don't need to book in to a class. Check the list below as some are waitlisted. If you want more information about SAYGo, phone Deirdre at Age Concern 366 0903, or Christine on 0274339598 and Robyn (North Canterbury) on 0220468467.



Steady As You Go

Falls Prevention exercise classes in Canterbury (as at 01 October 2017)

For more information about any of these groups please phone Dierdre at Age Concern Canterbury 366 0903, Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (North Canterbury).

Day	Time	Area	Location of class
Christchurch City Classes			
Monday	10.00am	Redcliffs	Port Hills Uniting Church, Augusta Street
Monday	10.00am	Parklands	Parkview Lounge, Parklands Community Centre, <i>entry beside the playground helicopter</i>
Monday	10.30am	Hei Hei	Community Centre, Wycola Ave
Monday	10.30am	Wainoni (Best Years group)	Celebration Centre, 81 Bickerton Street, <i>turn right from the driveway to car park</i>
Monday	1.00pm	Harewood 2*	St James Church Hall, Harewood Road, <i>Airport end</i> *Waitlist only, please try 2pm class
Monday	2.00pm	Harewood 3	St James Church Hall, Harewood Road, <i>Airport end</i>
Monday	1.00pm	Halswell	Te Hapua, Halswell Service Centre and Library 341 Halswell Road
Tuesday	9.00am	Sydenham	Nazareth House, 220 Brougham Street
Tuesday	9.30am	Papanui	Age Concern Centre, cnr Main North Rd and Loftus St
Tuesday	10.30am	Bryndwr	Bryndwr Chapel, 179 Idris Road
Tuesday	11.30am	Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street
Tuesday	2.00pm	Waltham	Waltham Cottage, 201 Hastings Street East
Wednesday	10.30am	Redwood	Manse Place Residents Lounge, 325 Main North Road
Wednesday	1.30pm	Lincoln	Lincoln Community Care, Lyttleton Street, <i>behind the Library</i>
Thursday	9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thursday	10.00am	St Albans	St Albans Community Centre, Colombo St (<i>car park entrance Caledonian Road</i>)
Friday	9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing Street, Hoon Hay.
Friday	10.00am	New Brighton*	New Brighton Library – in the PAD *Waitlist only – please try Parklands

North Canterbury classes			
Wednesday	10.30am	Rangiora	Ballarat Retirement Village, 21 Ballarat Road. (<i>class full, new members welcome at Thursday class</i>)
Wednesday	11am	Amberley	Amberley Library, RSA Room
Wednesday	10.30am	Culverden	Culverden Library
Wednesday	1.00pm	Rotherham	Amuri Health Centre
Wednesday	1.30pm	Amberley Beach	Amberley Beach Hall
Thursday	2pm	Kaiapoi	Wesley Centre, Co-op Church Fuller St
Thursday	4pm	Rangiora	Ballarat Retirement Village, 21 Ballarat Road,
Friday	10am	Kaiapoi	Anglican Church, 20 Cass Street

Please ask Age Concern Canterbury about our plans for classes in Akaroa, Darfield, Avonside and other locations around Christchurch, north and mid Canterbury. If you would like to host a class or suggest a venue, please contact Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (North Canterbury).



Age Concern Canterbury Events Calendar 2017

Confident Driving Courses

12th November
Age Concern Canterbury, Papanui

21st November
Darfield Service Centre

23rd November
Star and Garter, Waikari

Friday, 1st December 2017
Volunteers Christmas Function

Age Concern Canterbury's Office will be closed 22nd December 2017 and reopens on 3rd January 2018.

For more information phone 366-0903





AGE CONCERN CANTERBURY MEMBERSHIP

I would like to become (please tick one box):

☐ An individual member (\$20 per person, \$30 per couple)

☐ A corporate member (\$50 per business)

☐ A friend (\$10 per person, \$20 per couple)

I would like to subscribe to the **Keeping On** newspaper, delivered quarterly, for a cost of \$10.00. ☐ (please tick box)

Donations help us to continue to promote the welfare of older people in Canterbury and are also welcomed. Donations of \$5.00 or more can qualify for a tax credit.

I enclose:	Membership Subscription	\$	_____
	Keeping On Subscription	\$	_____
	Donation	\$	_____
	TOTAL	\$	_____

Mr/Mrs/Miss/Ms _____ First Names: _____

Date of Birth: _____

Street Address: _____

Suburb: _____

City: _____ Postcode: _____

Phone No.: _____ Signed _____

Please send to The Chief Executive,
Age Concern Canterbury Inc, PO Box 2355, CHRISTCHURCH.

Advance Care Planning - have a conversation that counts

by Jane Goodwin, Advance Care Planning Facilitator for Canterbury

Planning is something we all do each day. Whether it's deciding what we are going to have for lunch or dreaming of how we might spend a Lotto win. The one thing we are not very good at planning for is the one thing that is going to happen to all of us. We might not know when or how but we will all die.

If something were to happen that left you without the ability to make your own health care decisions do the important people in your life know what you would want? If they don't maybe today is the day to start talking to them about your wishes.

These conversations are the first step in a process called Advance Care Planning. Advance Care Planning helps people, their families and their healthcare teams discuss and plan for future and end of life care.

Conversations might be recorded in a document called an Advance Care Plan (ACP) and include what is important to the person and what treatment they would and would not want in specific health circumstances. Having an ACP can make it much easier for families and healthcare providers – particularly when the person can no longer speak for themselves.

Nearly 2000 Cantabrians have made their wishes known by creating an



From left: Advance Care Planning Facilitator Elain McLardy, Palliative Care Physician Kate Grundy, Scientific Committee Co-Chair Konrad Fassbender, Advance Care Planning Facilitator Jane Goodwin and Scientific Committee Co-Chair Sara Davidson.

electronic ACP since the programme started in 2014. This process usually happens with the support of the general practice team.

In Canterbury ACPs can be stored on a person's electronic health record and are used by their health care team to make sure the person is given the care they want if they are too unwell

to make their own decisions.

Canterbury's success in Advance Care Planning has been recognised with a win at an international conference. The ACP team took first prize for their poster entry at the 2017 International Advance Care Planning and End of Life (ACPEL) conference in Banff, Canada.

The poster, called 'Integrating Advance Care Planning across health settings in Canterbury, New



Advance Care Planning Facilitator Jane Goodwin presenting the poster at the conference.

Zealand', outlines the implementation, challenges, growth and subsequent success of Advance Care Planning in Canterbury.

It won the ACP and the Healthcare System section.

Advance Care Planning Facilitator Jane Goodwin says the win is a lovely recognition for "the awesome work happening across Canterbury around Advance Care Planning and is a reflection of the hard work and commitment that the ACP team brings to making a difference to lives of people in our region."

For more information about the Advance Care Planning or for a copy of the ACP template please visit www.healthinfo.org.nz (key word Advance Care Planning) or speak to your general practice team.



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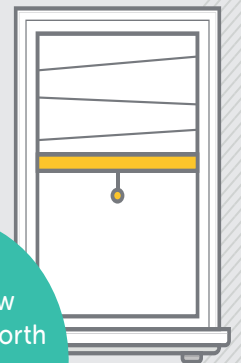
Website: www.newworld.co.nz/south-island/canterbury/bishopdale



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.*

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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.

Legionnaire's season is upon us

It's gardening season in the garden city – time to reach for the spade, the wheelbarrow, the gloves, the face mask and the handwash.

Canterbury has the country's highest incidence rates of potentially-fatal Legionnaire's disease, while New Zealand has the highest reported incidence of the disease in the world.

Contact with compost and potting mix is a main contributor - that's where the *Legionella longbeachae* bacteria can lurk, putting at risk gardeners who inhale the dust.

Even using unwashed hands to remove a mask can be enough to become infected.

"It's a timely reminder to our community that hand washing



immediately after gardening is very important in protecting against Legionnaire's disease," says Canterbury Medical Officer of Health, Dr Ramon Pink.

"Reducing the risk of becoming infected is vital as more of us get out into our gardens with the longer days and warmer weather".

A recent CDHB-funded study of the disease by University of Otago researchers found that gardeners

washing their hands immediately after use protected against the disease, by minimising exposure of the bacteria to the face.

Legionnaire's causes a form of pneumonia, and the report also recommends long term smokers and those with cardiac or respiratory conditions take particular care of their hygiene during and after gardening.

In the last 12 months, 271 cases have been notified nationwide, 49 of those in Canterbury.

Of the patients that are hospitalised with the disease, 30% require intensive care unit admission.

Symptoms include dry coughing, high fever, chills, diarrhoea, shortness of breath, chest pains, headaches, excessive sweating, nausea, vomiting

and abdominal pain.

So how can you minimise the risk?

There are five simple steps for gardeners to follow when using compost or potting mix.

- Open bag carefully – use scissors instead of ripping the bags
- Wear a disposable face mask and gloves, and open the bag away from your face
- Do your potting in a well-ventilated area outdoors
- To reduce dust dampen down the potting mix or compost with a sprinkle of water
- Wash hands thoroughly after handling potting mix or gardening

(Source: Jendy Harper. Senior Media Advisor, CDHB).

Barbara and Daryl Johnston specialising in real estate for those of us over 60

Barbara and Daryl have been married and living in Christchurch for over 40 years where they raised their two daughters and several cats. Daryl was born and bred in Christchurch. Barbara arrived from Palmerston North to work with National Airways Corporation (NAC) where Daryl was employed by Air New Zealand.

With the birth of their first daughter Barbara decided to look to her longer term future and study for her real estate exams at the then Christchurch Polytechnic. This was a three year course and along with study she also ran the Riccarton Community Group which provided various educational opportunities for people in the surrounding community. Barbara was involved in the early establishment of Women's Refuge. After the completion of her exams and working as a salesperson for a further three years, in 1987 Barbara was made an Associate of the Real Estate Institute of New Zealand (AREINZ).

Daryl continued his career with Air New Zealand working in customer service. Barbara was employed by the long established Canterbury Real Estate company of W.E Simes and in 1996 Daryl retired from Air New Zealand to team up with Barbara.

In 2010 after the September earthquake Simes had changed ownership with an emphasis more on Commercial real estate. It was time to move on and stay with their expertise so in January 2011 they moved to BAYLEYS, just three weeks prior to the disastrous February earthquake. Daryl suspended his licence and went to work for EQC for the remainder of that year returning to BAYLEYS in January 2012.

Barbara and Daryl have extensive personal and business networks, they continue their community involvement ; Daryl is a Justice of the Peace and actively involved in Rotary. (A)

We care because we can

Being a non-profit organisation, we feel very lucky to have the freedom to focus solely on the comfort and enjoyment our residents experience. That's why, at Anglican Living retirement villages and care homes you'll find a genuine family atmosphere. For us, it's all about making sure you're enjoying a life rich with choice, activity and friendship in a place that feels like home.

Being non-profit also means we can offer a greater level of financial security. When you come to live in one of our village cottages or apartments you will pay for an Occupation Right Agreement, similar to other villages throughout NZ. A significant chunk of this payment is refunded to you when you move on. The only thing we deduct is a contribution that goes toward the refurbishment and sales costs of the unit. Where we are different is that this exit payment is guaranteed after six months regardless of whether the unit has been on sold or not. Peace of mind

like this is quite rare in retirement living. Another way that we differ is that we don't require you to keep paying a weekly service charge after you leave – that stops the day you hand your keys back.

Something else we care a great deal about is ensuring you have choices. Variety is the spice of life, after all! At lunch and dinner in the care facilities at Bishopspark and Fitzgerald, you can choose from two tasty, nutritious main dishes, which are prepared fresh by our chefs. And we regularly update our social programmes to keep the choices fresh, stimulating and enjoyable. The choices don't stop there either; you can choose when you want to partake in the activities and when you'd prefer some quiet time to yourself.

These are just three things we believe make us unique and special. To find out more simply arrange a viewing at either of our two locations by calling Bishopspark on (03) 977 2320 or Fitzgerald on (03) 982 2165. (A)

REAL ESTATE SPECIALIST FOR THOSE OVER 60

Barbara & Daryl Johnston

- 20+ years experience of selling homes in Christchurch
- Honesty, integrity and discretion at all times
- For advice or an informal chat contact Barbara or Daryl

Barbara AREINZ

B 03 375 4808 | M 027 448 9184
barbara.johnston@bayleys.co.nz

Daryl

B 03 375 4801 | M 027 487 7381
daryl.johnston@bayleys.co.nz



We care about your choices

Variety is the spice of life! With our ever-changing social programmes, you can choose when to be involved, and when to have quiet, private time. And at meal times, enjoy a choice of two tasty, nutritious main dishes.

Find out what else makes our two retirement villages and care homes so unique.

anglicanliving.org.nz
03 977 0896



Energy savings for the spring season

Spring is upon us! It is such a pleasure to have seen the daffodils and cherry blossoms blooming. However, we know from memory that the change of season doesn't necessarily mean warmer weather. Some cool days are to be expected, and it is important we keep our homes healthy and at a comfortable temperature, no matter what the weather is doing.

Hopefully a warm day makes you want to fling all the doors open in your home – if so, great! Spring is a great time to air your house out, and replace the stale, damp air of winter with the fresh, dry air of spring. When ventilating, open doors or windows at opposite ends of the house, for at least 10 minutes every day. Creating a cross breeze will ventilate your home quickly and effectively. When you think about the fact that one load of washing can release up to five litres of moisture into the air, we can see why it is so important to ventilate

regularly.

Now is a good time of year to clean your heat pump filters. We know there are a number of shady heat pump contractors out there, who will charge you through the roof for a simple job that anyone can do. As CEA is a charitable trust, you know you can trust our advice about how best to clean your heat pump filters. You simply need to open the plastic covering on the unit, locate the filters, slide them out, and run the vacuum cleaner over them. You can get a family member to do this for you, and if they are not sure, they can always give us a call on our free energy advice hotline, 0800 GET WARM.

If you were struggling to keep warm this winter, it is a good idea to have us check your insulation. It is completely free, and if you have a community services card, you qualify for 50% off any insulation you need. We can also organise a payment plan over a number of months, to

help with affordability. Sorting out your insulation in spring means you can pay it off over a period when your power bills are generally lower, and you will most likely notice they are lower next winter too! Insulation prevents heat from escaping your home (up to 35% through the roof, and 15% through the floor), so your heater won't need to work as hard to keep you warm.

As always, CEA has a free, recycled curtain bank available, for anyone who needs good quality curtains in

their home.

We also have our free energy advice service, where we can provide independent, objective advice on a number of issues, including high power bills, mould and condensation issues, how to best use your heat pump and more.

For help with any of these issues, give the team at CEA a free call on 0800 438 9276, or check out our website at www.cea.co.nz, or email us at info@cea.co.nz. We look forward to hearing from you!



Greater independence in your own home

Nurse Maude's Health & Mobility Shop in Wairakei Road has long been the go to shop for those who need specialised products that allow them to live as independently as possible in their own home.

Being able to hire and buy specialist equipment and supplies is a large part of people being able to retain that independence and recuperate from surgery or illness with a wide range of equipment and products for anyone requiring assistance around the home, both long and short term.

These include a wide range of specialised incontinence products, walkers, wheelchairs, walking sticks and crutches, shower stools,



commodes, specially designed

utensils, overbed tables...an almost endless list of products to make life that much easier.

Customers can also hire a range of mobility and home care products for those not needing permanent assistance.

Also available are Nurse Maude's Meals to You, a diverse selection of popular frozen meals, with vegetarian and gluten free options, that just need to be heated in the microwave.

Nurse Maude has been caring for the community for more than 120 years and the organisation understands, better than most, that access to these products and this equipment, backed by experienced

staff and advice is an integral part of being able to stay in your own home and community.

Its staff are kind, understanding, discreet and have excellent product knowledge to make sure you get exactly what you need.

Because health and mobility needs don't always keep business hours, Nurse Maude customers also have an online option for their health and mobility needs, Maude's Online at www.nursemaudeshop.org.nz

The Nurse Maude Health & Mobility Shop is open 9am to 4.30pm Monday to Friday or 24 hours a day, seven days a week when you shop online. **(A)**



Unassisted

Here at the Nurse Maude Health & Mobility shop, we'll assist you to lead a rich, fulfilling and independent life. From walking frames and wheelchairs to continence products, cutlery and even frozen meals, we've got everything you need to live an unassisted lifestyle.

285 Wairakei Road, Christchurch
Open 8.30am to 4.30pm Monday to Friday.
375 4200 or www.nursemaudeshop.org.nz

Nurse Maude
Health & Mobility Shop

The power of 'our song', the musical glue that binds friends and lovers across the ages

by Amee Baird and Bill Thompson, Macquaire University

Many couples have a special song – “our song” – that reminds them of a significant event or time in their relationship, like when they first met, their wedding or when they were separated by war.

These songs are a powerful way of reconnecting with their shared personal memories and the emotions that go with them. They are a type of shared or autobiographical memory triggered by music; they work as a “mental glue” for a couple’s shared identity.

Despite how common these songs are, there is surprisingly limited research on music-evoked autobiographical memories. There are, however, numerous anecdotal and film references to the power of “our songs” to bring people back to themselves and to reconnect with others, particularly in dementia.

While we often think of couples having a special song, close friends and family members can also have a shared song.

The film *Moonlight* provides a dramatic representation of this. In this winner of Best Picture at the 2017 Academy Awards, high school friends Chiron and Kevin enjoy listening together to the song Hello Stranger by Barbara Lewis.

They have an intense friendship during a challenging time for Chiron. He was bullied at school, and received little support from his drug-addicted mother. Many years go by, and they drift apart. But when Kevin hears the song again it brings back powerful memories of their friendship. He phones Chiron in the middle of the night, and Chiron decides to drive all the way to the town where Kevin is, showing up at the restaurant where he works. And in a memorable scene of their reunion, Kevin puts on their song.

The film *Moonlight* shows a shared



Music can be a stronger trigger for shared memories than photos as we age, even in people with dementia

song can be a powerful reminder of the bonds between two childhood friends, even years after they listened to it together.

Through the ages and despite dementia

For people who share a significant song with someone, the effects can be powerful and persistent, retaining meaning well into older age, even in the face of cognitive decline that occurs in dementia.

In people with dementia associated with Alzheimer’s disease, a neurodegenerative condition causing impaired memory, we have described how musical abilities and memory for music can remain “an island of preservation” in an otherwise cognitively impaired person.

There are striking cases of people in the severe stage of Alzheimer’s dementia who can continue not only to remember “our song”, but also play their musical instrument, even land a recording deal, and learn and recall new music, despite no formal music training.

Music brought Ted McDermott, known as Teddy Mac, to life and even landed him a recording deal after his video, with his son Simon, went viral.

How is this possible? Neuroimaging research shows music provides

a “super stimulus” for the brain. It

activates widespread brain regions, including parts controlling movement, emotion and memory. Familiar and favourite songs can also powerfully engage the frontal regions of the brain, which are typically spared from damage in people with Alzheimer’s disease.

This means music can trigger memories in a way no other catalyst can. Music can provide a crucially important link to an individual’s past, and provide a means of reconnecting to a shared past.

Music more powerful than photos

In our research on people with Alzheimer’s dementia, we found music is more effective at triggering personal memories than other cues, like photographs.

Songs from the “reminiscence bump”, an age that extends from adolescence to early adulthood, are most likely to trigger music-evoked autobiographical memories. Timing is crucial. This is a time when many people are establishing their self-identity, and often find their first partner or spouse.

This means if couples met early in life, they may be more likely to have laid down a special song during their “reminiscence bump”. This was the case for high school sweethearts Barbara and David, who took part

in our yet-to-be published research (names changed).

Barbara was diagnosed with Alzheimer’s dementia five years ago and often became confused and agitated. Sometimes, she wouldn’t even recognise her husband David. When she accused him of being an intruder and chased him out of their family home, David had no idea how he could make her understand he was her partner of nearly 60 years.

He now says it was the power of song that brought Barbara back to him. On the night they first met, they danced to the last song of the evening, Unchained Melody, by the Righteous Brothers. He began singing this to her every day, and eventually “she came back”, and the episodes of her failing to recognise him have stopped. Barbara and David had heeded the lyrics: “I’ll be coming home, wait for me”.

Unchained Melody by the Righteous Brothers was the trigger for Barbara.

Music exists in all known cultures. Some researchers say it has persisted throughout evolution as a crucial ingredient for social cohesion. As with this bonding function, the types of memories music most commonly evokes tend to build and maintain social relationships.

Regardless of whether people have dementia, music-evoked autobiographical memories are typically reminiscent of a special other, often a current or ex-partner, or of a time of socialising during a period of life, such as high school dances or wartime romances.

In this way, all songs have the potential to be “our songs”, and given the importance of social bonds for people of all ages and throughout human history, we may even owe our survival to them.

(Source: *theconversation.com*)

When it comes to kids and social media, it’s not all bad news

by Joanne Orlando, Researcher, Technology and Learning, Western Sydney University

While we often hear about the negative impact social media has on children, the use of sites like Facebook, Twitter and Instagram is not a one-size-fits-all activity. Children use it in a wide variety of ways – some of which are adding value to their lives.

There are risks associated with social media use. But it’s also important to understand where the value is and how to guide children to

get the most out of their time online.

Social media can encourage learning

Social media is a platform for sharing ideas, information and points of view. This can have important educational value: it extends the information young people can access while also giving them insight into how others think about and use that information.

For example, an Instagram image

can give first-hand insight into how an artist today – or many artists around the world – interprets and applies Picasso’s cubist technique. This insight makes the information about Picasso real for the child. It supports a deeper understanding of his techniques, and a deeper appreciation that learning about them is worthwhile.

With so many trending topics online, young people can be exposed

to “insider” knowledge across many different subjects they are familiar with, as well as introducing them to new ones.

Maximum educational benefit comes from combining factual information with shared reflection. This can support a balanced, varied and “real” input for kids, which can help deepen their understanding of a subject.

Continued on page 23.

When it comes to kids and social media, it's not all bad news

Continued from page 22.

Health benefits

Research shows social media can have significant benefits for children with a medical condition.

A dedicated online Facebook group can help kids connect with others who understand and relate to their condition. This can support them with a sense of belonging, a safe space for expression, and opportunities to better understand and cope with their condition.

Social media can also raise community awareness about certain health problems. While it's not a replacement for reliable, medically sourced information, a thought-provoking image, or first-hand Facebook account posted by

someone with depression, or multiple sclerosis, can spark new thinking for others about the condition and how it affects people's daily lives.

Sharing health information in this informal way has been found to help combat the stigma about such conditions in the community.

New social avenues

One of the benefits of using Snapchat or Instagram is that the regular online connection can help to strengthen the friendships young people have formed offline.

For those children who feel marginalised in their local community, social media can help them connect with other people who share the same interests or outlook on life.

In some cases, teenagers with

critical problems can turn to social networks for fast support and guidance. There are plenty of groups that offer such help online.

Social media is also an important platform for driving social issues, such as racial issues, to greater national and international attention. For example, The Books N Bros online book club was established by an 11-year-old boy who wanted to make reading fun for kids while highlighting African-American literature.

The Black Lives Matter movement started as a Twitter hashtag before it became a major political movement and a noteworthy issue in the 2016 US presidential election.

What should parents do?

An awareness of social media's

benefits can help adults understand why technology is so attractive to young people, the potential positive uses of these online spaces and how to talk to children about their social media use.

When approaching a conversation with kids about social media, it's important not to have an "us-versus-them" attitude. Understanding and accepting that different generations use technology differently is a good starting point. It provides opportunities for understanding each other as technology users, to be more aware of when issues arise and how to guide children to positive and empowering uses of technology.

(Source: <http://theconversation.com>)

Footwear matters throughout life

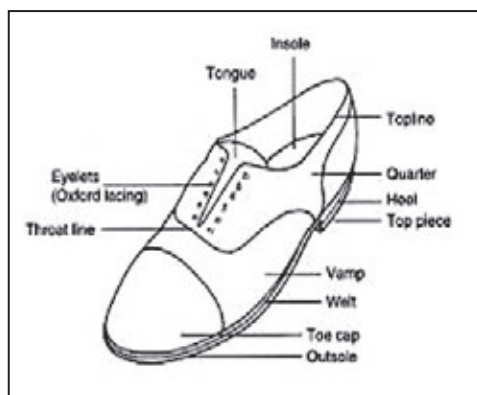
Here at Therapy Professionals we know the value of comfortable feet. Good footwear is important throughout life, however, as we age it becomes even more important.

Poor footwear can cause foot, back and knee pain, and discomfort from corns, calluses and fungal infections. High heels and sloppy fitting shoes can affect our balance and walking, making us prone to falls. Any of these make us less inclined to walk affecting our health, wellbeing and independence.

As we age our feet change shape and become larger so it's important to get your feet re-sized when you are buying new shoes. Here are some tips on buying shoes:

The essential components of good shoes are they:

- fit well,
- help the wearer stand and move comfortably and safely,
- maximise stability,



- protect the feet and keep them warm without overheating them.
- are easy to put on and take off, fasten and unfasten,
- suit the person's lifestyle.

The shoe

- Fastenings must be adequate and hold the foot well back in the shoe.
- Laces need to be long enough to accommodate different shaped feet.
- Fastening for disabled people may be better with Velcro fastenings.
- Vamp openings should provide easy access for feet.
- Soles should be non-slip except

for Parkinson's patients who find leather permits slippage facilitating movement.

- Uppers should be a soft and washable fabric for those who are incontinent as it's more hygienic than leather and suede.

- Insoles should be well padded to add cushioning which reduces the

strain on arthritic joints especially knees.

- Should be lightweight and supportive.

If you need advice about the best type of footwear for you, our friendly Physiotherapists can help. Ph: 3775280 or email: therapyprofessionals@clear.net.nz. (A)

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Age Concern *Supporting the needs of older people*

A month of small changes

by Wendy Scanlon
Senior Chef Coordinator

Before we know it Christmas will be here! A Christmas tradition in our family is having an Advent calendar. Much to my children's annoyance our calendar doesn't have chocolate behind each window but acts of kindness, such as give your Mum a hug!

It got me thinking about a wellness calendar, so try your hand at ticking some of these off over December.

1. Start the day with this breakfast combo – some wholegrains (porridge or high fibre cereal) to fill you up, some fruit or vegetables to nourish you and some protein (milk, milk products, beans or eggs) to sustain you.

2. Invite a friend for a meal.

3. Grate or finely slice the stalks of broccoli or cauliflower and add to a salad or stir-fry.

4. Enjoy two pieces of fruit today.

5. Be lavish with fresh herbs like parsley, mint, basil and thyme. Scatter them on salads or over roasted vegetables. They are brimming with anti-oxidants.

6. Go for a walk or an adventure with your mokopuna.

7. Leave the skin on your fruit and vegetables – this is where you find vitamins, minerals and fibre.

8. Put on your favourite music and dance!

9. If you are driving to the shops, park your car a block away and enjoy a walk in the sunshine.

10. Enjoy a snack that looks after your muscles and bones – a pottle of yoghurt, some cheese and crackers or a milky drink.

11. Keep learning – a language, a craft, a hobby or a new skill.

12. Have a look at the portions of your evening meal – aim for half

a plate of non-starchy vegetables like broccoli, cauliflower, spinach, cucumber, lettuce, peas, tomatoes, etc.; quarter of your plate starchy vegetables, pasta or rice and quarter protein.

13. Take time to focus on your eating – turn off the TV, set the table and savour each mouthful.

14. Teach your grandchildren how to bake or prepare a favourite family dessert – enjoy the fruits of your labour together.

15. Suggest a club or community group you belong to has a shared meal before or after the meeting. It's a great way of including new members and meeting people.

16. Share some Christmas goodies that look after your health – try our Christmas biscotti (recipe attached).

17. Google your favourite vegetable and find a new recipe to make.

18. Make a dish you remember from your childhood and enjoy it with someone who is the same age as you.

19. The best source of Vitamin D is sunlight. Go for an early morning or late afternoon walk today.

20. Make your snacks count - a small handful of nuts, a piece of fruit, hummus or cheese with crackers rather than chocolate biscuits or slice.

21. Try a new food!

22. Oily fish such as sardines or salmon are a great source of omega 3 fatty acids. Try making a fish pie based on canned salmon or having sardines on toast for your lunch.

23. Take a brisk walk with a friend to help keep your bones strong.

24. Invite a neighbour for afternoon tea.

25. Have a relaxing Christmas day.

Christmas Biscotti



Preparation time: stage 1 = 15 minutes, stage 2 = 10 minutes

Cooking time: stage 1 = 40 minutes, stage 2 = 10-15 minutes

Ingredients

Egg whites, 3
Castor sugar, ½ cup
Plain flour ¾ cup, sifted
Almonds 70 g, lightly toasted
Glace cherries, ½ cup
Vanilla essence, 1 teaspoon

Method

Stage 1:

Preheat oven to 170°C.

Whip egg whites in a glass bowl until soft peaks form; add sugar gradually, whipping until mixture is thick, glossy and forms peaks.

Add sifted flour, almonds, cherries and vanilla and mix until combined; spoon into a lined loaf pan and bake for about 40 minutes until cooked and slightly browned.

Remove from tin, cool completely (overnight is best).

Stage 2:

Preheat oven to 130°C.

Slice loaf as thinly as you can; place slices on a baking tray and bake for around 10 minutes or until dry and crisp (if they start browning too much, turn down the temperature).

Store in an airtight container.

Great as a gift wrapped in cellophane bags.

Makes around 24 - 30 biscotti.

It's good to keep those joints moving

Exercise and physical activity are among the most important things you can do to manage your arthritis. Regular exercise can reduce pain, prevent symptoms from worsening and improve everyday function. Exercise also helps you feel better and increases your chances of getting a good night's sleep.

Motivation can be difficult, especially if you're aching all over. Finding a physical activity that works for you and that you enjoy will make a big difference to how motivated you feel.

Here are a few tips:

- Be flexible with your exercise routine. Some days will be better than others. Know what you can do and choose other options on the days

when joints are sore.

- Set realistic goals. It doesn't matter if they're very simple to start with. Gaining a sense of achievement, no matter how small, will keep you motivated to continue.

- Pace yourself. It's better to exercise in short bite-sized chunks, rather than going hard out and ending up exhausted.

- Protect your joints from strain and injury by using gadgets, braces and cushioned supportive footwear.

- Be creative. Remember that caring for children, housework, and gardening are all excellent forms of exercise.

- Find an exercise buddy or a friend who will encourage you to keep

going.

- If cost is a challenge, ask your GP about a Green Prescription or find out if you qualify for the disability allowance.

Here are some suggestions from members of our arthritis community:

"I go to aquacise classes three times per week. It really helps to keep me moving."

"Cycling is low impact on my joints and the muscle strength I have gained has made a massive difference to my general rheumatoid arthritis. I feel the best I've felt in 11 years."

"I gave up knitting because it hurt my shoulders and elbows. With treatment and circular knitting needles, I'm loving knitting again."

"I believe in the saying 'move it or lose it'. Getting going can be hard if I'm tired or sore. However I know I'll feel a lot better afterwards."

For more information and support, phone Arthritis New Zealand 0800 663 463 or visit our website www.arthritis.org.nz. Arthritis educators are on hand from 8.30am to 5.00pm to answer questions about arthritis and suggest options for exercise, pain management and ways to improve your quality of life.



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'That's the fire alarm'

Source: www.theoldie.co.uk

Arthritis aid and circulation booster

The Aircycle is an inflatable exerciser that offers a simple and convenient way to improve circulation, leg strength, joint flexibility, and relieve pain. It enables one to easily and gently exercise feet, legs, lower back and hands from a sitting position without weight-bearing activity.

Here's some more amazing feedback:

• "I'm 92 yrs old. I'm a diabetic and had an ulcer that didn't heal in 6 months. I am not able to walk far and spend a lot of time sitting in my chair. Within 2 weeks of using the Aircycle my ulcer was starting to heal and in 6 weeks it was completely healed. My physio said it was because I was exercising more. It's good to be able to do something whilst sitting, especially when it's so easy yet effective." Jane, Toowoomba

• "In May I bought an Aircycle for my mother. She has arthritis in both knees and both hips and is waiting surgery for hip replacement. She's therefore limited in her mobility. Mum was very impressed that she could exercise while sitting in her chair watching TV or knitting and actually finds it relaxing and fun." Marilyn Tauranga

• "Just wanted to thank you for the piece on the Aircycle which you ran



a few months ago. I've had such success with this, in reducing cramps, swollen ankles and sore legs, that I've bought two more online as gifts for friends. It really is great for older people or those, like me, who sit too long at a computer." Ross Auckland

• "I've had my Aircycle for 7 weeks and use it regularly each evening while watching the 6 o'clock news and again for 10 minutes before bed. Since then I haven't had any sign of cramp, which was so painful. Besides that both my ankles are back to normal and not swollen anymore!" Margaret, Rangiora

Keep joints and muscles moving gently while sitting, reading, watching TV, at a desk or travelling. It's so easy. See ad below. (A)



Gentle exercise while watching TV or reading



Arthritis aid and circulation booster

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Available in pharmacies, Diabetes Christchurch, More Mobility and Aspire Canterbury, view at www.aircycle.co.nz or call 0800 141415 or post \$44.90 (P&P included) to PO Box 313, Waikanae, 5036.

What is your Plan B?

Almost everyone has 'Plan A' but only a few have considered their Plan B.

Transition Navigators is an independent service that works to find the best accommodation options to fit the needs of older people and develop their 'Plan B'.

The consultants at Transition Navigators recognise that it is not always easy to work out the accommodation choice or support that is right for you, either in your home or within the wider community. Their consultants will facilitate finding the best accommodation options for your changing circumstances; whether it is a health issue that signals you need to make some adjustments or you are keen to plan ahead. They can focus on assisting you plan the downsizing of your family home or working with you to support staying in your own home as well as providing help when a sudden change occurs and you need help to urgently find a

new place to live.

You may be overwhelmed by the thought of changing your living arrangements especially if the options and information available seem confusing. This can be more complicated if your family members have different ideas about what is best for you. Transition Navigators consultants will visit you in person to listen to what you want and what your needs are. While keeping these and your safety in mind they will develop your personal Life Stage Plan (your Plan B), tailored to your specific circumstances. When you decide which option is the most suitable, their consultants can also liaise with other organisations to make your Life Stage Plan happen. They take the hassle out of your transition.

Transition Navigators believe it is important that you are involved in deciding where to live safely because they know this will make it easier to adapt to your new lifestyle. (A)



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3. Have you ever noticed any visible markings of an unusual nature on an older person?
4. Have you ever noticed an unexplained change in an older person's personality?
5. Are you acquainted with an older person with whom your visitation privileges have been restricted or forbidden?
6. Do you know an older person who may appear to be anxious or frightened?
7. Do you know an older person who does not appear to be properly nourished, lacking in medical attention, or suffering from poor hygiene?
8. Have you noticed that an older person's personal belongings are missing?
9. Are you aware of any sudden changes in an older person's will, or unusual withdrawals from the person's bank account?

If you have answered 'yes' to some of the above and you have reason to suspect that an older person is being abused or neglected, you can contact, anonymously, the Elder Abuse Response Team at Age Concern Canterbury on 03 366 0903.



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A confidential service providing information and support

People of Canterbury's past: Elizabeth McCombs, New Zealand's first female MP

by Dan Bartlett

In her maiden speech to parliament in 1933, Elizabeth McCombs used her new platform to advocate for the welfare of women in Aotearoa New Zealand. Despite paying unemployment taxes, women were unable to access the government assistance that was available to men. Highlighting gender inequalities at the peak of Depression-era New Zealand, her stand on the issue was emblematic of a long career spent fighting for women's rights.

Elizabeth Reid Henderson was born at Kaiapoi on 19 November 1873, to Alice Connolly and Daniel Henderson. The eighth child in a family of nine, Elizabeth attended both Christchurch Normal and Christchurch West Schools. Her father died in 1886 and the family struggled financially, but in 1889 Elizabeth spent a term at Christchurch Girls' High School.

Elizabeth became involved in the Progressive Liberal Association and the Canterbury Children's Aid Society, and in 1902 she became the foundation president of the Young People's No License League, where she met her future husband James (Jimmy) McCombs. Active in the New Zealand Women's Christian Temperance Union (NZWCTU), she was variously dominion treasurer, Christchurch district president, and president of its Sumner branch.

She married Jimmy McCombs in 1903. Jimmy was a draper, active socialist and founding member of the Woolston Branch of the Social Democratic Party (SDP). He was first elected to parliament under the SDP banner in 1913, representing the Lyttelton electorate, but from 1916 he affiliated to the Labour Party. Jimmy became the party's first president, and he held the Lyttelton seat for Labour until his death in 1933. Elizabeth and Jimmy raised four children together, two of whom were adopted.

In 1921 Elizabeth McCombs became the second woman to be elected to the Christchurch City Council; the first was the suffragist, Ada Wells, in 1917. Elizabeth spearheaded the building of a crèche and women's rest rooms in Cathedral Square, facilities that were much-needed with the influx of suburban women using public transport to visit and shop in the central city. An indefatigable worker and pioneering feminist, she sat on the electricity committee, securing Cantabrians the lowest electricity rates in the country; she was a member of the North



Tragically Elizabeth McCombs died less than two years into her parliamentary career.

Canterbury Hospital Board and the hospital board's relief committee, campaigning for nurses' working rights and conditions; and she was the first female representative on the Christchurch Tramway Board. In 1928 Elizabeth stood as the Labour candidate in Kaiapoi electorate; the first woman to be endorsed by the Labour Party. The historian Jean Garner asserts that "Elizabeth was conscious that her sex was an obstacle, and in her second attempt to win a seat, at Christchurch North in 1931, she faced the issue squarely by using as her slogan: 'Vote the first Woman to the New Zealand Parliament'".

When Jimmy passed away in August 1933, Elizabeth ran as the Labour candidate in the Lyttelton by-election. She won the seat in a landslide victory, securing a 2600-vote majority. The Press reported that she was "received with cheering which prevented her for some minutes from making herself heard through the loud-speaker" by the crowd that had gathered in front of Warner's Hotel for the results, and later that evening the Lyttelton RSA was "packed to the doors" to hear her speak. Telling the local crowd that it was a red-letter day for the women of New Zealand, she also acknowledged the bittersweet nature of the win:

"This is the proudest moment of my life, but yet one of the saddest. You all know that my husband wished more than anything else on earth that I should sit in parliament, and we had both hoped we should sit there together. I cannot help feeling a tinge of bitterness that it was not to be." Harry Holland, the leader of the Labour Party, told the crowd that the verdict brought fresh hope to all of New Zealand: "Mrs McCombs should be one of the proudest citizens of New Zealand tonight. Lyttelton has honoured Mrs McCombs in electing her, and it has also honoured itself by electing her." Many of the stalwarts of

the labour movement were there to convey their congratulations, among them Ted Howard, Tim Armstrong Dan Sullivan and Peter Fraser.

In parliament she famously accused the government of withdrawing "into a kind of mental euthanasia" over the issue of unemployment. "The official figures register eighty thousand unemployed. These figures do not include women. If we include women and youths we find that the number is practically double ... add to those the number of people who are in employment but who are working only half time or part time, and earning no more than relief rates of pay, and we will find that they total practically as many as the total registered unemployed."

Tragically, Elizabeth McCombs died less than two years into her parliamentary career. The Lyttelton branch of the Labour Party called her loss "a national calamity". Tributes flowed: the mayor of Christchurch, Dan Sullivan, told the Press that "the shock was too great ... a short time ago it was Mr McCombs – my comrade of so many years and now Mrs McCombs ... New Zealand has lost one among the greatest of her daughters" Ted Howard said that she was loyal and lovable, and that "the women of New Zealand could not have had a better type as a pioneer" and Michael Joseph Savage spoke of her "outstanding ability" and of a "gap in the ranks of the Labour Party that will be hard to fill".

A tireless advocate for the rights of women, children and the unemployed, Elizabeth McCombs is commemorated, along with her husband Jimmy, by the McCombs Memorial Garden in Woolston Park, Christchurch.

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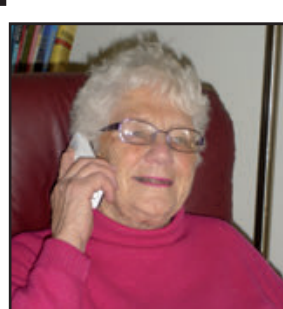
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Latest research shows surgery for early stage prostate cancer has little impact on life expectancy

by Ian Haines,

Adjunct Clinical Associate Professor, AMREP Dept of Medicine, Alfred Hospital, Melbourne & Senior Medical Oncologist and Palliative Care Physician, Melbourne Oncology Group, Cabrini Haematology and Oncology Centre, Wattleree Road, Malvern, Monash University

From the 1980s, when prostate screening became available, many men over 40 were diagnosed with early stage prostate cancer even though they may not have had any symptoms. The word cancer understandably strikes fear into the hearts of many and most would assume the best course of action would be to have the cancer removed, whatever the side effects may be.

But impotence and incontinence are no small side effects, especially when you consider, as two new studies have done, removing the cancer isn't necessarily the best option and the cancer may not in fact require treatment at all.

Most prostate cancers take decades to exit the prostate, and most men will usually die with, but not from, prostate cancer. Autopsy studies reveal prostate cancer in up to 40% of men in their forties and 65% in their sixties, but a much smaller figure of 3-4% of Australian men actually die of prostate cancer at a median age of 82.

Two recent clinical trials undermine the categorisation of prostate cancer as a death sentence. They are unambiguous in their findings and seismic in their implications. Both found men with early stage abnormalities of the prostate who do not undergo surgery or radiation treatment, but whose condition is monitored for any progression of the cancer, live just as long as men who opted for complete removal of the prostate and now live with its immediate consequences, including incontinence, intimacy issues, bowel problems and intervention regret.

The hard evidence

In a UK trial, three groups of men were assigned to either surgical removal of the prostate (553 men), radiation treatment (545 men) or



active monitoring (545 men). After ten years, the total number of deaths due to any cause was 55, 55 and 59, respectively in each group.

Thus 90% of men were still alive after ten years, including those who did not receive any radical intervention. Although surgery delayed the development of metastases (or secondary cancers) in a small number of men, the number of deaths definitively attributable to prostate cancer in each of the groups was low, only three, four and seven deaths respectively. So the odds of dying specifically from prostate cancer in the first ten years is of the order of 1%.

In a second study from the US published last week, two groups of men were assigned to either surgical removal of the prostate (364 men) or active monitoring (367 men). After nearly 20 years of follow up, the number of deaths due to any cause was 223 and 245 respectively in each group. So once again nearly the same number of men in each group were still alive after 20 years.

Surgery did not prevent death any more than active monitoring. Strikingly, the number of deaths definitively attributable to prostate cancer in the two groups was only

18 and 22 respectively. This means the odds of dying specifically from prostate cancer in the first 20 years after a cancer diagnosis from a prostate-specific antigen (PSA) test was about 5% for the surgical group and 6% for the active monitoring group.

The survival from prostate cancer is so high it's not a question of deciding which treatment is best, but whether any early radical treatment is required at all. The current position has been clearly articulated by the Chief Medical Officer of the American Cancer Society Dr Otis Brawley, an expert on prostate cancer screening. He points out aggressive PSA screening and treatment has resulted in more than one million American men undergoing needless treatment.

This is not to mention that patients who have undergone surgery are four times more likely to require absorbent pads for incontinence and three times more likely to have erectile dysfunction. These are not issues that are routinely highlighted.

Experts have condemned screening for prompting unnecessary interventions.

The future

The latest DNA research has had minimal impact on how to tell whether

an early stage prostate cancer will grow slowly or whether it will become aggressive and spread outside the prostate, and lead to death.

The current evidence is the future behaviour of any cancer is determined very early, and diagnosing it early and actively monitoring its progress will have no effect on the outcome.

The key problem in searching for genetic and DNA based markers is that most pre-clinical studies focus on human prostate cancer cells in dishes, or in mice.

This is far removed from cells growing in a patient. Mice are not small humans and their prostates, hormonal balances, diet and genetics are quite different from our own.

Similarly, while MRI scanning means we can find sites in a prostate gland that are abnormal, we can't yet distinguish between the potentially dangerous and the indolent cell populations. More research is needed to develop better screening techniques.

The current implications

For the moment, the first step must be to educate doctors so they can provide full disclosure to any patient of the results of these two trials.

The second step is that in speaking to their own doctors about possible treatment options, patients should be active in asking them about the most up-to-date evidence. Surgery is a big step to take for any condition.

Similar to countless past treatments which the evidence has made redundant – such as lobotomy for mental illness and stomach surgery for ulcers – it's now clear radical surgery removing the prostate should not be the go-to option.

(Source: <http://theconversation.com>, 20 July, 2017).

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UPDATE FROM THE CLUBS



Amberley Welcome Club members are planning a trip to Akaroa and a Christmas dinner before Christmas. New members are very welcome.

Meet: Mondays at 1.30pm, Anglican Church Hall, Amberley.

Contact: Ann McKenzie on 03 314 9943.

Beckenham Friendship Club members were entertained by Richard Hore, the Keyline Singers in October and in November Smokey and Lorraine will entertain.

Meet: 2nd Tuesday of the month at 1.15pm. St Marks Methodist Church, Cnr of Barrington Street and Somerfield Street.

Contact: Janet Meek on 332 4237.

Darfield Senior Citizens Club members enjoyed a mid-winter Christmas dinner, an outing for ten pin bowling and lunch at the Hornby Workingmen's Club. In October St John's Ambulance visited and in December a Christmas lunch is planned.

Meet: Every 3rd Friday at 2.00pm, Darfield Recreation Centre.

Contact: Elizabeth May on 03 318 7607.

Ellesmere Senior Citizens Club members enjoyed day trip to Harewood Airport with lunch at Hoof Beat calling in at Oderings Garden Centre and then Rolleston for afternoon tea. A day trip to Akaroa for lunch and stop at Barry's Bay was enjoyed in October. A trip to Geraldine for lunch stopping at Hinds enroute is planned for November.

Contact: Dorothy Joyce for more information on 03 324 3020.

Oxford Senior Citizens Welcome Club members enjoyed a wonderful day at 'Erewhon Station' visiting the Clydesdale horses. They also enjoyed a fun afternoon with a fashion show put on by the Oxford Budget Boutique store. Their mid-year lunch was held at the Plough Hotel in Rangiora. A lunch at Northwood then onto Caddie Shack for mini golf in Woolston was also enjoyed in August.

Meet: Second Wednesday of the month at 1.30pm at Oxford Workingmen's Club.

Contact: Carol Lowrey on 03 312 3019.

Sumner Senior Citizens Club members had a talk by the Public Trust on power of attorney and wills. Future activities include a visit to the Yaldhurst Museum followed by afternoon tea.

Meet: Second and fourth Wednesday each month at 1.30pm at Sumner Surf Club.

Contact: Lola Bouckoms on 384 9889.

New Horizons South West Baptist Church Club members held a coffee morning with a 'Bring and Buy Cow Table' to sponsor a Tear Fund child on 2 November. On Monday, 13 November Richard from Aspire Canterbury will give a presentation on equipment to make life easier from 12.15 to 2.00pm. On Thursday, 7 December members will have a Christmas Coffee morning.

Contact: For more information please contact Ruth or Francis Townsend on 338 0654.

CHRISTCHURCH SENIOR CITIZENS

The Christchurch Senior Citizens Club meets for **Cards** on Mondays at 12.30pm (*admission is \$2.00*) and for **Indoor Bowls** on a Tuesday at 12.30pm (*admission is \$3.00*).

An **Old Time Dance** is held on the 1st and 3rd Saturday each month from 1.30 to 4.00pm (*admission is \$7.00*).

**For further information please phone
Veronica on 383 4682 or Beth on 388 2375**

Loburn Red Cross

Loburn Red Cross is continuing to provide an 'all-you-can-eat' afternoon tea and small country sales table during the months of February to November for groups looking for a local outing.

The venue is the Loburn Reserve pavilion on the Loburn-Whiterock Road, just before the Karikaas Dutch cheese factory, and the cost is \$8.00 per person.

**For enquiries and/or bookings please contact
Mary Stewart on (03) 313-8393.**

**All money raised goes directly to the Red Cross.
We look forward to meeting some new groups.**



Shirley Recreation Walkers

Meet at 9.30am Mondays and Thursdays by the Shirley Community Site for Car Pool to start of walk. Park on Chancellor Street (entrance off Shirley Road) NOTE: If you want to go straight to the start of walk, you must let Sue know on the day. \$4.00 petrol contribution to driver (unless otherwise stated). Ph 981 7071 or 027 7754635.

Mondays

20th November: Avon River Trail-Avondale (2 hrs approx.)

This new walk will check out the transitional Avon River Trail, Avondale Red Zone and Avondale Park. Start from Avonside Drive, just before the entrance to Avon Park. \$2.00 to driver.

27th November: St Albans-Inner City Walk (2 hrs approx.)

This walk will feature The Avon River, part of the Inner City Red Zone, some small reserves along with a morning tea break at The Margaret Mahy Playground. **It will be followed by lunch at Bealeys Speights Ale House.** Please let Sue know by Thursday, 23rd November if you wish to come. Start from Purchas Street between Elderwood Lane & Madras St. \$1.00 to driver.

Thursdays

2nd November: Bowenvale Valley-Victoria Park (2.5 hrs approx.)

Follow the four wheel drive track alongside the stream, then west through pine and vegetation to Victoria Park and back. Take lunch to enjoy along the way. Start from the car park at the end of Bowenvale Avenue.

9th November: Sugar Loaf-Scotts Reserve (2 hrs approx.)

Walk along to Scotts Reserve via Mitchells Crater Rim Track on the Lyttelton side. Return via Gilpins track (also on the Lyttelton side). Start from the car park near The Sign of the Kiwi.

16th November: Sumnervale-Scarborough Bluffs-Taylors Mistake (Day Walk)

This walk enjoys some great views from the top. Take lunch, drinks, warm/waterproof clothing, good shoes/boots along with sunblock and hats. Start from Lower Sumnervale Road near Sumnervale Reserve.

23rd November: Witch Hill-The Tors-Whaka Raupo Reserve (2.5 hours approx.)

Enjoy time on the Port Hills that has been closed to traffic with stunning views along the way. Take lunch as this walk is a bit longer. Start from the Summit Road in car park near Rapaki Rock. \$5.00 to driver.

30th November: Bengal Drive Walk (2 hrs approx.)

Rescheduled from July, this walk enjoys some pleasant hillside suburbs with some great views out over the city. *Note: during this walk we will visit The Emperor's New Clothes Cafe for coffee.* Start from Cashmere Road beside the playground.

LINWOOD FOOT CLINIC

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Every six weeks on a Thursday, 9.00am to 2.30pm, St Chads Anglican Church, 1 Carnarvon Street, Linwood, Christchurch.

Please phone Mona on 981 5594 or 0220620733 to make an appointment. *Bring along two small towels.*



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Advice from a retired husband

It is important for men to remember that, as women grow older, it becomes harder for them to maintain the same quality of housekeeping as when they were younger. When you notice this, try not to yell at them. Some are oversensitive, and there's nothing worse than an oversensitive woman.

My name is David. Let me relate how I handled the situation with my wife, Carol. When I retired a few years ago, it became necessary for Carol to get a full-time job, along with her part-time job, both for extra income and for the health benefits that we needed.

Shortly after she started working, I noticed she was beginning to show her age. I usually get home from the golf club about the same time she gets home from work. Although she knows how hungry I am, she almost always says she has to rest for half an hour or so before she starts dinner. I don't yell at her. Instead, I tell her to take her time and just wake me when she gets dinner on the table.

I generally have lunch each day in the Men's Grill at the Golf Club, so eating out is not an option in the evening. I'm ready for some home-cooked grub when I hit that door. She used to do the dishes as soon as we finished eating. But now, it's not unusual for them to sit on the table for

several hours after dinner. I do what I can by diplomatically reminding her several times each evening that they won't clean themselves. I know she really appreciates this, as it does seem to motivate her to get them done, before she goes to bed.

Another symptom of ageing is complaining, I think. For example, she will say that it is difficult for her to find time to pay the monthly bills during her lunch hour. But, boys, we take 'em for better or worse, so I just smile and offer encouragement. I tell her to stretch it out over two, or even three days. That way, she won't have to rush so much. I also remind her that missing lunch completely now and then wouldn't hurt her any (if you know what I mean). I like to think tact is one of my strong points.

When doing simple jobs, she seems to think she needs more rest periods. She had to take a break, when she was only half-finished mowing the front lawn. I try not to make a scene. I'm a fair man ... I tell her to fix herself a nice, big, cold glass of freshly squeezed lemonade and just sit for a while. And, as long as she is making one for herself, she may as well make one for me, too.

I know that I probably look like a saint in the way I support Carol. I'm not saying that showing this much

patience and consideration is easy. Many men will find it difficult. Some will find it impossible! Nobody knows better than I do how frustrating women get as they get older. However, guys, even if you just use a little more tact and less criticism of your ageing wife because of this article, I will consider that writing it was well worthwhile. After all, we are put on this earth to help each other.

EDITOR'S NOTE: David died suddenly on January 31 of a

perforated rectum. The police report says he was found with a Callaway extra-long 50-inch Big Bertha Driver II golf club jammed up his rear end, with barely 5 inches of grip showing, and a sledge hammer laying nearby.

His wife Carol Anne was arrested and charged with murder. The all-woman jury took only 10 minutes to find her Not Guilty, accepting her defense that David, somehow without looking, accidentally sat down on his golf club.

TO WHAT DO YOU
ATTRIBUTE YOUR
GREAT AGE?

A STRICT REGIMEN
OF WAKING UP
EACH MORNING.



Source: www.theoldie.co.uk

Papanui Combined Probus Club

New Year resolution - join Papanui Combined Probus Club.

For interesting speakers, great outings and making new friends join us at monthly meetings.

1st Tuesday of the month at 9.45am in the Ground Floor Room at Papanui R.S.A, 1 Harewood Road, Christchurch.
Good parking.

For more information contact Marie on 351 7708 or Sian 359 0057.

Garden City SeniorNet

Garden City SeniorNet would like to invite you to become a member of our Learning Centre.

For a joining fee of \$25.00 plus reasonable class fees, you can learn many skills from our friendly tutors who will help you get more from your laptop, tablet, smartphone or home computer.

For further information please **phone 348 4499** or come to an open session on the first Wednesday of the month from 10.00am to 12.00 noon at our Club Rooms, 3 Brake Street, Church Corner, Upper Riccarton. *Come along for an informal chat, we'd love to see you.*

Christchurch Theatre Workshop Inc

Enjoy a collection of Christmas music including traditional carols and other Christmas songs. We hope you can join us for a good singalong, afternoon tea and a piece of homemade Christmas cake.

St Albans Uniting Church
36 Nancy Avenue, St Albans
Tuesday at 1.45pm
28th November 2017

Rangiora Showgrounds
Ashley Street, Rangiora
Wednesday at 1.45pm,
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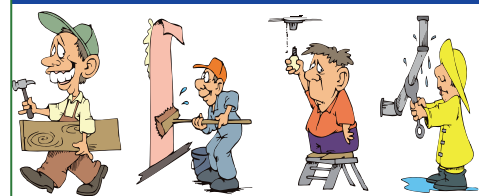
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Mastery of fire, a technical achievement

by James Le Fanu

There was nothing inevitable about the ascent of man. Indeed, despite the theoretical advantages of the upright stance and (relatively) large brain, our earliest ancestors were almost pathetically ill-adapted for survival; defenceless against the powerful muscles and razor-sharp teeth and claws of hungry lions; unable (unlike their primate cousins) to make a speedy escape to the safety of the forest canopy; poorly insulated due to their hairless state, against the extremes of heat and cold; and burdened with the obligation to care for their dependent offspring.

The crucial event in improving their chances in the struggle for existence was, as we all know, the mastery of fire - the earliest evidence for which, approximately 1.5 million years ago, was unearthed in the 1970s by archeologist Charles Brain in the Sterkfontein cave in South Africa. His excavations of the oldest deposits accumulated on the floor of the cave revealed the remnants of the gnawed bones of early hominids, indicating they were the prey of local carnivores. But in successive strata above he found the burned bones of wildebeest and antelope together with primitive stone tools. 'Homo erectus had not only evicted the predators', he writes in his popular account *The Hunters and The Hunted*, 'but had taken up residence in the very chambers where his predecessors had been eaten.'

This mastery of fire wasn't so much a mental as a technical achievement, requiring considerable foresight to accumulate stocks of combustible wood and the manual dexterity to generate the heat necessary to light it - whether by friction (the fire drill) or striking sparks off flints. It radically shifted the natural balance of power in Man's favour - as exemplified by the Aboriginal practice of 'firestick farming'. They procure a great abundance of game by setting fire to the undergrowth with a kind of torch made of leaves, recalled one observer in 1931. The concealed hunters position themselves in the paths most frequented by the animals and with facility spear them as they pass by.

As well as providing for the immediate necessities of food, warmth and protection, fire's role as a



James Le Fanu is a British physician, medical journalist and author of several books.

catalyst would be more significant still by allowing humans to transform the material world around them to their immense advantage. Here cooking is the most obvious example, rendering edible the otherwise inedible tough tubers left to soften in the embers overnight, meat tenderised and preserved by smoke.

The art of handling fire would prove essential too to the early practice of agriculture, transforming scrub and forest into fertile arable land by the practice of 'slash and burn'; first killing trees by cutting off their branches and then, several months later, setting them ablaze. The first crops to be cultivated on a large scale, wheat and barley, were fire dependent in a rather different way. The combination of their high nutritional value and storability for long periods made them an ideal

staple food for the town dwellers of the Fertile Crescent - but they required the heat of the baking oven to be digestible.

The next, and largest, stride in the use of fire came soon after the intervention of metallurgy. Smelting malachite in charcoal furnaces at temperatures in excess of 1,000 degrees C released the red metal copper that, alloyed with tin, produced a harder metal to be moulded, drawn, hammered and cast and then fashioned into that limitless range of beautiful tools, weapons, ornaments and vessels characteristic of the Bronze Age. By the first century AD there was, notes Johan Goudsblom in his book *Fire and Civilisation*, scarcely a craft or skill practised in Ancient Rome that did not rely on fire - legions of smiths and bakers, potters and glass-makers, brewers and coopers, woodworkers and ship-builders.

The ascent of man is thus essentially a human construct inextricably linked to his ability to manipulate fire. But man certainly can't take the entire credit for fire itself, which is predicated on a whole series of fortuitous phenomena stretching back hundreds of millions of years. Both the necessary raw materials of wood and oxygen are the product of photosynthesis, the chlorophyll in the leaves of trees transforming carbon dioxide and water into the sugars and cellulose necessary for their growth while simultaneously releasing oxygen back into the atmosphere.

Combustion too is a unique chemical reaction, providing heat and energy while its low reactivity allows for the safe and controlled use of fire. Further, the heat generated by the hearth, it turns out, was just right to warm our ancestors without scalding them. And the much higher temperatures from burning charcoal are just right for smelting those metal ores. And those attributes of humans, their size and strength, dexterity and intellectual capabilities, are similarly just right to manipulate fire - accounting for why the ability to do so lies far beyond the competence of any other creature.

(Source: www.theoldie.co.uk, *The Oldie*, March 2017).



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Authorised by Megan Woods MP, Parliament Buildings, Wellington



The Arts Centre open seven days, make a day of it

Visit the Arts Centre and immerse yourself in a beautiful historic precinct that features a growing range of artisan food outlets, galleries, independent retailers and education spaces.

The former university has been a part of city life for more than 135 years and its unique Gothic Revival buildings are coming back to life following a remarkable post-earthquake restoration.

The Arts Centre is the largest collection of Category 1 heritage buildings in the country, providing a stunning backdrop like no other in New Zealand.

More than half the site is now open to the public, with the meticulously



Markets made a welcome return to the Arts Centre in 2017 and another will be held in early December.

restored buildings cleverly tailored for a 21st century community.

Showbiz Christchurch celebrates its 80th anniversary with a line up of popular major musical entertainment in 2018

Showbiz Christchurch presents The Saunders and Co 2018 Season of **Wicked**, **Broadway Hitmen** and **Les Misérables**.

Showbiz Christchurch celebrates its 80th anniversary with one of the most popular line-ups of major musical entertainment. Their 2018 season commences at the Isaac Theatre Royal with **Wicked** on 6 April, followed by **Broadway Hitmen** - a concert of Cole Porter and Andrew Lloyd Webber hits from 13-15 July, and is completed by **Les Misérables** opening on 14 September.

The Showbiz season of **Wicked** is the NZ theatre company premiere of one of the most successful Broadway shows of all time. It tells the story of an unlikely friendship between two girls who meet as sorcery students: the blonde and popular Glinda and a misunderstood green girl named Elphaba.

A full show orchestra, soloists and a large chorus will fill the Isaac Theatre Royal stage mid-year to present **Broadway Hitmen**, a concert of back-

to-back hits from two of the biggest names in musical theatre, Cole Porter and Andrew Lloyd Webber.

The season is brought to an epic conclusion in September with **Les Misérables**, a grand and moving story about the survival of the human spirit that promises to uplift audiences seeing it for the first time and delight those that are revisiting this much loved masterpiece.

Season subscription discounts are available for all three shows. Purchase standard Premium or A Reserve seats for one 2018 Showbiz production and receive a 10% discount. Purchase a second show at the same time and the discount increases to 20%. Purchase all three productions and receive a 30% discount*.

* Discounts apply to standard full price Premium and A Reserve seating when purchased as a single transaction prior to 31 January 2018. Discounts don't apply to the \$2.50 Isaac Theatre Royal Heritage Levy component of the ticket price. (A)

The Arts Centre's Great Hall is open daily to the public for no charge, as are the beautifully restored North and South Quadrangles – the perfect places to reflect on your journey. Market Square is surrounded by artisan food outlets meaning you can grab a bite to eat before sitting to enjoy the surroundings.

Markets, movies and a Christmas concert

The Summer Sweetener Market runs from 10am to 4pm on Sunday 3 December, showcasing Christchurch's finest independent designers – making it the perfect spot to find unique, local, handmade goods for your Christmas stash.

On Friday 8 December, the Leighs Construction Outdoor Cinema series kicks off with two great Christmas classics – **Polar Express** at 6pm and **Love Actually** at 8pm. Entry is free although a gold coin donation is appreciated that will go directly to the site's restoration.

The cinema series will run until February, with screenings on 11 and 12 January, and 9 February. Keep an eye on the Arts Centre website www.artscentre.org.nz for movie details.

National a capella sensations **Voices Co.** will fill the Great Hall with their harmonies on 10 December in

A charity held in trust for the people of Canterbury and its visitors, the Arts Centre is committed to supporting and fostering the arts, culture, education and creativity. This means you'll often encounter events and performances during your visit.

Many of Canterbury's most famous academics began their studies at the site now known as the Arts Centre, including Ernest, Lord Rutherford whose science famously led to the splitting of the atom. Rutherford's Den at the Arts Centre is an interactive science museum dedicated to his memory, giving you the chance to enjoy hands-on activities in the actual rooms where Rutherford studied.

A visit to the Arts Centre will put you at the heart of a thriving cultural precinct five minutes walk from the central city. Make a day of it by also taking in the nearby Canterbury Museum, Christchurch Art Gallery and Botanic Gardens.

a Christmas Arts Centre fundraising concert. Starting at 2pm, this is a great way to support the Arts Centre while at the same time enjoying the incredible acoustics of the Great Hall. Tickets are available at www.artscentre.org.nz or from the Rutherford's Den shop.

Winners of the 2017 TVNZ reality TV show **The Naked Choir**, **Voices Co.** are a Christchurch-based vocal-only pop band – every note, beat and sound is created using only the voice. Come along and enjoy a blend of Christmas classics and other popular songs.

A huge selection of new tenants has opened at the Arts Centre this year so spend some time exploring its food outlets, boutique retailers, galleries and public spaces.

2 Worcester Boulevard. www.artscentre.org.nz (A)



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Te Matatiki Toi Ora

An artist who exhibits overseas: Keith Morant

Keith Morant's largest and longest art exhibition opened August 12th in Christchurch. It will end on December 24th. The exhibition is titled 'Ringing True' and is at the Fo Guang Yuan Art Gallery, 2 Harakeke Street, Riccarton. At this exhibition Morant displays over 200 paintings.

Keith, an artist, has lived in Christchurch since the 1970s but in many ways, is somewhat unknown, especially to the general public. However, this is not the case in Europe, London and the United States.

His studio is behind his house where he works most daylight hours. He says his art always has been a natural compulsion.

Keith was born in England in 1944 and was living and painting, in St Ives, Cornwall when he met his New Zealand wife-to-be, Tricia, who is a potter. In 1973 she brought him to Christchurch where he settled as a full-time painter.

Keith continued to paint in his own 'abstract' style (though he disagrees with the label.) He never became truly accepted in New Zealand so promoted his work overseas. In the



Keith Morant's largest and longest art exhibition is titled 'Ringing True'.

1980s he worked and exhibited in New York and London and from the 1990s he has exhibited extensively in Europe, particularly Italy.

Keith has held many exhibitions and won over twelve International Art Awards. Earlier this year he was honoured with an Artist's Residency in Venice where he worked and exhibited for a month. He says the response was excellent.

"It is all a matter of great discipline and some luck," he says.

He is usually in his studio by 7am each day and often works well into the night. Keith is a deep thinker. He has written: "My art is always a journey of discovery into the essence of 'being.' It is an effort to externalise the truth of my existence on as many levels as possible..."

He says: "It has always been my

compulsion to paint and I have had to find out how to survive it. In trying to come to terms with this compulsion I have read deeply on the subjects of art, artists, philosophy, psychology and human creative history in general.

"My findings have not really given any satisfactory explanations or conclusions as to my personal predilection. Indeed, my researches have often led me in a contrary direction where I am often confounded by the perversity and unreliability inherent to the so-called 'art scene'."

The Ringing True exhibition at 2 Harakeke Street, Riccarton by Morant will end on December 24. Guided tours are available. Contact: Fo Guang Yuan Art Gallery [friendsofnzfy@gmail.com]

Keith has formed the Morant Foundation for the protection and conservation of his artwork. Also, it is to create a greater awareness of art and artists in Canterbury.

On January 22nd, 2018 the 'Morant Foundation' will underwrite and mount an exhibition of six to eight Canterbury artists at the Eastside Gallery in Linwood.

The freedom of freehold at Barton Fields and Mary Brittan

Nestled amidst landscaped grounds on the fringe of Christchurch, the Barton Fields and Mary Brittan Lifestyle Villages are a community with an ownership structure that provides both freedom and peace of mind.

Designed specifically for mature residents, our Lifestyle Villages are 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 is no License to Occupy policy in our Lifestyle Villages. Instead, our Villages were created under 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. in our Village model you do not lose a percentage of the sale price on the

sale), 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 license 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 unique floor plans and a range of colour palettes.

Facilities within the development include an architecturally designed Lodge for the Village community's use and an array of walkways and cycle ways, while the proximity to everything from the local transport, community and sporting facilities, to the charming townships of Lincoln and Rolleston with their vibrant shops and restaurants ensures everything you could ever need is within easy reach.

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