

# Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 97: Autumn 2018

**Richard  
Hadlee -  
The Man  
Page 9**





## FROM THE CHIEF EXECUTIVE

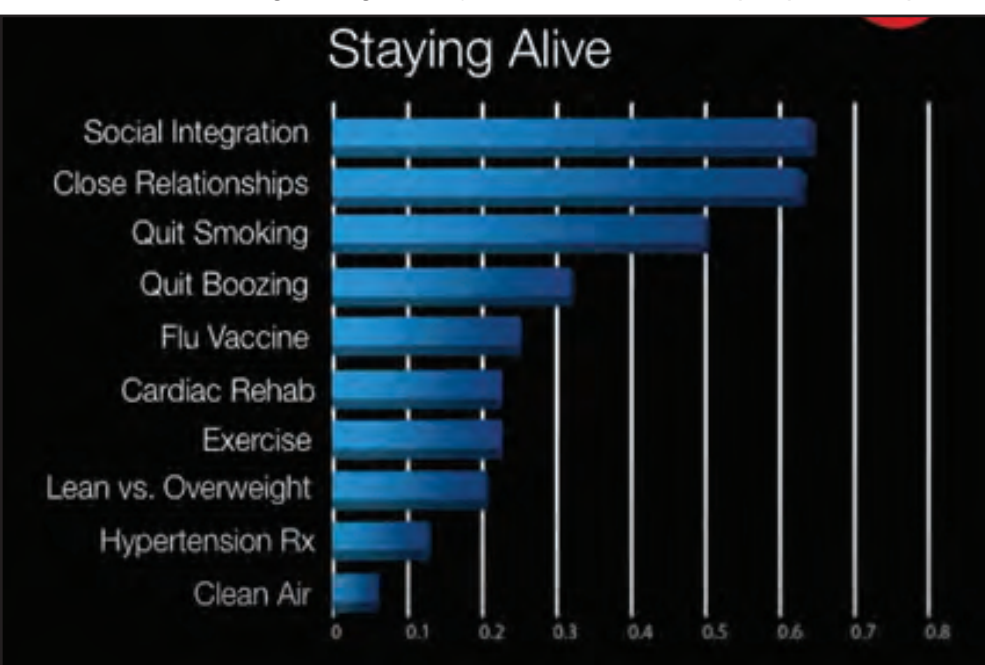


*Welcome to 2018 – and a very Happy New Year to you all. I hope you had an enjoyable Christmas season with family and friends.*

After a few weeks travelling with my family from Rakiura (Stewart Island) to the Abel Tasman, I am back and ready for another year, along with the amazing staff at Age Concern Canterbury, to serve the needs of older people.

Grow old along with me! The best is yet to be.... Never have the words penned by poet Robert Browning in 1864 had such global resonance. We stand on the cusp of a demographic milestone; for the first time in recorded human history the number of people aged 65 years or older will soon outnumber children under five years. While the media might paint this as a negative, it is in fact fantastic – not only have we succeeded in living longer, society now gets all the benefits of having the wisdom, the time and resource of more older people. Of course we do need more children – but we will leave that conundrum to a younger cohort.

Clean water, sanitation and medical advancements have been the catalyst for the increase in life expectancy since 1864, however a recent study has shown the most important factors in our modern society are all social connection. Below is a graph that shows, in order, what the most important factors were in having a longer life (tens of thousands of people were part of



Julianne Holt-Lunstad, PhD. Professor of Psychology and Neuroscience at Brigham Young University

this study) – social integration and close relationships were number 1 and 2. Unsurprisingly not smoking was right up there – other research has shown that it is never too late to give up, you will see benefit to your health (and your pocket) if you do – call Quitline free on 0800 778 778 for help to kick the habit.

It may seem too early to mention Flu vaccines - but by the time the next **Keeping On** is to print the flu season will nearly be upon us. As the graph above shows, it is a more important factor in living longer than exercise or being lean or overweight! So I recommend that you all get the vaccination as soon as it is available – and talk to your family about being vaccinated – to protect them - and you also.

Simon Templeton, **Chief Executive**

## A WORD FROM THE PRESIDENT



*Greetings for 2018 from the Board of Age Concern Canterbury.*

I hope that your new year resolutions, hopes and dreams have not all flown out the window already.

At the beginning of December we had a very successful function for our volunteers at the Christchurch Casino, a new venue for this lunch and we all came away feeling that it was a great success.

Christmas and New Year celebrations came and went in the usual rush. I hope you had time to take a breath and enjoy it with your friends and family. If you have managed a break away to recharge your batteries you will now be ready to get on with this year's events, meetings and activities. Remember that you might have an elderly neighbour, relative or friend who has not had any or many visitors at this time and would enjoy a friend with whom to share a cup of tea.

I remind you all that there are all sorts of people out there who

without any hesitation will try to take advantage of an older vulnerable person, so keep vigilant. Call the Police if in any doubt. Above all don't give your personal information over the telephone or to a stranger at your door.

Our gardens are thriving in this warm weather and need water to continue to give you produce and pleasure. It is timely for me to remind you that we also need lots of fluids to keep hydrated. Water is the best as some other things like coffee might contribute to loss of fluid and further dehydration. The weather forecasters are saying that this beautiful summer is going to continue for some time.

Age Concern Canterbury has qualified staff to help you with a wide range of questions you might have to help with health problems, social problems as well as house work and gardening. Just make a call to reception at Age Concern Canterbury and a staff member will talk to you and offer advice and help.

Have a great year and make every day count.

Trish Adams  
**President**



## 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](mailto: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.**

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# Premium room charges in rest homes and hospitals

Michelle had finally found the Goldilocks rest home for her Mum; light, warm room, not too far for visiting, and residents with whom she felt mother would feel comfortable. Mum did not have much money, so the plan was to apply for a subsidy to cover the cost of her care.

This fondly imagined future scenario came to an abrupt halt when Michelle discovered that the rest home where she planned for mother to live billed 'premium room charges'. The charges would require a further payment of \$140 per week on top of the subsidy. A resident on subsidy retains a small weekly personal allowance (\$43.93) from their New Zealand Superannuation, so if there is no

other money, premium room charges can be completely unaffordable.

Under the national contract held between rest homes and District Health Boards, homes/hospitals are allowed to charge extra for rooms with additional features of a permanent or fixed nature. An ensuite is often a signal for premium room charges and prices range from five to seventy dollars per day extra cost. For some prospective residents like Michelle's Mum, choice of rest home options is then limited to those who do not require payment of premium room charges.

Families sometimes discover premium room charges belatedly, when the older family member has

been in residence for a while and the first (unexpected) bill arrives. This can cause panic, but there is a solution; the contract mentioned previously allows the resident to 'review their occupancy' every two months after the date of admission and give written notice that they wish to cease paying premium room charges. The rest home then has three months in which to find the resident a standard, non-premium room, or to stop charging premium room charges.

Finding your way around the complexities of support and long term care for an older family member can be confusing, and often occurs with the added stress of ill health or perhaps a public hospital admission.

If there is a needs assessor already involved with the family member, this person can be a valuable resource. If you need someone to help talk you through the systems and options available, Seniorline telephone information service provides advice to older people and their families on how to get help to stay at home, relief care and support for caregivers, assessment and funding for long-term care.

Seniorline is a national information service contracted by all New Zealand District Health Boards and operates Monday to Friday, 8am to 4pm.

Phone 0800 725 463

Website [www.seniorline.org.nz](http://www.seniorline.org.nz)

(Source: [www.seniorline.org.nz](http://www.seniorline.org.nz))

# Social interaction can keep you healthy

As you get older and retire or move to a new community, you may not have quite as many opportunities

to socialise as you did when you were younger. Recent research from the American Time Use Survey, an

annual census by the US Bureau of Labour Statistics, shows that time spent in the company of others plateaus by our mid-50s and we then spend an ever-increasing amount of time alone.

However, if you're not heading to work or getting out and about each day, you may be missing out on important social interaction that you need to stay sharp, healthy and live longer.

Research has shown that staying socially active and maintaining interpersonal relationships can help you maintain good physical and emotional health and cognitive function, with a reduced risk of many diseases, dementia and depression.

Here are a few ideas to keep your connections strong:

- Stay in touch with friends and family and try to visit with them regularly
- Volunteer in your community
- Visit a senior drop in centre
- Join a group focused on activities

you enjoy, such as playing cards or a book club

- Try taking a class - learn a new language, a new style of cooking or art class
- Join a gym to stay physically fit

Staying socially active and maintaining your relationships are an important part of healthy ageing. Driving Miss Daisy can help you to maintain your connections, so you can stay as vibrant, active and social as you've always been. We have lots of other clients who get out and about so would be pleased to share our knowledge of local activities with you. We can collect you, drive you to your destination and provide whatever help you need.

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(A)

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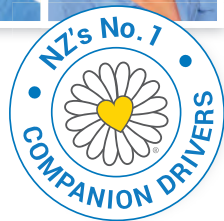
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# President to tackle challenges

A grandmother who walks about six kilometres every day and plays tennis twice a week, is the new president of Age Concern Canterbury.

Trish Adams has always been on the go and energetic. She brings that energy to the organisations with which she is associated – most of them have her as the chairwoman.

She is the daughter of a railway worker and started life in Waimate in 1942. She is one of five girls, one of whom is Dame Margaret Austin. In 1943 her father was appointed station master at Milton and then Balclutha in 1944. She remembers living in a huge house with a vegetable garden beside the signal box.

One day she helped herself to peas in the garden, ripening for Christmas. The signalman saw her and phoned the station master (her father) who came running to save his crop for the Christmas dinner.

By 1949 the family was in Christchurch where her father took early retirement. Her mother went to work while Trish attended, first, St Paul's School and then Sacred Heart. In 1960 she began nursing training in Christchurch Hospital.

She graduated in four years and began work in the emergency department. She moved to St George's Hospital before going to Fiji for a Ministry of Health nursing job in 1966. Trish returned to Christchurch Hospital in 1968 ("I couldn't believe how cold it was") and was married in 1970.

The grandmother of four had four



**Trish Adams, President, Age Concern Canterbury.**

years at home with her two sons before returning to general nursing. In 1989 she became the occupational health nurse at Islington Freezing Works ("I loved the job") until it shut its doors. Then she moved on to being Nurse Manager at a retirement village.

By 1997 Trish decided it was time for a change and became a courier. She did that job for seven years travelling 300km a day.

Her husband, Trevor, had retired by the mid-80s and that's when she concentrated on her other interests.

She is chairwoman of the Canterbury Osteoporosis Society and has been so for 17 years ("Because no one else wants the job"). Her sister Margaret formed the society as "osteoporosis runs in the family".



**Simon Templeton and Trish Adams acknowledge Z Energy at our volunteers' Christmas function at the Christchurch Casino.**

Trish first joined Age Concern Canterbury when approached by the former President, Annette Harris. She has been on the Board since 2010 and Vice President since 2011. Last year, at the 2017 AGM, Trish was elected President.

Other interests are chairwoman of the Canterbury District Health Board's Consumer Council, a Falls Prevention Steering Group, and chairwoman of the Windsor House Retirement Community Board.

She does her garden regularly, walks and plays tennis and enjoys PT in the park on Saturday mornings between 9.00am and 10.00am. She used to be involved with skiing and ski-racing in Canterbury and gave it up just a few years ago after 36 years of participation.

Now Trish is fully supportive of Age Concern programmes such as EARS (Elder Abuse Response Service) and the Social Connection Service. "We must keep the elderly active and socially connected. Our minibus

outings encourage social contact and are enjoyed by many people," she said.

"There is also SAYGo, Steady as you Go, a strength and balance exercise programme for the elderly. We have 22 active exercise classes and we are hoping to start another 12 early this year," she said.

"Winter warmth is very important and working with Community Energy Action we are able to help the more vulnerable older people," she said.

"Further, the Board is looking to the future to develop a plan which will ensure our work with the elderly continues," she said.

"Many people in Christchurch need a lot of help. Many are isolated and some are hoarders which can bring about very challenging conditions. Some hoarders can't move about and cannot use the kitchen or bathroom, and haven't for years. There's plenty of work to be done in all areas of keeping older people safe in the community," she said.

## CAN YOU IDENTIFY ABUSE TO THE ELDERLY?

**Try our quiz and challenge your ability to recognise the behaviours of elder abuse.**

1. Do you know any people 65 years of age or over?
2. Do you think that yelling at an older person could be considered abuse?
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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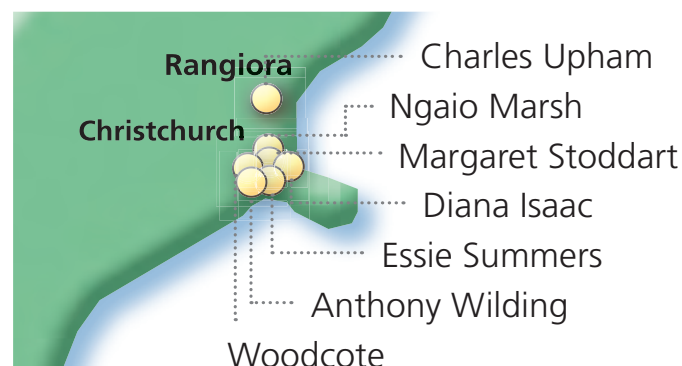
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# Help available for cleaner, healthier air

by Melanie Carpinter, Senior Communications Advisor, Environment Canterbury

Environment Canterbury is urging people to get in touch now if they are worried about how they are going to heat their home once the chilly weather hits.

In the Christchurch clean air zone, all older-style wood burners must be replaced before this winter, regardless of their age. In the Kaiapoi, Rangiora, Ashburton and Timaru clean air zones, all older-style wood burners aged 15 years or more must be replaced before this winter. Residents in the Waimate and Geraldine clean air zones have until 2020.

"We understand that switching to a cleaner form of heating is not necessarily easy or affordable for everyone," said Environment Canterbury air quality director Katherine Trought.

"We want to reassure you that there is support available, so if you take the first step of contacting us on 0800 329 276 to tell us about your situation we can work alongside you and find a way to keep your home nice and cosy," she said.



One option for people facing financial hardship or health problems is a temporary waiver.

"A temporary waiver is given out in exceptional circumstances, enabling the use of an older wood burner for an additional winter. It might be a suitable option for an elderly person who is in and out of hospital, or someone who doesn't have the money to replace an older wood burner," she said.

From July, Environment Canterbury will have additional funding for subsidies of up to \$5000, which certain low-income households could put towards the cost of a new wood burner or heat pump.

"We're also asking the public for feedback on a proposed programme called Healthier Homes Canterbury, which would allow a ratepayer to add the cost of a new heating appliance,

ventilation and/or insulation to their rates payments," she said.

If approved, Healthier Homes Canterbury could be in place later this year. Up to \$6000 could be added to someone's rates and paid back over nine years.

"We've already seen an improvement in air quality in Canterbury, especially at Christchurch's St Albans monitoring site, where the national air quality standards for PM10 were breached just four times in 2017, compared to 54 times in 1999," Trought said.

More progress is still needed to make sure Canterbury meets national guidelines and minimises health problems like asthma that can be triggered by poor air quality.

Anyone who needs help replacing their older-style wood burner or help learning how to burn smoke-free should call 0800 329 276.



## Christchurch City Council faced challenging decision

by Ruth Dyson, Member of Parliament, Port Hills

Even though we are already in February, as this is my first column of the year, I want to pass on my warmest seasonal greetings to you and hope that the year ahead is good to and for you. And what a summer we are having! It has been a delight to walk along Sumner Beach and see so many families playing in the water and having such a lot of fun. We are very lucky in our country to have access to so much free activity.

We are also particularly lucky in Christchurch to have just beautiful water that is the envy of so many other people from around the world. So it was a big shock to hear that

this lovely water had a risk of being contaminated. Last year, 25 of our wells failed safety inspections which meant the removal of our status of having secure water bores.

The risk comes from the well-heads needing repair, a programme which actually started in August last year but won't be completed before the end of this year. So in the meantime, that risk is present.

Our Council's reaction to this risk has been to agree to chlorinate our water as a temporary measure until the repair programme to the well-heads is completed. This was a very challenging decision for them to make

but one that I totally support. I support it particularly after reading the report from the government inquiry into the water contamination in Hawkes Bay last year.

This report made it clear that people had died, others had become very ill for a short period of time and still others had permanent health conditions as a direct result of this contamination.

We all know that we would prefer our water to be without chlorine in it. We know that straight after the earthquakes, our water was chlorinated so that it would be safe

to drink. And we know that it is the responsibility of our Councillors to ensure that our drinking water is safe. Who would want the Hawkes Bay situation repeated here in Canterbury? No-one I am sure!

For the youngest and oldest members of our communities, this safety is essential. They are likely to be more vulnerable to illness which has a significant impact on them.

So, on behalf of all our residents, but particularly the most vulnerable, thank you Councillors for putting your residents first and taking such a challenging decision.

**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
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# Printer's ink flows through David's veins

by Mike Crean

Printer's ink flows through David Gee's veins. As a secondary school pupil, he was so determined to make journalism his life that he took night classes in shorthand and typing.

The result was nearly 60 years in journalism. For 17 of those years, David wrote anonymously, voluntarily, and in his spare time for *Keeping On*, as well. He laid down his pen at the end of January.

Growing up in southern London, David and two school mates decided emigration from Britain would be "a great adventure". It would be even greater if each moved to a different country. One chose Canada and one Australia. David chose New Zealand – "It seemed a good idea."

After leaving school, David found work at *The Daily Mail*. His job was to clip articles from newspapers and file them in the reference library. The tedium did not matter. He knew he would have to leave for National Service when he reached 18.

Because of his typing skills, David's army experience was as a clerk in the records office. Then, after an introduction to reporting with regional papers in Kent, he set sail as an assisted emigrant.

Arriving in Wellington, David was given notice of an interview booked for him at the Christchurch *Star*. He received a ferry ticket to Lyttelton and a railway ticket to the city.

David served continuously at *The Star*, on Kilmore Street, from 1958 to 1989. In that time he rose from general reporter to chief reporter, to associate editor.

Also in that time, he discovered an attractive young woman working in the advertising department. Celia was a recent British immigrant too. They have now been married 57 years.

David cherishes the coincidence that Celia and their current neighbours



Journalist, David Gee

travelled here on the same emigrant ship as he did; Celia in 1958, David and the neighbours separately in 1959. That vessel was the *Captain Cook*.

Of early days at *The Star*, he tells of being "dropped in it" when assigned to cover a wool auction. The hubbub of auctioneers and bidders bewildered him. He sought refuge in the gents' toilets. While he was in a cubicle, two farmers entered the toilets. They talked loudly about the morning's sale. David whipped out his pad and took their chatter down in shorthand. Back at the office he re-constructed his notes into a news story that greatly pleased the editor.

After 30 years at *The Star*, David and Celia were keen to see England again, not least because two of their three children were then living there. The opportunity arose when editorship of the weekly newspaper *NZ News UK* was advertised. David applied and got the job. Though intending to return to New Zealand at

some stage, he resigned his position at *The Star*.

*NZ News UK* was based at Berwick on Tweed, in the north of England. It delivered news from New Zealand to Kiwis living or travelling in the UK. The editorship was not onerous so the Gees spent much time tripping around England.

After two years, David applied successfully for a return to *The Star*. So the couple returned to Christchurch at the end of 1990. David resumed as features editor just in time to be part of the newspaper's shift to Tuam Street.

Like all evening papers, *The Star* was struggling financially. One series of job cuts followed another. For a short time David was elevated to editor but he could see the paper could not continue as a paid daily.

"The writing was on the wall," he says. He took redundancy and switched to *The Press* as an advertorial writer.

Very quickly he was moved to the editorial department. Then came an offer from the Christchurch City Council for David to join the communications team. He accepted and worked there until his retirement in 2003, aged 67.

David wrote several books, including a history of Lyttelton Gaol and biographies of parliamentarians Mabel Howard and Elizabeth McCombs. As Celia was associated with Age Concern Canterbury, he discovered *Keeping On* and began writing for it. Now he limits himself to reading, gardening and golf.

The schoolboy who only wanted to be a journalist enjoyed his career. But when he considers today's media, his brow furrows.

With due diplomacy he reflects: "It was a different era".

## KEEPING ON EDITOR

Age Concern Canterbury would like to acknowledge and thank David Gee for his contribution to *Keeping On* over the past 17 years. David's input as our journalist, and the advice he has given us over those years, has been invaluable. He has helped us produce a paper that is relevant and appreciated by our readers. We are very relieved and excited that Mike Crean is to replace David as our journalist and we will continue to enjoy profiles and stories about the people in our community.

Dayl Milne, **Editor, *Keeping On***

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# Residential care loans

While the Crown's Residential Care Loan scheme is not available to many people it is something to be aware of as an alternative if you are not eligible for a Residential Care Subsidy and meet the scheme's criteria.

If you are living at home and assessed as requiring long term rest home care but you are not eligible for a subsidy due to the value of your home, then you may be able to apply for a loan.

The scheme is discretionary and the Crown is not obliged to offer a loan. The purpose of the loan is to assist people to adjust to the change in their circumstances and allows time to make the decision to sell the family home and time to get it ready for a sale if necessary.

To be eligible for a loan you must not have assets of more than \$15,000 for a single person or \$30,000.00 for a couple in addition to the home, and your home must provide sufficient security for the loan. A caveat will be lodged on the title to your home and the Crown require this to be the first security on the title, that is, that there are no current mortgages.

If the Crown approves a loan, then after all the paperwork is completed the Crown will advance payments to the rest home as required until such time as you reapply and are assessed as eligible for a subsidy. Or there may be a specified limit or end date to the loan.

The loan is interest free (if repaid within the required timeframe) and is due to be repaid either on the sale of the home or within a year of the death of the applicant.

This is a broad outline of the scheme, if you think you may be eligible or wish to find out more in case you find yourself in this position, you should seek legal advice from someone experienced in this area of law. At Harmans we have a specialist seniors team to help you with any queries you may have.

Give Phillipa Shaw a call on 352-2293 to arrange an appointment to discuss your situation. A



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We are conveniently located in our Papanui office, but if you can't get to us we can come to you through our Home Visit Service.

Contact Phillipa Shaw  
P (03) 352 2293 E [phillipa.shaw@harmans.co.nz](mailto:phillipa.shaw@harmans.co.nz) A 485 Papanui Road, Christchurch  
[www.harmans.co.nz](http://www.harmans.co.nz)

# Residential Care Loans & Care Subsidies

Hear Harmans' Lawyers discuss the issues here at  
**Age Concern Canterbury, 24 Main North Road, Papanui on  
Monday, 16th April 2018 at 1.00pm.**  
*Light refreshments will follow the discussion.*

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



# How loud is too loud?

**HEARING WEEK: Saturday, 3rd to Saturday, 10th March 2018.**

Did you know that everyday sounds can damage your hearing? (See chart below)

Once your hearing is damaged, you won't get it back

This can cost you in terms of:

- **financial issues** – buying and maintaining expensive hearing aids, seeing specialists, reduced earning potential due to early retirement or unemployment
  - **social isolation** – difficulty hearing family, friends and colleagues, withdrawal from social noisier situations
  - **emotional issues** – coming to terms with your hearing loss can be a grieving process for you and your family
- So how do you keep your ears safe from damaging sounds?**
- **Lower the volume on your music device** – some devices have the option to set volume control limits.
  - **Take breaks from listening to your music** – experts recommend following the 60/60 rule – not more than 60% volume for no more than 60 minutes exposure
  - **Move away from the noise** – don't stand right in front of concert or

party speakers

- **Wear hearing protectors** – especially when doing tasks such as mowing the lawns, using a chainsaw or riding your motorbike

If you find yourself without hearing protection, cover your ears with your hands – not ideal but better than nothing at all!

Hearing Support Christchurch can help with your hearing related concerns. We provide independent advice and information; help with TV listening; telephone communication; doorbells and alarms and hearing aid maintenance. We work to raise awareness of hearing loss in the community and advocate for better provisions for the hearing impaired, to enable full participation in their community. Education is provided through our community group talks and workshops on various hearing issues, and our Safe Sound Indicator Programme for Early Learning Centres.

Please get in touch if we can help you, your family or workplace.

**Hearing Support Christchurch**  
**275 Riccarton Road**  
**341-6705**  
[hearingchch@xtra.co.nz](mailto:hearingchch@xtra.co.nz)  
[www.hearinginfo.co.nz](http://www.hearinginfo.co.nz)

Noise Source	dB	How long can you listen without protection?
Fireworks, Gun Shots, Custom Car Stereos	140	0 Seconds
Jet Take Off	130	0 Seconds
Jackhammer	120	15 Seconds
MP3 / IPOD At Peak Volume	115	Less Than 1 Minute
Chainsaw, Concerts	110	2 Minutes
Power Tools	100	15 Minutes
Lawnmower, Hairdryer	90	2 Hours
Car Traffic	85	8 Hours
Washing Machine	80	Safe
Food Mixer / Vacuum	70	Safe
Normal Conversation, Dishwasher	60	Safe
Moderate Rainfall	50	Safe
Whisper	30	Safe
Leaves Rustling	20	Safe

Once a noise reaches over 85dB, damage to your hearing may begin

After this, every 3dB increase in sound halves the length of time that your ears can handle the noise before damage starts

ALERT!

ALERT!



# Sir Richard Hadlee - The Man



Sir Richard Hadlee

When Richard Hadlee raced in to bowl he let the ball go from his right hand. When he went into bat he played left-handed.

So today it follows when he goes around the golf course he drives with his right hand and, yes, when it comes to putting, he favours his left hand.

As well as his golf, Sir Richard has been busy in a different way in recent years. This entailed transcribing his father's diary and compiling an impressive book about the 1949 NZ cricket tour of Britain.

His father Walter had the smallest writing and was keen to put as much information on a page as any man. It took a year to decipher and then Sir Richard had to give it a final check. He started work in 2014 and now the book is for sale.

"This is, in fact, my greatest achievement in bringing this story back to life. I'm honouring dad and appreciating the achievements of the 49s," he said.

The idea came because overseas tours had changed so much from his father's days. Preserving the diary for future generations was a pivotal part of the publication.

Sir Richard added that the book was more than about cricket – it was a history book, too. "They were pioneers and should not be forgotten."

The tourists lost one match – to Oxford University – in 32 first-class games. The team won 13 and drew 18. It also travelled to Germany where it played a Combined Services team. "I found that the most fascinating part – seeing the historic sites and damage, particularly Hitler's bunker.

Walter Hadlee captained a team which included Bert Sutcliffe, Martin Donnelly and John Reid.

The success of the team – and profit – meant NZ was granted four-day test status. "We earned credibility and respect for the first time as a cricketing nation," Sir Richard said.

The result was a 514-page book which includes a two-hour DVD documentary. A copy costs \$79.95.



Sir Richard Hadlee proud to have honoured his father with the book 'The Skippers Diary'

**Sir Richard Hadlee, the former international cricketer, is now a senior citizen - and settling into a less active life.**

**He lives beside the Pegasus golf course and plays to a 14 handicap.**

**He is regarded as one of the greatest fast bowlers and all-rounders in cricketing history. He was appointed MBE in 1980 and knighted in 1990. He is a former chairman of the New Zealand selectors. He also is commemorated as one of the 12 local heroes and a bronze bust stands outside the Arts Centre, in the central city.**

**In 2009 Sir Richard was inducted into the international Cricket Hall of Fame. He is the son of Walter, a test skipper, and recently compiled a book from a diary by his father.**

**In his 86-test career Sir Richard took 431 wickets (a world record at the time) and was the first bowler to take 400 wickets. He was rated by many experts as the greatest exponent of new-ball bowling.**

**Sir Richard was born in July 1951.**

However, a limited leather-bound edition costs \$795 but the box includes a ball, a DVD with interviews with players from years ago, facsimile scorecards, signatures on a miniature bat, and special photos.

Three charities will benefit from sales: the NZ cricket museum, the Cricket Live Foundation (underprivileged street children in Sri Lanka and India learn life skills through cricket) and the NZ Cricket Players' Association Cricketers' Trust.

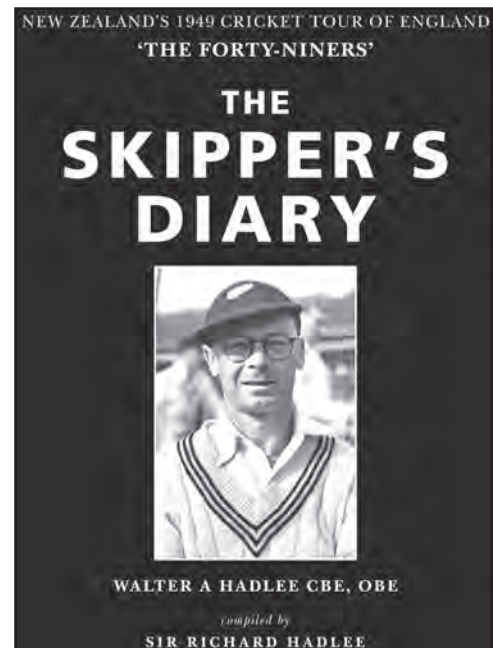
The Skipper's Diary (\$79.95) or a leather-bound box set at \$795 (The Cricket Publishing Company) can be ordered on [www.theskipperdiary1949.com](http://www.theskipperdiary1949.com) or by a cheque to Box 78061, RJH Promotions, Pegasus 7648 (enclosing a delivery address).

Sir Richard says his father's diary will remain in the family as long as necessary but he hoped it would end up in the cricket museum at the Basin Reserve.

Now that he has severed ties with NZ Cricket he finds he does not have to attend grounds for matches and believes he'll be watching televised

matches more and more.

But one aspect of the modern game he is not keen on is sledging. "A nod, or wink or glare is okay. But the stuff we are seeing at international level is not the sort of behaviour we want our



kids to see," he said.

Sir Richard plays golf a couple of times a week. He is on a 14 handicap but he was once down to eight. Now that he has glasses he hopes to get nearer to 10 very soon.

His dog is exercised each day and his work with the Sir Richard Hadlee Sports Trust has been a passion for 27 years.

It is non-profit charitable trust funded by Sir Richard Hadlee in 1990, immediately after his retirement. It plays an important role by assisting young Cantabrians where hardship prevents them from fulfilling their cultural or sporting endeavours.

And then he is in demand for anecdotal talks and motivational speeches. "It's mix-and-match entertainment at the end of the day. He sees this as one way to keep in touch.

Now that he has glasses Sir Richard appreciates that he is a senior citizen. In 1991 he had open-heart surgery and then had "a new hip and knee," both a legacy of cricket.





# Innovative NZ sportswoman has retired from her daily job

Pat Barwick was inducted into the Whanganui Sports Hall of Fame in 2010 although her sporting exploits were at their height from 1963 to the 1980s. In addition to her captaincy of the NZ hockey team, she then went on to become a leading coach in the sport.

In recent years Barwick has been employed at Sport Canterbury where she has been the driver behind several creative coaching initiatives and has passed on her passion for coaching to a vast number of sportspeople involved in a variety of sports within the Canterbury region.

Her innovative coaching programmes have attracted a great deal of interest from both new and experienced coaches, emphasising the demand for this training and her insight into the needs of the sector.

With her unique understanding of the isolation and pressure that coaches face, Pat initiated a regular coach networking forum to provide support and a sense of community. This insight goes back to the days when she was coached by Tom Turbitt of the Hawkes Bay.

She praises his advanced methods and remembers them well when she played for the region from 1968-71. "His coaching was very influential on me. He was advanced for his time and worked with a themed team culture and an athlete centred philosophy," she says.

A strong advocate for the use of technology for coach education, she has promoted video conferencing to educate coaches in remote parts of the Canterbury region. This has provided coaches with an opportunity to upskill, removing the barriers of travel and cost, while allowing them to build relationships with other



Pat Barwick

coaches throughout the region.

A testament to her strong belief in grass-roots sport is evident. She is currently president of her club, Carlton-Redcliffs, and when called on coaches pre-competition primary school children. She is at the turf every week coaching or supporting club teams, assists with Canterbury representative team selections, is on the Hockey Academy South High Performance Board, and is to the fore when it comes to fundraising for her club.

Barwick, who was born at Brunswick, north of Whanganui, captained New Zealand at hockey for nine years (1971-79) including in the first year of her selection at the age of 24.

She was chosen in the NZ team for the 1980 Moscow Olympics, after beating Australia and Great Britain the previous year to qualify, but the

team did not play in Russia because of the Olympic boycott.

In her first season as national captain New Zealand was placed third in the 1971 world tournament in Auckland. Two years later the side again finished third, this time in the Jubilee Top 8 world tournament in Holland.

There was a further third placing in the 1975 World Cup in Edinburgh. In 1977 Pat captained NZ to victory over England at Wembley Stadium. The following year there were test series wins over Australia and Canada but NZ drifted to ninth at the 1979 World Cup in Vancouver.

Barwick's international career for New Zealand was over a 10 year period.

She was brought up on a farm and believes the sporting genes of her parents helped her considerably. In

her early days she played tennis and netball, taking up hockey at 14. She was a rep at 16 and there was no looking back.

During her provincial playing career she played for Whanganui (1963-64), making her senior debut as a sixth former while at Wanganui Girls' College Otago (1965-67), Hawke's Bay (1968-71) and Canterbury (1971-80), playing in four national winning teams. She was NZ Universities' captain in 1967.

She holds a PE teaching degree and it was a job that brought her to Christchurch in 1971. She taught at Papanui HS for many years.

As a coach Pat was in charge of the NZ team between 1987-1992, finishing seventh in the Sydney World Cup and eighth in the 1992 Barcelona Olympic Games after being assistant coach in 1985 and 1986 when the team was fourth in the World Cup in Holland.

She was also involved in coaching NZ under-18, under-21 and a NZ Selection. At provincial level, she coached Canterbury to five national and two champion tournament titles between 1980 and 1985.

"I have been lucky to work in the sport sector all my life. I have had a happy time but I realised that at 71 it's time to go," she says. After some casual work for a few months she will push her hillside garden into a more acceptable state.

She will continue her association with her hockey club where she is president. She expects to continue with some coaching there and she will always be available for fund raising!

## Remembering the legacy of Rewi Alley

Organisations in China and Christchurch are working to bring the legacy of Rewi Alley to younger generations.

Last year marked the 120th birthday anniversary, the 90th anniversary of his arrival in China and the 30th anniversary of his death. Alley, a son of Canterbury, is regarded in China as one of ten "international friends of China" who have made outstanding contributions in the past 100 years.

In August the first event (the launch of a reprinted 1997 biography, with a mandarin translation) to mark Alley's achievements was held in Christchurch. The emphasis of the additional events is to bring the legacy of Alley to younger generations.

The Christchurch Chinese Consul-General, Jin Zhijian, said when "we talk about the close bonds between our two countries today, we should not forget the contributions and sacrifice of Alley and all those great pioneers paving the way ahead of us."

He said Alley arrived in China at a time when the country was stricken by extreme poverty, Japanese aggression and internal chaos. Alley



Rewi Alley and bronze bust of Alley by Francis A Sturrock. (Source: stuff.co.nz)

devoted his whole life to the cause of China's national independence and construction.

"His courage for upholding peace and justice in the world, selfless caring for the deprived, perseverance in the face of adversity, broad-mindedness of co-operation as well as passion for educating the young constitute our common valuable heritage," Jin said.

Also announced at the launching of the Alley biography, was a scheme to provide units of learning for secondary school pupils on Alley's

legacy; a website about Alley; and competitions for schools with a top prize of a 10-day trip to China.

A variety of other events were held before the December 2 commemoration banquet hosted by the Christchurch City Council.

Events included: A symposium on recent research; a Canterbury Museum tour; a Shanghai Archives photographic display; an Alley trail; a visit to a Chinese school; a special event at Springfield (Alley's birthplace) and at Amberley; and the erection of a commemorative plaque in the Christchurch Arts Centre.

Organisers welcomed up to 10 or more delegations to Christchurch.

Even now that the special events are over, the city council's Sister-City China Committee will continue its efforts to publish Philippa Reynolds' biography in China.

Mr Jin added that "building on the legacy of Rewi Alley... we should strive to make our own contributions and give China-NZ relationship a fresh boost in the new era."



# The Gospel according to Muretta

The gospel according to Muretta Grimwood is: "All we can do in life is make do with what we have."

She should know as she has just reached the age of 100.

That means she is one of about 550 who are 100 years and older living in this country.

She is Christchurch born, the last of three girls. Her father, a watchmaker and jeweller, had his shop near Beaths in Colombo Street.

How unusual is her Christian name? "Well, mother had a friend who had a daughter called Muretta. She liked it and so it came to me. I know no one else with it except a grandson came across someone else with the name," she said.

When she left Addington School Muretta's mother found her a job at Miss Reading's beauty shop. At 15 she started working as a wigmaker. She made toupees for men, wigs for women and hair for dolls.



**Muretta Greenwood**

Her first husband, Ron Tolputt, was a friend of many years. A carpenter, he died at 51 and three years later she married another carpenter, Bruce Grimwood. "I was lucky with both husbands. They were lovely. I

do miss them," she said.

When she was widowed a second time, Muretta moved to her present house.

"My life now is ordered. I'm up about seven for breakfast and then there's cooking and the dishes and other things to do. I'm in bed about 8.30."

She cannot read well now (bad eyesight led to her having to give up driving five years ago).

The radio is a welcome companion ("It's good to keep up with the news") but television has less appeal.

She especially misses the use of her car. In fact, she obtained her licence when she was 17, driving her father's car.

However, she now gets a lift to a Tuesday entertainment in Hornby and about once a month she has an outing with an Age Concern Canterbury mini-bus trip.

Muretta used to be an entertainer with the Santa Rosa group – which

entertained senior citizens. She was a solo singer. Also she used to play a keyboard but now cannot read music.

When she reached 100 the housing complex threw a party and the next day her family held another. "I don't want any more parties. They took it out of me. I have been tired ever since. I had 47 cards and one from the Queen," she said.

She has one daughter, Lyn, who visits and phones regularly and also has 10 grandchildren and three great-grandchildren. She had step children from her marriages.

Good health was important, she said, and Muretta was sure it had played a good part in getting her to 100.

"I have had two good husbands and I have wonderful grandchildren. I have been very lucky. All we can do is make do with what we have."

## Joy of independence motto for More Mobility

The Joy of Independence is the motto that More Mobility has on the side of their vans and in all of their advertising. "This totally sums up what we try to achieve with our business, and gives us complete clarity when it comes to researching what items we need to stock," say Russell and Kim.

Initially when the doors first opened ten years ago, More Mobility carried a range of Mobility Scooters, walking frames and wheelchairs, along with a scattering of daily living aids. They sold, hired, and serviced these products. However since then their stock lines have grown from about 80 to 500 products.

"We now carry a large range of mobility scooters, walking aids, wheelchairs and furniture. This includes beds and electric stand assist chairs, incontinence products, living aids; including specialised cutlery for those suffering from

arthritis. Dressing aids, toilet and bathroom equipment, including toilet bidets and electric bath seats for those deprived of having a bath by inability to get in and out. We also stock ramps, wheelchair carriers for the car, respiratory equipment and height adjustable chairs and tables. Actually, these are just a sample of some of the products you can buy or hire from us," says Kim.

On the mobility scooter side of the business, More Mobility stocks 5 different brands of scooters and powerchairs, and at any given time has up to 15 or so scooters on the floor to try out. They also have a large range of second hand stock. These have been traded on new scooters, and are reconditioned and sold as second hand with new batteries and a warranty, to provide a perfectly reliable second hand purchase.

"Prices of new scooters range from

\$1,499.00 through to \$13,000.00. Commonly, scooters we sell are in the range of \$3,500.00 to \$6,500.00 and our second hand scooters start at \$1500.00, including new batteries and a comprehensive warranty," says Russell.

"The Mobility Scooter and electric wheelchair side of the business continues to expand. This trend will continue as our city continues to mend and the footpaths are repaired and replaced," says Kim.

"We spend a lot of time giving tuition to new clients, it is in every one's interest to have this training as it ensures the rider is safe, and is made aware of where the dangers are. We want our scooter riders to be confident and safe" Russell says.

"Obviously budget will dictate what our clients can afford, however we strike a lot of people unsure about what they want to spend. In these

cases Russell will take new and second hand scooters to demonstrate and we find people are generally surprised by how little they cost," expresses Kim.

"We are receptive to making a home visit to those not able to make it in to see us at the shop, or special appointments can be made with us if you are unable to make it within normal shop hours," says Kim.

With the growth of mobility scooters More Mobility have also extended their workshop services.

"If you or your family have any issues with mobility and comfort call or pay a visit to us at More Mobility, our shop is located at 113 Blenheim Road (inbetween Clarence and Dalgety St) hours are 9.00am to 5.00pm Monday to Friday and 9am to 2pm Saturday. Phone 3483460 or 0800 666 222, say Russell and Kim. (A)

### One Stop Mobility & Independence Shop

**Hire, Sales and Service**



\* Mobility Scooters \* Power Wheelchairs \* Standard Wheelchairs \*  
\* Walkers/Rollators \* Walking Sticks, Canes & Crutches \* Rehabilitation  
Aids \* Toilet & Bathroom ware \* Lift Chairs \* Kitchen & Grooming Aids

Products also available for hire

The joy of independence

**more mobility**



113 Blenheim Road, Christchurch. Ph: 348 3460 or 0800 666222



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CREST

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www.healthcarenz.co.nz



# Winter energy payment to help heat homes

From 1 July 2018, a Winter Energy Payment will be available to help with the cost of heating homes during the winter.

## Important information

You don't need to do anything to get this payment - if you qualify, it'll be paid to you automatically.

## Who can get it

You can get the Winter Energy Payment if you're getting either:  
New Zealand Superannuation  
Veteran's Pension  
Jobseeker Support  
Sole Parent Support

Supported Living Payment  
Youth Payment  
Young Parent Payment  
Emergency Benefit.

## Who can't get it

You won't get this payment if you're getting Residential Care Subsidy or Residential Support Subsidy.

## What you can get

You can get:  
**\$20.45 a week** if you're single with no dependent children  
**\$31.81 a week** if you have a partner or dependent children.  
This will be paid from 1 July to 30



September 2018. From 2019, it will be paid from 1 May to 1 October. You don't have to pay it back.

If you leave New Zealand while this payment is being made (and you're still getting your benefit or NZ

Super payment) your Winter Energy Payment will continue for the first 4 weeks you're out of the country, but will stop from the beginning of the 5th week. If you're back in New Zealand before the Winter Energy Payment ends (eg, 30 September 2018), you'll need to contact us about restarting it.

## Don't want the payment

If you don't want the Winter Energy Payment, you can choose not to get it. We'll let you know how to do this closer to the time.

(Source: [www.msd.govt.nz](http://www.msd.govt.nz))

# International Fraud Awareness Week theme

International Fraud Awareness Week's theme was how to spot a scam. The Banking Ombudsman Scheme is about resolving and preventing problems to improve banking for customers and banks. We are passionate about working collaboratively to fight fraud and minimise consumer losses.

"Scams cost New Zealanders, banks and the economy millions of dollars each year. In addition to the financial cost, significant emotional damage is suffered by victims and their families", says Banking Ombudsman, Nicola Sladden.

"We all need to play our part to spot scams. The banking industry can intercept and disrupt some scams through effective scam prevention systems. Most banks have robust fraud prevention systems and

policies, dedicated fraud teams and well trained front-line staff. Customers also need to be scam-savvy, and think carefully about their security practices.

"We tend to be very trusting in New Zealand. We all need to be on the look-out for:

- romance scams – when people pose as potential romantic partners, usually overseas
- investment and lottery scams – when a scammer offers to pay out winnings if you pay a processing fee or upfront investment
- money mules - when a scammer asks a bank customer to accept and forward on money stolen from another victim's bank account
- phishing scams – often calls or emails purporting to be from internet services providers or other legitimate

companies. And these are getting more sophisticated, like the case adjacent.

## Some practical tips for avoiding scams:

- \* Be suspicious of unsolicited phone calls and emails telling you something is wrong. Don't let them panic you – call your normal provider to check, especially before you download anything.
- \* Anyone calling or emailing to ask for personal information, PINs and passwords is likely trying to scam you.
- \* Password lock all your devices and banking apps, use different passwords, and change your passwords every six weeks. Don't use the same security prompt (eg mother's maiden name) for everything.

\* Install software to fight against malware and keep it up to date – it's your responsibility if you use online banking.

\* Put text authentication on money transfers and don't share the verification codes with anyone.

\* Don't rush in to help – if you get an email purporting to come from a friend in distress overseas, check with their family first.

\* Be very careful with online gambling (including Facebook gambling). You could be giving out information to scammers.

\* Don't carry out payments or financial transactions on a public internet connection (like free wifi spots).

For more information see [www.consumerprotection.govt.nz](http://www.consumerprotection.govt.nz).

## An example of a scam: Cyber-shouldering

Daniel's\* computer and internet were running slowly. He received a call from someone who said they worked for his internet service provider (ISP). The caller said work was being conducted in Daniel's area which was affecting his internet.

The caller offered to assist Daniel with installing virus detection software, which would help with his internet connection. The caller directed Daniel to particular software and stayed on the line while he downloaded it.

The caller then asked Daniel to check the security of various websites, including his internet banking. The caller asked Daniel to log in and check whether his internet banking had two padlocks in the corner. When Daniel said it only had one padlock, the caller said Daniel needed to call his bank and ask for international money transfers, as this would trigger greater security

measures and enable the second padlock. When he called the bank, Daniel didn't say he was setting up international payments for security purposes – instead he said he wanted to send around \$10,000 overseas.

Daniel was on the phone with the caller for a long time. Eventually, he became frustrated and called his ISP, which told him they were not doing any works in the area. Daniel realised he had been the victim of a scam and called his bank, which suspended his internet banking. However by this point, \$50,000 had been transferred out of Daniel's bank account to international accounts. The anti-virus software was in fact remote-access software, and the caller had been able to observe Daniel's internet banking username and password when he logged into internet banking.

His bank was able to recover \$10,000 but the rest was unrecoverable. Daniel wanted his bank to compensate him the other \$40,000 but the bank said

he had been negligent by following the caller's instructions and declined to reimburse. Daniel said the bank should have required him to have two factor authentication for international transfers, and his loss would have been prevented if it had done so. (Two factor authentication is the system where the bank will send a text message to confirm before funds are transferred. Daniel had deactivated the two factor authentication two years earlier because he lived in an area with patchy cell phone coverage).

We had to consider whether:

1. Daniel had acted negligently and not followed a reasonable standard of care in protecting his banking information
2. The bank should have allowed the transfers without two factor authentication.

The caller's explanation was compelling. Scams can be very sophisticated and involve a high level of social engineering. We had

a lot of sympathy for Daniel but there were some warning signs that should reasonably have alerted Daniel that this was a scam. We were also concerned that he hadn't been transparent with the bank when he set up the international payment facility. However we also queried why the bank hadn't reminded Daniel that his two-factor authentication was turned off.

We shared these observations with Daniel and the bank, and they agreed to resolve the matter between them. A formal Ombudsman decision was therefore not required on this occasion. It is, however, a salutary reminder of the increasing sophistication of online scams and to be very suspicious of unsolicited calls offering help with banking or security.

\*Fictitious names

(Source: media release: International Fraud Week, Banking Ombudsman Scheme).



# 2018 New Year new you? New Year new home?

## New Year new insulation? CEA say YES!

Community Energy Action (CEA) is a charitable trust that is committed to ensuring people keep warm, dry and healthy in their homes and also when they are at work. We offer a number of professional, objective and reliable services.

If you were struggling to keep warm last winter, is it now time to start preparing your home in readiness for winter?

Insulation prevents heat from escaping your home (up to 35% through the roof, and 15% through the floor), and your heater won't need to work as hard to keep you warm.

Why not start by having your insulation checked by CEA, it is completely free! Remember that good quality insulation doesn't just keep your home warmer during the winter; it helps keep it cooler during the summer, too.

Once your home has been assessed you could arrange to have insulation installed during the next few months, which means you can pay for it in the summer, a time when your power bills are generally lower. You will also notice those same power bills being lower next winter than they were last winter too!

If you have a community services card, and are a home owner and your home was built prior to 2000 you may qualify for up to 50% off the cost of the installed insulation you require. If you are a tenant with a community service card, your landlord may also qualify. If your home was built after 2000, CEA may still be able to offer you some discount off the installed insulation price.

Other financial assistance is available for vulnerable households, including community services card holders. CEA may be able to organise an interest free payment plan over

a number of months, to help with affordability.

To find out more about any of our services, to arrange an insulation check or discuss how we might be able to help you, call us on 0800 GET WARM, or email us on [info@cea.co.nz](mailto:info@cea.co.nz) or visit our website at [www.cea.co.nz](http://www.cea.co.nz).

We are waiting to hear from you. Make 2018 a happy, healthy New Year.



## Maltworks Lifestyle Village - freehold unit title

A vision to turn Heathcote's derelict Maltworks site into a new residential lifestyle village, is under way. With a third of the village spoken for, stage one is well under construction. A showhome is open daily 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 special 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 & 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 55's lifestyle villa'. The owner retains any capital gain realised from the sale process.

An onsite caretaker lives 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 Pitcaithly Body Corporate Services Ltd who manage the body corporate 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 natural 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 60 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 & Lyttelton runs close by the village within an easy 200m walk.

Recreational activities are in abundance with Ferrymead driving range an easy five minute 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.
- No fees on exit, you recognize the full capital gain.
- 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**

LIFESTYLE VILLAGE • HEATHCOTE VALLEY • CHRISTCHURCH

**PLC GROUP**  
LIFESTYLE VILLAS / PROPERTY DEVELOPMENT / COMMERCIAL



**Michelle Tait**  
M 027 668 6268 P 03 352 4900  
E [michelle@plcgroup.co.nz](mailto:michelle@plcgroup.co.nz)  
W [plcgroup.co.nz](http://plcgroup.co.nz)



# Older people to benefit from funded access to shingles vaccine

Over 600,000 New Zealanders will be able to avoid the often painful and debilitating shingles infection following PHARMAC’s decision to fully fund the shingles vaccine.

From 1 April 2018, the shingles vaccine Zostavax will be available fully funded for people aged 65 years, while a catch-up programme for people aged 66-80 years runs until March 2020.

Clinical evidence shows there is a significant difference in the efficacy of Zostavax depending on the age of the person when they are vaccinated, with vaccine efficacy dropping to 18% in people who are aged over 80 years at the time of vaccination.

PHARMAC Director of Operations,

Sarah Fitt, says the vaccine will make a big difference to the one-in-three New Zealanders who will have at least one attack of shingles in their lifetime.

“Shingles can occur in people at any age but older people are the most affected and complications can be more serious and require admission to hospital,” says Ms Fitt.

“While most cases of shingles can be managed at home, these attacks can sometimes lead to other serious health complications. Some people may continue to experience pain for months to years after an initial shingles attack.”

Shingles is caused by the same virus as chickenpox, varicella-zoster.



Anyone who has had chickenpox is at risk of developing shingles later in life, although the most significant risk factor for developing shingles is age.

“The shingles vaccine will help to reduce the number of serious cases and provide many flow-on benefits to families and whānau as well as the wider health system,” says Ms Fitt.

Zostavax will be available from general practices from 1 April 2018. Eligible people will be able to receive funded shingles and influenza vaccines at the same time if they wish.

**Age Concern Canterbury is holding a clinic to provide the shingles vaccine for those 65-80 years on:**

**11 April 10.30am – 2.00pm**  
**24 Main North Road, Papanui**  
 (Parking available at the back off Loftus St)

Phone the office on **366 0903** or email [team@ageconcerncan.org.nz](mailto:team@ageconcerncan.org.nz) to book.

(Source: [www.pharmac.govt.nz/news/notification-2017-11-09-zoster-vaccine/](http://www.pharmac.govt.nz/news/notification-2017-11-09-zoster-vaccine/))

# Butter, margarine or something else?

by Wendy Scanlon, Senior Chef Coordinator

My Dad was born in 1927, a child of the depression growing up in a working class suburb in Auckland. He would fondly remind me of his favourite childhood food – bread and dripping! In the world of nutrition we’ve come a long way in our understanding of fats and those that are helpful to health and those that have the potential to harm our health. Dad’s dripping would definitely fall into the latter category. In 2018 dripping doesn’t feature in our weekly shop at the supermarket, but what about the other fats?

Butter has made the news lately as the price goes through the roof. It’s economics 101 with demand outstripping supply. Of late, butter has been promoted as natural and some one-off pieces of research suggest it’s now got the tick for good health.

However, if we unpack the large body of evidence from the experts, replacing foods higher in saturated fat (found in butter) with unsaturated fats (found in nuts, seeds, oily fish, avocado and healthy plant oils) does reduce the risk of heart disease.

Here are the Heart Foundation’s tips for including more heart-friendly fats each day:-

- Many people make the change from butter to margarine to lower saturated fat in their diet. If you just can’t give up the butter, cut back instead of cutting out.
- Spreading butter or margarine on bread is a Kiwi habit. There are



lots of delicious alternatives, so try something a little different: -

- \* avocado (try our guacamole as shown in recipe on this page)
- \* hummus
- \* cottage cheese
- \* peanut butter
- \* relish, pickle, mustard or
- \* light cream cheese.
- When cooking use a vegetable oil such as canola, sunflower or rice bran instead of butter.
- Enjoy oily fish such as canned salmon, sardines, kahawai or warehou in meals a couple of times per week. They are a good source of omega-3, which may reduce your risk of heart disease and stroke. Fish pie, fish chowder, salmon and salad sandwiches or sardines on toast are just a few ideas.
- Nuts are an excellent source of

good fats and a great snack that’s also rich in fibre and protein. Have a handful every day, but choose unsalted, dry roasted or raw nuts. If

you can’t manage raw nuts try a nut spread - almond or cashew butter on crackers or toast.

- Choose reduced fat milk (green, yellow or light blue top), lower fat cheese (Edam, Noble or feta) and low fat yoghurt. If you’re out at a café choose a trim cappuccino or latte. However, if you are underweight use full-fat milk and full-cream yoghurts.

Finally, whether you choose butter or margarine, it’s your overall food pattern that looks after your health. That means eating a wide variety of foods with plenty of vegetables and fruit, whole grains, calcium-rich milk and milk products, legumes, lean meats, fish, chicken and nuts and seeds.

(Sources: Heart Foundation: *Replace unhealthy fats with healthy fats.* Heart Foundation: *Is butter good for you?*)

## An easy guacamole

**Ingredients:**

1 large just ripe avocado  
 1 large or 2 small cloves of garlic, crushed (or a teaspoon of crushed garlic from a jar)  
 1 tablespoon lemon juice  
 1 – 2 tablespoons plain yoghurt  
 1 teaspoon sweet chilli sauce  
 OR ½ teaspoon cumin  
 Salt and pepper to taste

**Method:**

Mash avocado and mix with other ingredients.  
 Optional extras: some finely diced tomato and/or celery adds a nice texture.





# Enliven services reduce social isolation throughout the year



**Chris Guerin, Enliven Service Co-ordinator, centre, with Presbyterian Support (Upper South Island) colleagues. "We love our members and look after them," she says.**

For many New Zealanders, summer means flitting from one social occasion to the next. Schools, clubs, and other organisations wrap up the year in a flurry of assemblies, picnics, concerts and other get-togethers; Christmas and summer holidays bring families, whanau and friends together.

However, for many New Zealanders, summer is a lonely season. This is especially true for older people, who may have lost loved ones or be living far from family. The physical limitations of older age may make getting out difficult, and financial constraints can also keep one close to home.

In quake-affected areas especially, many extended families have moved further apart following home damage or loss.

At Enliven we work to reduce social isolation in older people throughout the year, so they can approach the silly season with greater resilience. Through the HomeShare service, and day programmes such as Harakeke Club and Totara Club, vulnerable seniors in the upper South Island can connect with others in a supportive and loving environment.

## Clients have shown love at homeshare

The Enliven HomeShare service brings older people with shared

interests together in the comfort of a host's private home, or at a suitable community facility. Small groups share a meal and conversation, and activities chosen by the group. "We love our members and look after them," says Chris Guerin, Enliven coordinator. "This is a safe place where the things that are going wrong for them physically are normalised." The clients look after each other too. George Allen has been a HomeShare volunteer in St Albans for about five years. "This group has become like a family," he says. HomeShare hosts and volunteers are trained to support the needs of older people, in particular, those relating to memory loss. They also receive regular support from an Enliven co-ordinator.

HomeShare clubs typically take 4-6 weeks off over Christmas to give hosts, volunteers, and drivers a rest. However, frequently unofficial connection and support continue over the break—evidence of the genuine relationships that are nurtured through the service throughout the year.

Enliven HomeShare is offered in Christchurch, Mid Canterbury, North Canterbury, and Selwyn.

Referrals are essential. For more information speak to a GP, or call (03) 313-8588.



"It gives me a purpose to my day, the staff put on an interesting programme, and I enjoy seeing the others in the group."



Have fun and a sense of purpose in your life, whatever your age.

We provide group day activities for frail, socially isolated, or memory-impaired seniors. Plus: social work, community services, earthquake support (Hurunui), falls prevention, and kaiawhina.

Call a nearby Enliven centre to learn more:

**Christchurch** **Ashburton**

03 366 5472 03 308 5868

**Rangiora**

03 313 8588



<http://www.enlivenuppersouth.org.nz>

# Navigating change

Generally, our focus is on the minutiae of every day life. Are the children's school bags packed? Do they have their homework? Did you remember to get something out for dinner? Did you get the washing out? Or in? Then something comes along which makes you question your focus and forces you to re-evaluate. Whether it's a change in work place, as it was for me, or a change in living situations, which it often is for my clients, change can be scary, even when it's positive change.

My decision to move to Pier Law in November 2017 reminded me how difficult navigating change can be. My change in workplace meant new people, new systems, new methodologies and an underlying grief for all I left behind.

For clients who are faced with significant change, perhaps because of the loss of a life partner or the need to move away from their family home, change brings confusion, disorientation, bewilderment and the realisation that the fundamentals, they've taken for granted over their lifetimes, have changed or are changing. My job is to help them,

and their families, navigate some of that change. My area of interest is in helping senior clients, and their families find peace of mind legal solutions. It's particularly important to me that I provide my clients with empathetic, plain English advice no matter what kind of changes and challenges they find themselves facing.

My new firm, Pier Law, also prides itself on taking a genuine interest in its clients. We will listen to our clients and work with them towards a cost effective solution that works for their needs. We are small enough to work closely with you to get an in-depth understanding of your specific needs but we're large enough to have the expertise, knowledge and skills required no matter what those legal needs may be.

Contact me at Pier Law on 03 327 0590 to make an appointment to talk with me at one of our three convenient branches or request a home visit if you prefer. Together we can explore how I can help you and your family navigate the changes in your life and find the best solutions to meet your legal needs. **A**

## PROTECTING YOU AND YOUR FAMILY INTO THE FUTURE

### GIVE YOURSELF AND YOUR FAMILY PEACE OF MIND - TALK TO US TODAY.

In today's complex world, you need specialist advice from professionals with the right credentials.

Pier Law is a private client law firm with proven expertise and decades of experience in structuring protections for client's personal care and welfare, asset management and succession planning.

### OUR AREAS OF PRACTICE INCLUDE:

- Wills
- Enduring Powers of Attorney
- Family Trusts and Succession Planning
- Rest Home Subsidies
- Occupation Rights Agreements
- Funeral Trusts
- Estate Planning
- Trusteeship and Trust Administration
- Probate and Estate Administration



Make an appointment to talk to Fleur McDonald, now at Pier Law and our Elder Law specialist, at one of our three convenient branches or request a home visit if you prefer.

Telephone 03 366 5540 [www.pierlaw.co.nz](http://www.pierlaw.co.nz)



PIER LAW



# Donations spread Christmas joy to socially isolated

Christmas time and the holiday season is often a time for yummy food, spending time with family and friends, and making memories. This is not the case for many older people in Canterbury; some people can go days or weeks without hearing or seeing anyone, and this time of year can feel even more lonely than usual. Here at Age Concern Canterbury, we work to support older people to reduce their feelings of social isolation not just at Christmas time, but throughout the whole year.

In December, we posted on our Facebook page asking for any donations of food and supplies that we could take out to older people who we knew would be spending the holiday season alone. I also contacted local businesses to see if they wanted to offer any support. The response we had from local businesses, people in the community, and other organisations was overwhelming. We received a wide range of donations; made up hampers by the youth at Te Puna Wai o Tuhinapo, fresh fruit from Healthy Harvest, gift vouchers



Age Concern Social Worker Emma Garraway picks up the hampers from Te Puna Wai o Tuhinapo programme coordinator Kris Heslin.

that we used to purchase food and toiletries from Halswell New World, lots of chocolates from Wigram New World, jewellery from Auntie's Legacy, hampers from Methodist Mission,

lots of gifts from Christchurch City Council staff, delicious Christmas treats from Buzzy Thingz, soaps from Luxi Buff, health products from NZ Safety Blackwoods, Christmas ham

from Owen Logistics, gift vouchers from Work and Income, as well as Christmas goodies, vouchers, and health products from kind people in the local community and wider. Thank you kindly to all those who donated, we truly appreciate it.

With the support received, we spread some joy to over 60 older people in the community; this is more people than we have been able to reach ever before. The reactions we had from delivering these was heart-warming; tears, happiness, shock and every person expressed just how much they appreciated what was received and that someone was thinking of them. Throughout the year, we come across older people struggling to have enough food and supplies - without donations we receive throughout the year we would not be able to do the work we do to support these people.

Thank you to all those that supported us over the holiday season and who do so throughout the year. I hope you had a wonderful Christmas and that you have a great 2018!

# Friendships made through Cafe groups

As one of the Social Network Co-ordinators at Age Concern Canterbury I have become very passionate about co-ordinating the 23 café group outings. Each café group meets fortnightly with Age Concern providing transport, whilst others drive and join the group at the café.

Often friendships outside the group are formed and stories like that of Beth and Faye's are heart-warming.

Beth Nicholson and Faye

Nicholson, not related at all - although both had husbands named Ron, joined the Queenspark café group late in 2015 as they were looking for company and activities to do outside the home. They became firm friends and over the past two years they have 'grown to love each other like sisters'.

Beth and Faye speak on the phone nearly every day and see each other usually twice a week. As Beth and Faye no longer drive, Faye's daughter takes her to



Beth Nicholson and Faye Nicholson

Beth's for a cuppa and a chat and sometimes they go shopping or for a coffee elsewhere.

If you, or someone you know, may be interested in joining one of Age Concern Canterbury's café groups (some of our groups currently have vacancies) - why not give me a call and maybe form some new friendships of your own.

Please telephone Debbie Garraway on 331-7814 - I look forward to hearing from you.

# Intergenerational outings, a perfect match



Over the last two years, in addition to our regular Hosted Outings to private homes and other community groups, we have been providing our Social Outings clients' trips to Schools and Pre-schools. This has given our clients the opportunity to connect with the younger generation, which in a lot of cases they may not have experienced for some time. The pre-schoolers and intermediate students also gain acceptance of the ageing process and people with disabilities while engaging with those who are two or three generations older. It's the perfect pairing. We were hosted by the Vinnies Group at Marion College just prior to Christmas.



# Simple home test detects leading cause of blindness

Macular Degeneration can cause different symptoms in different people and can be hardly noticeable in its early stages.

Symptoms include:

- \* Central or detailed vision with dark or empty spaces
- \* Images becoming blurry
- \* Straight lines appearing distorted or wavy
- \* Colours being hard to distinguish

## The Amsler Grid

The Amsler Grid can pick up early signs of vision loss. Try the simple test to see if you may be affected. Only an examination by a qualified eye care professional can properly diagnose MD, so please contact your doctor or optometrist if you notice symptoms of this condition.

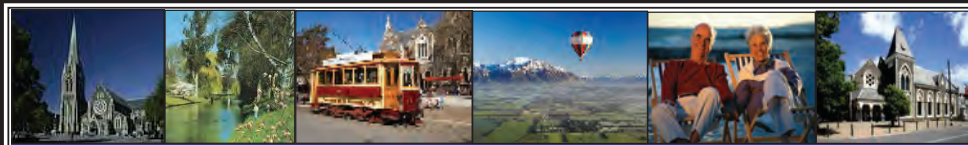
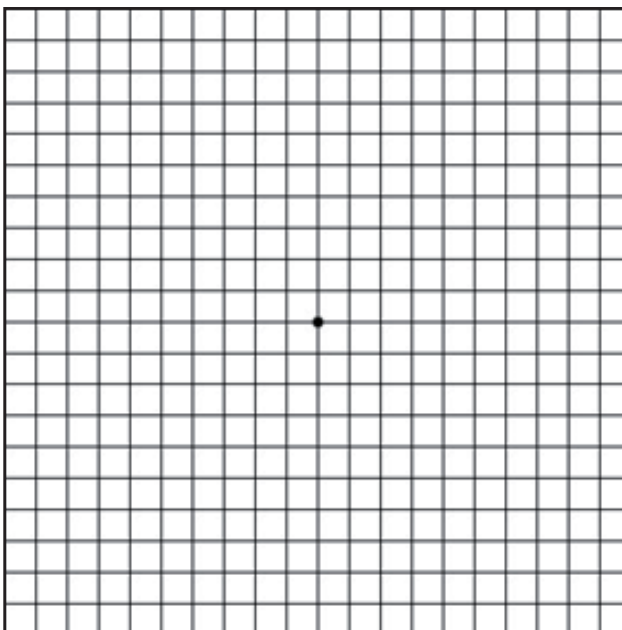
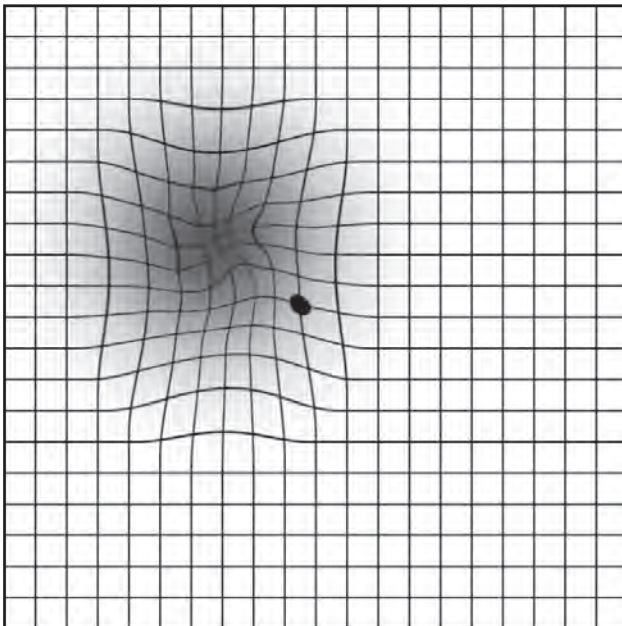
## Do you have Macular Degeneration?

Take this simple test.

1. Do not remove glasses or contact lens you normally use for reading.
2. Hold this grid at eye level, about 35cm from your face.
3. Cover one eye with your hand and focus on the centre dot with your uncovered eye.
4. Repeat with the other eye
5. If you see wavy, broken or distorted lines, or blurred or missing areas of vision, you may be displaying the symptoms of Macular Degeneration. Contact your doctor or optometrist immediately.

Take this simple test regularly so that you become familiar with what is normal vision for you. If you see sudden or definite changes contact your doctor or optometrist immediately.

To receive a copy of an Amsler Grid card with a magnet on the back to affix to your refrigerator call Macular Degeneration NZ on 0800 MACULA (0800 622 852).



## Age Concern Canterbury Events Calendar 2018

### Confident Driving Courses

- 15 February 2018** Lady Wigram Retirement Village
- 20 February 2018** Darfield Recreational Centre
- 25 February 2018** Age Concern Papanui
- 27 February 2018** Rolleston Library & Service Centre
- 10 March 2018** Alpine View Retirement Village
- 12 March 2018** Wainoni 878 Avonside Drive
- 13 March 2018** Amberley Council Chambers
- 14 March 2018** Culverden Fire Station
- 15 March 2018** Hanmer Sports Pavilion
- 16 March 2018** Cheviot Fire Station
- 19 March 2018** Akaroa Sports Centre
- 22 March 2018** Methven Heritage Centre
- 29th March 2018** Kaikoura Council Supper Room
- 4 April 2018** Woodend Community Centre
- 9 April 2018** Rangiora Main Power Oval
- 13 April 2018** Russley Retirement Village
- 14 April 2018** Alpine View Retirement Village
- 16 April 2018** Oxford Town Hall
- 20th April 2018** Ashburton Age Concern
- 23 April 2018** Ngaio Marsh Retirement Papanui
- 5 or 6 May 2018** Rewi Alley, Riccarton TBC
- 14 May 2018** Venue TBC
- 15 May 2018** Kaiapoi TBC
- 12 June 2018** Pacifica 70 Spencer Street
- 15 June 2018** Russley Retirement Village
- 28/29 June 2018** Venue and Community TBC

### 6 April 2018

Advanced Care Planning Forum. Speaker: Jane Goodwin  
Age Concern Canterbury,  
10.30am Seminar Room

### 11 April 2018

Shingles vaccinations for people aged 65 to 80 years and over.

### Harman's Seminars

#### 16 April

Residential Care Loans & Residential Care Subsidies

#### 16 July

Relationship Property Issues

#### 15 October

Trusts

#### 21 January 2019

Enduring Powers of Attorney

#### 1 October 2018

Positive Ageing Expo, Papanui High School

**For more information phone 366-0903**

## 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**



# Looking after our Tamariki

by Senior Sergeant Kelly Larsen, Canterbury Road Policing, NZ Police

A return to school means an increase in congestion on our roads; school buses, kids on bikes hurrying to get there before the bell rings and frazzled parents dropping their kids off before work. It's vital for drivers to slow down and pay attention when these precious little people are present – especially before and after school.

## For Our Children

Time spent teaching safe habits at an early age will go a long way towards preventing our children from being injured or killed on our roads.

- \* They're safer in a booster seat. Primary school children seated in booster seats in the back seat of the car are 59% less likely to be injured in a crash than children using a seat belt alone.

- \* No helmet, no brain. Wearing safety helmets when cycling, scootering or skateboarding to school is a must. For cyclists, wearing helmets reduces the likelihood of severe brain injury by 74%.

- \* Devices down, heads up. Tell children to remove their earphones when crossing the road, and to stop walking if they need to make a phone call or send a text message.

- \* Watch out for sneaky driveways.

If you can't see the driveway from the footpath, remember to stop, look and listen as if you are crossing the road to make sure there are no cars coming out of the drive.

## For Drivers

While many crashes involving children happen as a result of their behaviour, you can keep them safe by driving defensively.

- \* Double check those intersections and crossings. A student might dart across the street when you least anticipate it. They're also pretty hard to see in between parked cars. Making full stops at intersections and slowing down in high pedestrian traffic areas will give you the time you need to be completely sure the road is clear of children.

- \* Slow down at school zones at all times. School zones have signs that require you to obey a lower speed limit. Some school signs are turned on before and after school and other times such as lunch time. Police encourage drivers to slow down at school zones at all times and even on weekends. An evening event or a weekend game might be happening, so you still need to watch out for kids.

- \* Passing school buses: Either



way it's 20km/h. If a school bus has stopped the law requires you to slow down and drive at 20km/h or less until you are well past no matter from which direction you are driving.

- \* Never pass a vehicle stopped for pedestrians

## Sharing the Road with Cyclists

On most roads cyclists have the same rights and responsibilities as vehicles, but bikes can be hard to see.

- When passing a cyclist, leave 1.5m between your car and the rider

- If you're turning left and a cyclist is approaching from behind, let the rider go through the intersection first, and always use your turn signals

- Watch for bike riders turning in front of you without looking or signalling; children especially have a tendency to do this

- Watch for bikes coming from driveways or behind parked cars

- Check side mirrors or over your shoulder before opening your door.

## If You're Dropping Off or Picking Up

Schools often have very specific drop-off procedures. Make sure you know the rules and stick to them. More children are hit by cars near schools than at any other location.

- Don't double park; it blocks visibility for other children and vehicles

- Load or unload children from the footpath

- Carpool, walk or cycle to school to reduce the number of vehicles

By exercising a little extra care and caution, we can make sure all our tamariki are safe on their return to school.

# Things to be aware of when using a cycleway

## Driveways



Drivers must give way to cyclists and pedestrians when entering or leaving a driveway. If possible, drivers should drive forwards out of their driveway.

If a two-way cycleway runs in front of a property, cyclists can be coming from both directions.

Remember to not park on the cycleway.

## Two-way shared path or cycleway



Stay left if you are walking or riding on a two-way shared path or two-way cycleway.

## Greenway with shared lane



Neighbourhood greenways (Sharrows) are sections of cycleway on quieter 30km zone streets.

Sharrows show that the space is to be shared between cyclist and drivers. Cyclists should ride towards the middle of the road to avoid opening doors from parked cars and stormwater grates.

## In-lane bus stops



In-lane bus stops require that cyclists stop to give way to passengers getting on and off the bus. Bus passengers should stand on the footpath rather than the cycleway while waiting for the bus and also check for cyclists

before boarding or exiting.

## Cycle priority crossings

A green strip next to a zebra crossing is a cycle priority crossing which means drivers must give way to cyclists and pedestrians.

Cyclists need to check before entering the priority crossing that any cars coming are able to stop.

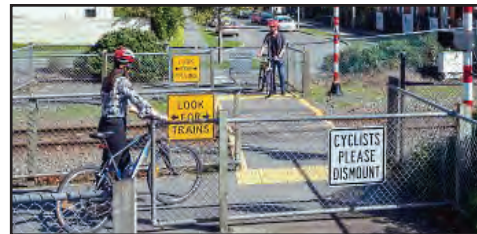
## Traffic signals



Take care to follow the designated cyclists traffic signals.

When a bicycle rides over the white diamonds, this triggers the traffic lights at the crossing for cyclists.

## Railway crossings



Always cross at designated

crossing points only. At a controlled



crossing, cross only when red signals have stopped flashing, the barriers arms have lifted and the bells have stopped ringing.

If the railway crossing is not controlled, look as far as you can up and down the railway line to check for trains.

## Hook turns

Hook turns are a safer way for cyclists to turn right at an intersection.

1. Stay in the cycle lane as you enter the intersection and stop in the green hook turn box.

2. Wait until the traffic signals on the other side of the road turn green and then cycle across the intersection keeping left.

Hook turns can be done at almost any intersection, including intersections with or without the marked stopping area.



# Staying Safe

## Confident Driving for Mature Drivers

*A refresher course for mature road users throughout Canterbury*

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.

- \* *Update on Road Rules from Canterbury Police presentation*
- \* *Gain confidence from the course*
- \* *Defensive driving tips for safe driving*
- \* *Impacts of wellbeing and driving*

What does the course involve?

- \* A class room based programme
- \* Cost \$10.00 per course including lunch
- \* Held in a safe & enjoyable environment
  - \* Workbook for future reference
  - \* No tests or exams on the course
  - \* Certificate of Attendance

***Watch this space for courses for Ethnic Communities***



## The Older and Wiser Driver

**Course starts at 9.30am and concludes at 2.45pm**  
**Contact Age Concern Canterbury on 366-0903 for bookings.**





# Is a mobility scooter is right for you?

by Catherine Fink, Occupational Therapist, Port Hills Therapy

Mobility scooters provide an opportunity for many people to get out in the absence of driving a car. Mobility scooters provide low cost and easily maintained transport in the local area. They are simple to operate by anybody whose mental and physical abilities allow.

## Benefits of Mobility Scooters

### Independence

Being able to get out when and where you want; whether it's to the park, farmer's market, GP or pharmacy or to pop down to the supermarket, a mobility scooter gives you more independence.

If you have a disability, pain or low energy levels, a mobility scooter can provide enhanced ease of mobility. You can generally park right outside your destination and bring your mobility aid with you.

### Community participation

For many people, using a mobility scooter enables participation in community activities. Being able to go to church, visit friends or attend social or exercise groups means you

can stay connected with the people and activities that are important to you.

## Considerations for Potential Mobility Scooter Users

### Health and safety issues:

- potential loss of fitness and physical ability through using a mobility scooter
- worsening of health issues such as cardiovascular performance or insulin resistance through reducing physical activity
- potential for injury to both the driver and pedestrians, due to unintended collisions.

### Fitness to Drive

Before you buy a scooter, it is important to consider fitness to drive.

Fitness to drive includes all the physical, sensory and cognitive factors that work together to enable you to safely and successfully operate a mobility scooter. A visual impairment or neurological condition (such as stroke, Parkinson's or Alzheimer's disease) may affect your fitness to drive a mobility scooter.

Here are some questions to ask:

- Do I have a visual impairment, long distance or peripheral vision loss?
- Do I have good perception, including the ability to judge depth of drops and distances?
- Do I have a cognitive impairment that affects my ability to navigate, concentrate on driving, make good judgements about crossing roads or slowing down when there are other footpath users?
- Do I have adequate strength and balance to sit upright, use the controls, and cope with uneven or sloped surfaces?
- Do I have sufficient movement in my neck, shoulders and arms to look around and reach for the controls?
- Do I have the confidence to be able to drive a mobility scooter?

If you are concerned about your fitness to drive a scooter, it would be worth consulting an Occupational Therapist skilled in mobility scooter assessments. An Occupational Therapist can also provide scooter training to improve driving skills and

performance. Research shows that people with some types of low vision can use a mobility scooter, but may require more time and special training in specific environments.

### Ability to Drive

Ability to drive refers to the knowledge and abilities you need to operate a mobility scooter. This includes:

- ability to manoeuvre and control the scooter
- understanding of basic rules for operation
- sharing the footpath
- what to do in the event of a breakdown or accident

The NZTA have produced a booklet of guidelines for driving and owning a mobility scooter. [www.nzta.govt.nz/vehicles/vehicle-types/low-powered-vehicles/mobility-scooters](http://www.nzta.govt.nz/vehicles/vehicle-types/low-powered-vehicles/mobility-scooters)

### Practicalities

Lastly, when it comes to using a mobility scooter there are a few practical considerations such as:

- Type and size of scooter for your needs, anticipated distances and terrain
- Do you have weatherproof storage with a power outlet for re-charging?
- Cost of a new or used mobility scooter and maintenance.

For further information contact:

- NZTA
- HealthInfo
- Your local Occupational Therapist who can assess your fitness to drive, provide individualised scooter training in relation to your needs and help you choose the scooter that's right for you.



## Steady As You Go Falls Prevention exercise classes in Canterbury (January 2018)

For more information about any of these groups please phone Deirdre 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, entry beside the playground helicopter
Monday	10.30am	Hei Hei	Community Centre, Wycola Ave
Monday	10.30am	Wainoni Best Years group	Celebration Centre, 81 Bickerton Street, turn right from the driveway to car park
Monday	1.00pm	Harewood 2*	St James Church Hall, Harewood Road, Airport end <i>*Waitlist only, please try 2pm class</i>
Monday	2.00pm	Harewood 3	St James Church Hall, Harewood Road, Airport end
Monday	1.00pm	Halswell	Te Hapua, Halswell Service Centre and Library 341 Halswell Road. <i>* Waitlist only, please try Hoon Hay.</i>
Tuesday	9.00am	Sydenham	Nazareth House, 220 Brougham Street
Tuesday	9.30am	Papanui	Age Concern Centre, cnr Main North Rd and Loftus St
Tuesday	10.00am	Lincoln	Starting Tuesday 27 February at Barton's Fields Community Lounge.
Tuesday	10.30am	Bryndwr	Bryndwr Chapel, 179 Idris Road
Tuesday	10.30am	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	1.00pm	Lincoln	Lincoln Community Care, Lyttelton St, behind the Library
Thursday	9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thursday	10.00am	St Albans	St Albans Tennis Club, 34 Dover Street, St Albans
Friday	9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing Street
Friday	10.00am	New Brighton*	New Brighton Library – in the PAD <i>*Waitlist only – please try Parklands</i>
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	Kaipoi	The Mill Room (Darnley), 24 Sewell Street, Kaiapoi
Thursday	4pm	Rangiora	Ballarat Retirement Village, 21 Ballarat Road,

Please ask Age Concern Canterbury about our plans for classes this year. If you would like to host a class or suggest a venue, please contact Christine Toner 0274339598 (city) or Robyn Bain 0220468467 (North Canterbury).

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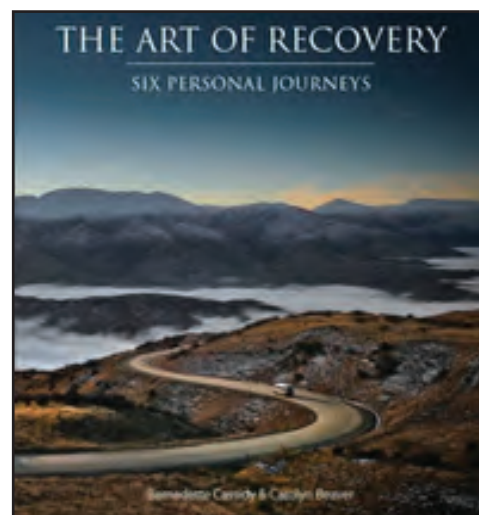


# The art of recovery: six personal journeys

Each person who endures a serious illness or injury followed by a journey of rehabilitation has a compelling story to share. Now, six brave New Zealanders are sharing their accounts of recovery through self-determination and courage in 'The Art of Recovery: Six Personal Journeys' edited by Bernadette Cassidy and Carolyn Beaver. Whether recovering from a spinal cord or brain injury, drug/alcohol addiction or congenital condition, each of the six personal accounts is an opportunity to step into the rehabilitation process through the eyes of those who have lived it. Among those whose stories feature is Shane Thrower who survived testicular cancer and a traumatic brain injury; Ken Hird who was paralysed

in the aftermath of the Christchurch earthquake, and Roydon Gibbs who's battled addiction and depression.

10 years in the compilation, 'The Art of Recovery' was commissioned by the late Alan Clarke, executive director of the New Zealand Spinal Trust, who sadly passed away hours after writing the introduction for the book in 2007. Alan's philosophy was that "rehabilitation is about taking charge of one's return to full participation. Rehabilitation can't be 'done to you.' It is not a treatment or a therapy. It is a learning process, educational not medical. One must set one's own goals and make sure one gets there." Alan, who suffered a spinal injury when he fell off the roof of his house, was also a keen proponent



of Gerben DeJong's independent living paradigm, which emphasises the need for the consumer to be in control of and responsible for his/her recovery. DeJong, currently a director at the MedStar Centre for

Post-acute Innovation and Research in Washington DC, wrote the book's foreword. He says "the six narratives that comprise this work are indeed about the art of recovery but they are much more. They are also about the art of reinvention — about re-imagining and reinventing one's life and knowing that one can never go back completely to what once was."

Co-editor Carolyn Beaver says the book will appeal to people in all forms of recovery and to health professionals with an interest in rehabilitation.

The book can be obtained through this website: <http://burwood.org.nz/BAILResources>.

(Source: Kathy Duncan, Burwood Academy of Independent Living).

## 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 firstly 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.

Residents at Bishopspark recently had a wonderful 'cruise' week, complete with a captain (aka manager Cath Swain), where they went to a different destination each day, with activities that are typically enjoyed on a cruise ship. All staff and residents were happy to be involved, and the captain's cocktail party was a particular favourite. For some of the 'ship's guests', it was a chance to reminisce about their previous visits to some of the destinations, while for others it was just plain good fun!

On one of the (rare) wet January

days, a van outing saw a group of Fitzgerald residents head to The Palms to enjoy a hot coffee and great conversation. What else would any of us do on a wet afternoon when we wanted to get out and about? 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. 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.

At Anglican Living we truly do believe that life is worth living. 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)

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### Barbara & Daryl Johnston

- 20+ years experience of selling homes in Christchurch
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barbara.johnston@bayleys.co.nz

**Daryl**

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

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# Boost circulation while watching TV

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

• "I've been using my Aircycle for 2 months. I've had arthritis in a couple of fingers on each hand, also both wrists and shoulders. Since using I've no more pain in my shoulders (better sleep) and my wrists have improved no end – as have my fingers." Maurice, Hamilton

• "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. I haven't had any sign of cramp, which was so painful, for the last seven weeks. Besides that both my ankles are back to normal and not swollen anymore!" Margaret, Rangiora

• "I am 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 two weeks of using the Aircycle my ulcer was starting to heal and in six 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, AU



By stimulating natural movements, Aircycle helps soothe and calm muscles and joints and support healthy circulation, muscle strength, balance and flexibility.

It's such a relaxing way to keep moving while watching TV, reading a book, sitting at the computer or even knitting! Popular in work places for those sitting for long periods it's also used by plane travellers who have been advised to exercise to help prevent circulation problems such as swollen ankles or deep vein thrombosis.

An ideal gift for friends or family who want to stay independent, office workers, travellers and convalescents. It fits into a D4 envelope for easy postage.

For more information visit [www.aircycle.co.nz](http://www.aircycle.co.nz) or see advertisement 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](http://www.aircycle.co.nz) or call 0800 141415 or post \$44.90 (P&P included) to PO Box 313, Waikanae, 5036.

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Post: **Keeping On**, Age Concern Canterbury, 24 Main North Rd, Papanui. Christchurch 8053.



# Arthritis pain relief that works in minutes

Natural Harmony Body and Joint Rub is an amazing product with so many uses and benefits.

After launching this exciting product on the 17th December last year at the New Brighton Mall Market we have had huge success from folks who took the opportunity of the offer of a free trial at our stall. It has been used for all manner of aches and pains including various forms of arthritis, fibromyalgia, psoriasis, cryps and eczema.

Since then people have been visiting our stall having been recommended by family, friends and work colleagues. Some have recommended the product to their relatives in other parts of NZ.

You can purchase this online, by visiting our website [www.florentinegold.co.nz](http://www.florentinegold.co.nz) or email us at [info@florentinegold.co.nz](mailto:info@florentinegold.co.nz).

Alternatively you can visit us at our stall at the New Brighton Mall Market on Saturdays between 10.00am-2.00pm. We would love to see you there.

\* Made with all natural mineral crystal salts and essential oils.

\* Excellent for sensitive skin, no harmful additives.

\* Contains Omega 3 and Omega 6 and all the benefits. Easy absorption, non greasy, biodegradable, ozone friendly.

\* Not tested on animals.

As previously stated above the All Natural Harmony Body and Joint Rub is also wonderful for all types of pain relief including gout, neck and shoulder stiffness, headaches and migraines, pulled and strained muscles and tennis elbow. Also

for relief of some skin conditions including, acne, eczema and psoriasis.

It is excellent for sore throats (for external use only), for the relief of sunburn and takes the itch out of mosquito bites.

I was fortunate to come across the joint lotion at New Brighton Markets in Christchurch. I was walking unsteadily because of knee pain and weakness, and steps on and off the bus were a challenge. I was offered a trial right away and put on the lotion as directed, then off I went. Within 15 minutes I climbed two flights of concrete steps to the pier without needing to hold the rail and with little discomfort. Absolutely wonderful! I have also applied the product to my scalp and have the psoriasis under control. This is amazing after decades of problems and no result from other products and prescriptions. I am passing on the good news to family and friends without hesitation. I encourage anyone with joint or skin problems to try these products which bring most remarkable relief.

**Genevieve Grainger - 2017 Christchurch**

"Having constant neck and back pain that was very debilitating, and having tried other products on the market with not much success. I came across Harmony Joint and Body Rub.


"The All Natural Harmony Body & Joint Rub has worked well for me for aches in my muscles. I have fibromyalgia and found it helped. Love the lavender scent as well. Service was super fast and very friendly." **Carol - Marlborough (A)**



## Natural Harmony Body & Joint Rub

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## PASS IT ON

Share your copy of **Keeping On** with neighbours, family and friends.



# Bruce's bike changed life

When Bruce Stanton retired from the family firm he did not get a cutlery set or a mantle clock, he received a mountain bike – and this changed his life and continues to do so.

Bruce, now 81, is an able cyclist on the track, on the road and on mountain-bike tracks. He has a large number of medals and trophies for his exploits over 20 years.

He remembers first riding his bike to Redcliffs School from Mount Pleasant when he was six. He rode a bike until he was 16 and then gave it away until he was 63. Then his retirement bike set him on a course which has given him the pain and highs of competition.

In his youth Bruce played hockey but says he was not good at it or at school, he was better at climbing trees! He left Christchurch Boys' High School at 16 to start a carpentry apprenticeship. He was also dabbling with motor-cycle racing (he had moderate success) and continued with hockey for over 30 years. Also, he played tennis and golf getting a hole in one in 1988.

In 1959 he had a spell of building in Canada before returning to become a building foreman. He worked on building three family homes before finally going to work for the family firm and retired in 1997.

With his new bike his life changed. Joining a tramping club plus cycling "were some of the best things I have done, meeting many wonderful groups of people."

Gradually he improved his speed on his mountain bike and in 2004 he won his first MTB race. "I have never been so tired."

Since then he extended to include track and road bikes, and moving on to better mountain bikes.



*Bruce Stanton's mountain bike changed his life.*

Awards have come his way, especially in the over-70/80 category. He has made his mark over the years in the Le Race to Akaroa in which he has

competed for seven years.

He is, in fact, the patron of the Canterbury Time Trial Association. He competes regularly in this type of cycling. Bruce admits that in the early years of cycling there was much pain and suffering but now it is easier plus he has a will to win, especially over younger riders.

He hopes, as a goal, that he will become the fastest 80-year old cyclist.

He has 25 gold medals for cycling and indoor rowing from South Island Masters Games. "Cycling," he said, "is my life now. It's a wonderful life. As people get older they should get out and do things they enjoy."

My aim is to wear out rather than rust out. I think the secret of a longer life is to stay calm and allow more time to do things or get to places. Don't let little things bother you."

He adds that plenty of sleep and exercise are essential.

What about training? "I don't do much really. I go out with a couple of recreation groups several times a week. I try to get in about 80 to 100km a week."

Bruce fought off prostate cancer a few years ago but bounced back to win more races – and continues to do so.

Bruce believes in public service, too, and recently received a Community Service Award for service to the anti-graffiti campaign. ("I like to help out where I can, he says).

He has worked with the Rail Trail Trust, the Refugee and Migrant Service, Keep Christchurch Beautiful, and the group dedicated to ridding the countryside of wilding conifers.

He has three children and two grandchildren.

## Safe medication use for older people

When taken correctly with regular reviews by your doctor, medications can help control your medical conditions, improve your health and wellbeing, and prolong your life. Here are some guidelines for using medications safely.

As well as the risk of falls increasing with age, some medications increase the risk. In particular, you should be careful with any medications that can affect your sense of balance, coordination or awareness.

Taking several medications increases the risk of side effects and issues such as medications not reacting well when taken together.

Tell your GP, practice nurse or pharmacist if you have any dizziness, drowsiness, nausea, vision problems, or feel unsteady on your feet.

### Important!

Don't stop taking your medication without talking to a health professional.

### Managing your medications

Know your medications. Ask your



doctor or pharmacist for a list with the name, dose and purpose of your medications and any medications you can't take (due to allergies or intolerances).

This list is often printed on a yellow card. Keep the list up-to-date and take it with you every time you visit a health professional.

Ask your doctor or pharmacist how long you should keep taking your medications and what side effects

you might have.

Talk to your doctor about the risks and benefits of starting a new medication and whether the benefits outweigh the risks. You can look up your medications on HealthInfo ([www.healthinfo.org.nz](http://www.healthinfo.org.nz)) to learn about their side effects and how they react with other medications.

Regularly review your medications with your doctor and discuss any over-the-counter medicines or health supplements that you take.

If you find it hard to remember to take your medications, talk to your pharmacist about blister packs or other systems to help you manage.

### Tips

Alcohol increases the risks of taking medications, especially as we

get older. If you're taking medications that make you drowsy, alcohol will increase your drowsiness.

See how to take medicines on HealthInfo ([www.healthinfo.org.nz](http://www.healthinfo.org.nz)) and find more information about drinking alcohol when you're taking medications.

Take care with activities that require good balance, vision, and hearing. Avoid, or be very careful with, climbing ladders or stools.

Keep fit, strong and active by doing housework, walking, gardening and joining a community strength and balance class such as modified Tai Chi.

(Source: HealthInfo clinical advisers, Canterbury District Health Board)





# Seven hard facts we all need to swallow about antibiotics

by Marc Mendelson, Professor of Infectious Diseases, University of Cape Town

The global public health crisis of antibiotic resistance is in the spotlight. What's at stake is the impending loss of antibiotics that threatens modern medicine as we know it.

There has been a dramatic increase in multi-drug-resistant bacteria in the last few years. This is happening in the community, with examples such as gonorrhoea, and in hospitals where some "superbugs" are now either virtually, or completely, untreatable. Currently 700,000 people die each year from resistant infections. That number is set to rise to ten million by 2050 if no action is taken.

Far from being someone else's problem, the release of a World Health Organisation (WHO) multi-country survey describes public awareness around antibiotic resistance, and highlights common misconceptions that are driving the current crisis. Here are seven of them.

## 1. Antibiotics Won't Cause Resistance If I Take Them Correctly

### False.

Antibiotic resistance is all about Darwinian natural selection. For thousands of years bacteria have had to protect themselves from chemical substances produced by other bacteria and fungi, designed to kill them. Since 1928, when Alexander Fleming discovered penicillin, we have harnessed these substances as antibiotics.

The bacteria that are able to resist have a survival advantage and will survive an attack by an antibiotic. Some sensitive bacteria can also acquire resistance genes from other bacteria, also rendering them resistant. Whenever we use an antibiotic it kills all the bacteria that do not have a resistance mechanism — that is, those that are sensitive, but leave any that are resistant.

Given the right circumstances, the resistant bacteria will replicate and can either cause infection in the treated person, or colonise the skin and body surfaces. They are then able to be transferred to another person, for example by touch. This is one way in which antibiotic-resistant bacteria are spread, especially in healthcare settings, if healthcare professionals do not practise good hand hygiene.

However well you take an antibiotic, it can still cause resistance.

## 2. It's Our Bodies That Become Resistant To The Antibiotic

Nope, sorry, it's the bacteria, not our bodies.

Therefore, there is nothing we can change about our bodies that will overcome the resistance to antibiotics



in the bacteria.

## 3. Antibiotics Are The Cure For The Common Cold And Flu

### False.

Antibiotics are only active against bacteria. The common cold and flu are caused by viruses against which antibiotics have absolutely no effect. And the more antibiotics we use, the more resistant bacteria will be selected out and will increase in number.

The overuse and misuse of antibiotics for viral infections is one of the single biggest drivers of the increase in antibiotic resistance worldwide. The only result of taking an antibiotic for a cold is to:

- \* do yourself harm through unwanted side effects of the antibiotic; and

- \* do yourself, your family, friends and society harm by increasing antibiotic resistance.

The majority of respondents across the 12 countries surveyed by WHO incorrectly believe that viruses such as colds and flu (64%) can be treated with antibiotics. Nearly 70% of the 1002 South African respondents shared this misconception, which often translates into pressure put on doctors and nurses by patients to prescribe an antibiotic when they feel ill.

Overall, reported antibiotic use was higher in the lower income countries included in the survey, where 42% of people say they used antibiotics within the past month compared with 29% of people surveyed in higher income countries.

## 4. If I Feel Better, I Can Stop My Antibiotics

### False.

But there is a caveat. It clearly depends on whether you are taking the antibiotic for a bacterial infection, or incorrectly for, say, a viral infection. If this is the case, then the shorter the time you are on an antibiotic the better.

But if you have a bacterial infection that needs treating with an antibiotic, then it is vital that you take the

course as prescribed. Our symptoms commonly improve before all the bacteria are killed and dealt with by the body.



If you stop your antibiotics early, or if you miss doses, then the amount of antibiotic available to kill the bacteria is not enough and the bacteria are still able to replicate. It is easier for bacteria to become resistant if there is too little antibiotic present. So always complete your course and don't stop just because you feel better.

## 5. I Can Take Leftovers, Or Some From Family Or Friends

### False.

Never take antibiotics that are left over from past treatments or given by family or friends. Only take antibiotics prescribed from a doctor or nurse. There are two good reasons for this:

- \* antibiotics past their date are more likely to cause resistance as the active ingredient may be impaired; and

- \* antibiotics from other people may not be the correct choice. There are many different types of antibiotics used to treat different infections, which means that your infection will not be treated correctly, also increasing the chance that bacteria can become resistant.

## 6. Resistance Only Happens From Repeated Courses

### False.

Antibiotic resistance can occur whenever you take an antibiotic, whether it is a single course or multiple repeat courses. The more courses you take, the more resistance can occur. But that doesn't mean it doesn't occur with a single course.

On top of that, a single course of antibiotics can lead to life-threatening unwanted side effects and potentially catastrophic changes to the normal bacteria that live in our guts. The imbalance can allow dangerous bacteria like *Clostridium difficile* to predominate and cause severe diarrhoeal illness.

## 7. It's The Medical Professions Fault

It is fair to say that the medical profession has failed the general public. We need to do a lot more to educate and raise public awareness around the problem of antibiotic resistance and the appropriate use of antibiotics.

But the difficult truth is that we are all in this together. The pressure on doctors and nurses to prescribe antibiotics from the public can be intense. Good practice is often undermined by uncertainty either due to lack of knowledge and/or lack of point-of-care diagnostics. Patient pressure to prescribe compounds the problem.

The bottom line is that we are all responsible for our future. Antibiotics are a global common good. They belong to everyone, so what one person does affects the next one. It's time we all became "Antibiotic Guardians" to retard the relentless rise of bacterial resistance through correcting inappropriate use of this vital resource. (Source: <http://theconversation.com>, November 2015)



## New look CanBreathe website

CanBreathe has got a new look website that is easier to navigate. Find out more about their organisation and how they can help.

It has up to date information on services, products, resources and

upcoming events. You can contact them through the website.

<http://canbreathe.org.nz/> or phone 386 0278.

(Source: Canterbury Asthma Society Inc trading as CanBreathe).



# People of Canterbury's past: James (Jimmy) McCombs

by Dan Bartlett

James (Jimmy) McCombs was born in 1873 at Mohill, County Leitrim, Ireland, the eldest child of Kate Rourke and George McCombs. The family emigrated from Ireland to Wellington in 1876, and by 1886 they were living in Christchurch. Jimmy attended Sydenham and Christchurch East schools, after which he became a draper's assistant. He was involved with the Temperance movement and joined the Progressive Liberal Association, where he met Elizabeth Henderson. They married in 1903 and raised four children. In 1913, in the midst of the waterfront dispute, Jimmy founded the Woolston branch of the Social Democratic Party and was elected to parliament in the



James (Jimmy) McCombs

Lyttelton by-election. In 1916 he joined the newly-formed New Zealand Labour Party.

Jimmy was often viewed as a Labour Party moderate, described as one of "the solid, studious men of the Labour movement" with a "tinge of red not so rich as some members of the party. Whilst he does not despise the soap-box as a platform he does not rant therefrom". He once told his son, Terence, that he joined political labour because he believed there was more scope for him to influence events within that movement than as a radical working within the Liberal Party. And, unusually for a Cantabrian who leant leftwards in politics, his early career included property speculation.

However, in many ways Jimmy was a radical. He entered parliament in 1913 with a raft of reforms on his agenda. He wanted women to be allowed to stand for parliament, saying that: "New Zealand pursued an extraordinary course when it gave women the right to vote but it did not give women the natural corollary of the right to be represented by a member of their own sex in the chamber for which they had obtained the right to vote." Furthermore, Jimmy McCombs wanted proportional representation; a statutory minimum wage; free education from kindergarten to university; a state-owned shipping line and a state-owned bank.

*Continued on page 26.../*

## Senior Move Managers

At Senior Move Managers, we provide support to senior citizens during the transition of relocating home, either downsizing, or into a retirement village. This can be a difficult time, not only physically, but also emotionally. Our aim is to reduce this burden based on your needs and requirements. The following is from a recent client.

*"After being in my family home since 1949, I knew it was going to be a large process moving into a retirement village and I was feeling very overwhelmed.*

*My husband passed away a couple of years ago which left me alone in the house having to go through this change by myself. I was nervous, but having the help of the team from Senior Move Managers reduced my anxiety during this major life change.*

*I wouldn't have got through it without your help - I would've been there another year! We worked together on 21 separate occasions to make my move possible which helped me*

*adjust to small incremental changes rather than it all happening in one big swoop. Senior Move Managers made the move very manageable and not overwhelming.*

*On moving day, I spent the day with my family with the peace of mind knowing everything would be taken care of, and completed by the time I returned. All of my belongings were moved into my new place and it was all set up how I wanted it. My old house was cleaned, and all the rubbish was taken away.*

*Paul was kind, caring and helped me through a very difficult time - I simply couldn't have done it myself. Senior Move Managers minimised the stress of the move and eased the transition into village life in the calmest and least stressful way possible."*

Give us a call for an obligation free quote on 0800 667 558. We can then construct a management plan to suit your needs and guide you through this transition. A

## Keep fit with gardening

Gardening helps keep us fit as it works and stretches our muscles. However, if we don't take care, it can be hard on our bodies, especially our back and knees. So try not to overdo it!!

Therapy Professionals Ltd's friendly Physio and Occupational Therapists advice is to start with short bursts of 30 minutes, two or three times a week. If you feel okay after this, increase the time a little (don't double it!). Change activities and stretch (especially your back and knees) every 10-15 minutes.

Keep a bottle of water with you and sip regularly (dehydration causes headaches and tiredness). Avoid gardening at the hottest time of the day in full sun, especially in the hot summer temperatures we're experiencing. Remember your hat and sunscreen.

Gardening can be very hard on our back and knees. We recommend either installing raised beds or getting

on your hands and knees, rather than bending over. If kneeling, use a cushion, or, if you have trouble getting up and down from the ground, use a 'kneeler' with handles. Alternatively, have a solid chair with you for support when getting up and down. This will also give you a seat, once you're up.

To protect your back from stretching, twisting and bending, make sure you carry all loads and do all jobs as close to your body as possible eg while hand weeding don't reach or twist. Ensure you use a wheelbarrow or sack barrow to move any heavy loads such as compost. When raking or sweeping use the 'lunge' position (moving your weight from one leg to the other).

If you have sore or disabled hands you can obtain gardening equipment to suit. For personal advice contact Therapist Professionals. Phone 377 5280, email: admin@tpl.nz www.therapyprofessionals.co.nz A



**Senior Move Managers provides support to senior citizens when they are going through the process of relocating home. We come to you to discuss the areas in which we can assist during this difficult time.**

**Together we work out what is required for your situation and what service providers are needed.**

**Call now for a free no obligation quote on 0800 667 558**

www.seniormovemanagers.co.nz  
info@seniormovemanagers.co.nz



## IS AGEING, DISABILITY, INJURY OR ILLNESS MAKING LIFE DIFFICULT?

*Therapy Professionals Ltd's physio, speech language, music and occupational therapists and dietitians can make life easier.*

**We can help.  
We come to you.**

**For more information contact:**

**Telephone: (03) 377 5280**

**Fax: (03) 377 5281**

**therapyprofessionals@clear.net.nz**

**www.therapyprofessionals.co.nz**



# “I’m a hopeless traveller”

David Attenborough talks candidly to Louise Flind

**You’ve travelled all your life is there anything you can’t leave home without?**

My front door key. It has little charms on it that my dear wife, Jane, gave me.

**What do you really miss from home?**

I’m very fond of my bed.

**Favourite holiday destinations?**

To be absolutely truthful, I’m a European and I like European things. I like European breakfasts, climates, people, architecture and music. Holidays, as far as I was concerned, were for kids. You got to know them a bit better. I suppose the last holiday I really had was with Jane and that’s about twenty years ago.

**Would you ever lie on a beach?**

That’s not a holiday - that’s a purgatory.

**Where did you go on your honeymoon?**

Isle of Wight - that was all I could afford. I thought we had to go overseas, and that was as far as we could manage at the time.

**Do you like being away from home?**

I liked going to new places when I was in my thirties and forties, but now I’m in my nineties home is where I want to be. This is where I’m happy. I’ve got all the things and the people I love around me. I’ve ticked a lot of things I was desperate to see and I’ve seen them. I’d like to see them again and I’m not against travelling, but I love home. I love sitting surrounded by books.

**Hotel, apartment or igloo?**

Most recently, for ‘Blue Planet’, we went to Trinidad to film leatherback turtles, we stayed in a very un-atmospheric, concrete tropical tourist place.



David Attenborough, a hopeless traveller.

**What is the strangest place you’ve ever slept in?**

Probably a woodcutter’s hut in a very remote part of Paraguay. We were in the middle of a huge rainstorm. Unexpectedly, with no maps, we came to a clearing and there was this hut. The woodcutter said we could sleep in the store room. Anywhere that was dry would be have been wonderful. There was a wooden shelf and a couple of planks over huge earthenware pots. As I lay there, I heard a strange, rustling noise. I found a torch, and the wall alongside me was covered with a shining, moving carpet of cockroaches. There was also a hideous stench of dried, smoked fish - that was what was in those big pots and what the cockroaches lived on. I don’t mind cockroaches at all. I don’t like rats. I’ve had rats running over my face in bed in Fiji. The rat in the loo was in rather a posh place in India.

**What about disease?**

I’d been living away for four months in long houses with Dayaks in central

Borneo. Getting back home was wonderful: crisp sheets and my dear wife. Exhausted I went to bed and woke up drenched in sweat and thought, “This is it, this is malaria, this is what you always dreaded.” So I woke up my poor wife and said “Excuse me, I’ve got malaria, what do I do?” While I was wondering what to do, I put my hand on the sheet and it was red hot. While I was away, Jane had bought an electric blanket with dual control. Mine was on all night - I was absolutely parboiled. What a relief.

**Favourite animal?**

Most of the animals I’ve brought back went to the zoo. The nicest things we had were bush babies. They’re like monkeys with very big eyes; nocturnal and so, so sweet. We set up a room with hollow logs and had fourteen babies over a period of years. They were just enchanting but not for cuddles. For cuddles, we had monkeys. We had a little woolly one called William. William would escape and run down to the laburnums in the garden and sit laughing at me. I

knew how to get him back. I would sit on the bench and start cuddling my daughter, Susie, who was about six, and William would get extremely angry and come belting across and insert himself between us.

**Do you get emotionally attached to the animals?**

You don’t become emotionally attached to centipedes or lungfish.

**Strangest thing you’ve ever eaten?**

Caterpillars in New Guinea.

**Biggest headache?**

The biggest headache used to be that you’d go away for three months, making 16mm films, but there was no way of seeing any of it.

Once in Paraguay, having sent some film back after eight weeks, we received a cable saying “Regret to tell you but there’s a hot spot on the long focus 200mm lens.’ A hot spot is when it burns out in the middle of the picture. All the close-ups we’d taken were write-offs.

**Have you been sad to leave a location?**

I once lived on a small island halfway between Fiji and Tonga, in the Lau Islands. We lived there for several weeks, making a film about Polynesian village life. It was an idyll; the people were lovely and you lived exactly as they did, in a thatched hut. Every morning we speared fish on the reef for breakfast.

**Top travelling tips?**

No - I’m a hopeless traveller, really, I wouldn’t offer anybody tips. I’m pampered. I recommend travelling with a film crew - they solve all your problems.

(Source: [www.theoldie.co.uk](http://www.theoldie.co.uk). Jan. ’18)

## People of Canterbury’s past: James (Jimmy) McCombs

by Dan Bartlett

*Continued from page 25 .../*

In 1914 he introduced a bill to allow women to stand for parliament that lost by just two votes. The Women’s Parliamentary Rights Bill eventually passed in 1919; Jimmy’s wife, Elizabeth, became New Zealand’s first female Member of Parliament in 1933.

The Labour Party’s anti-conscription position during the First World War took a personal toll on his family. The McCombs children were bullied due to their father’s public views

on conscription and his son Terry, attending Fendalton School at the time, was carried by older boys three-quarters of a mile from the school to the family home, being dropped every few paces. He was moved to the Christchurch Boys’ preparatory school, but during intervals would hide behind the trees in Worcester Street or Rolleston Avenue. Terry never told his parents about his experience, only revealing it to his sister, Patricia, more than fifty years later.

Jimmy had a sometimes antagonistic relationship with the Labour Party, once resigning over the party’s attitude to prohibition (he was a staunch prohibitionist) and challenging Harry Holland’s leadership on more than one occasion. When he died in Christchurch on August 2nd 1933, aged only 60, tributes flowed from across the country. The Mayor of Christchurch, Dan Sullivan, said that he was highly appreciated by all those with whom he came in contact, and was beloved by his

colleagues.

Peter Fraser called him “a splendid friend and comrade and noble fighter in our cause; his loss is irreparable”, and Ted Howard remembered “a likeable and lovable man”, noting that it was “remarkable that he was so often misunderstood”. He was survived by his wife Elizabeth and their children. Elizabeth McCombs succeeded Jimmy in his Lyttelton parliamentary seat; their son Terry succeeded her, holding the seat from 1935 to 1951.



# Help at hand for elderly

Rolleston, says the advertisement, is the fastest-growing town in New Zealand – with the most buoyant economy.

True or not, one thing is certain is that Juliette Easterbrook is one of the unsung heroines of the township.

She is the tireless volunteer-co-ordinator for Selwyn Central Community Care, the local support group which covers the huge area of Burnham, West Melton, Dunsandel, Weedons and, of course, Rolleston.

Juliette has overall control of drivers who mainly take the elderly to appointments, of meals-on-wheels three times a week in Rolleston, of weekly visits to vulnerable people, of basic gardening and computer help and instruction.

She has about 30 volunteers who have been recruited from the district.

The principal work the volunteers carry out is driving, mainly the elderly with no transport or the lonely elderly in the community.

They also deliver meals-on-wheels to the elderly in Rolleston. The meals come from Lincoln University kitchens three days a week to six homes.

Then there is the SeniorNet, a national group, with its headquarters in Christchurch. Juliette has taken computer lessons for about four to five years. Again, it is the elderly who need help and that ranges from turning on the computer, how to deal with photos and access the Internet. Smart phone instruction also provides



*Juliette Easterbrook takes Dorothy Hight to her appointment.*

Juliette with more work.

A volunteer does gardening for the elderly of the district and visits are made to isolated people.

Why would a vibrant, new township need so many services for the elderly?

Juliette thinks the reason is the

who bought houses in the district. "Husband and wife come to live here and so often the wife is left alone when her husband dies," Juliette says.

"They become isolated in many ways. One aspect is that many widows will not drive into the city anymore. I'm finding it more and more."

Juliette started as volunteer-co-ordinator three years ago. She immediately found that the service needed more advertising and she has attempted to do that. She has lived in Rolleston for 13 years and retired five years ago. She has also worked for the Cancer Society. The 70-something grandmother of two says the spurt in increased population since the earthquakes of 2010 and 2011 has been most noticeable and she expects even more residents when the Army closes a North Island military camp and more soldiers are stationed at Burnham.

The governing Selwyn Central Community Trust Centre is a charity. Would-be volunteers can contact Juliette on:

03 347 4907 or 021 040 1244  
or consult: [www.sccc.co.nz](http://www.sccc.co.nz)

number of wives of retired farmers



## 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 \$15.00 per annum. ☐ (please tick box)

*Donations helps 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	\$	_____
	<b>Keeping On</b> Subscription	\$	_____
	Donation	\$	_____
	<b>TOTAL</b>	\$	_____

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Date of Birth: \_\_\_\_\_

Street Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

City: \_\_\_\_\_ Postcode: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Signed \_\_\_\_\_

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

Email: [team@ageconcerncan.org.nz](mailto:team@ageconcerncan.org.nz)



**SELWYN CENTRAL  
COMMUNITY CARE**

## Can we help you? Can you help us?

**Selwyn Central Community Care is your local Community Support Group. We cover Burnham, West Melton, Dunsandel, Weedons and Rolleston areas.**

### *We provide:*

- \* Drivers to take you to medical and other appointments.
- \* Meals-on-Wheels three times a week in the Rolleston area.
- \* Weekly visits to vulnerable people in our community.
- \* Basic gardening for those unable to manage their gardens.

### *How can you help us:*

- \* We are looking for volunteer drivers that are prepared to travel to Christchurch and Burwood Hospitals. We reimburse you for the distance travelled.

**Please contact Juliette on 347 4907 or 021 040 1244  
or visit our website [www.sccc.co.nz](http://www.sccc.co.nz)**





## UPDATE FROM THE CLUBS



**Beckenham Friendship Club** members were entertained by Richard Hore, Marion and Smokey and Lorraine. In early 2018 entertainment will be provided by City People, Val from Vee Jay and Paul and Kay.

**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.

**Lincoln Area Senior Citizens Club** In October members visited Kaiapoi Museum and enjoyed a buffet lunch in Loburn to support the Red Cross and bought cheese from the Karikass cheese factory. In November members had a talk by Tammy Wells ( the Briscoes lady) and a Christmas Lunch in December catered by The Lions at the Baptist Church.

A bus trip in February 2018 is planned to Wendrum Gardens, Southbridge for buffet lunch and a visit to our local Chocolate Traders factory. In March St Johns will come and talk and the Club will hold its AGM.

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

**Contact:** Lena Cameron on 03 342 5467.

**Salvation Army Companions Club** members enjoyed discovering and celebrating Canterbury. The Halswell School orchestra, choir and soloist entertained in November and were wonderful. Members celebrated a great 2017 with a luncheon. Plans for 2018 are still being finalised.

**Meet:** 3rd Tuesday at 1.30pm at The Salvation Army, corner of Columbo and Salisbury Streets.

**Contact:** Major Cherie Buckner on 03 322 9527.

**Sumner Senior Citizen Club** members will open the year with a speaker on arthritis. March will bring a book writer and a visit to Oderings Nursery.

**Meet:** 2nd and 4th Wednesday at 1.30pm at Sumner Surf Club.

**Contact:** Lola Bouckoms on 384 9889.

## 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.*

## 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

**26th February: Redcliffs-Scarborough (2 hrs approx.)**

This walk goes from Redcliffs along The Coastal Pathway then around Moncks Bay, Sumner Beach and The Esplanade through to Scarborough and back. Start from Redcliffs. Park on corner of Beachville Road and Celia Street. *Note: Towards the end of this walk we will visit The Spur Cafe for coffee.*

**5th March: The Groynes-Otukakino Track-Waimairi Walkway (2 hrs approx.)**

Check out these realigned walkways along with the new Western Bypass. **Take lunch.** Entrance to The Groynes is via Groynes Drive, then turning right at the roundabout and hard left along the small road to reach car park by suspension bridge.

**12th March: Heathcote River Towpath-Ferrymead (2 hrs approx.)**

This walk follows the Heathcote Towpath along to Ferrymead and back. Park on Gould Crescent at the Ferry Road end. Go in the entrance close to the tunnel roundabout.

**19th March: Shirley-Horseshoe Lake (2 hrs approx.)**

This local walk features Burwood Park, Horseshoe Lake and Shirley Golf course. Start from Chancellor Street just off Shirley Road.

**26th March: New Brighton-Bexley Wetlands (2 hrs approx.)**

This is a new walk from New Brighton into the Bexley Wetlands red zone area and back. It will be followed by coffee in one of New Brighton's Cafes for those who wish. Park cars on North Ramp off Marine Parade.

### Thursdays

**1st March: Tai Tapu-Gerkins Road (2.5 hrs approx.)**

This is a combination of flat and hill walking in the countryside with great rural views. Start from the Reserve (through brick archway) then walk to Gerkins Road via Rhodes Road, Otahuna Road and Cossars Road. Return via Cossars Road. **Take lunch as this walk is a bit longer.** \$5.00 to driver.

**8th March: Greenwood Park (2 hrs approx.)**

This is an undulating walk with great views out over Sumner, Godley Head and Lyttelton Harbour. Start from top of Clifton Terrace near bottom of Revelation Drive on Clifton Hill.

**15th March: Taylor's Mistake-Boulderbay-Godley Head (Day Walk)**

Take lunch, drinks, warm/waterproof clothing, good shoes/boots. Walk along Pilgrims Way to Boulder Bay, then carry on up to Godley Head and back. Start from Taylors Mistake near the Surf Club.

**22nd March: Sign of the Kiwi-Worsleys Reserve (2 hrs approx.)**

This walk takes you along The Crater Rim Track (on the Lyttelton side of Coronation Hill) then out to end up Worsleys Road. Return back down the road then along The Crater Rim and around the city side of Coronation Hill. Start from the car park near The Sign of the Kiwi.

**29th March: Drayton Reserve-Kildare Heights-Moncks Spur (2 hrs approx.)**

This is a combination of flat and hill walking featuring The Coastal Pathway, McCormacks Bay and a reserve with great views from the top. This walk will be followed by coffee at The Spur Cafe for those who wish.

## 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.**



## Christchurch Theatre Workshop Inc

**We hope you can join us for a good singalong and afternoon tea.**

**St Albans Uniting Church**

36 Nancy Avenue, St Albans

**Tuesday at 1.45pm**

**27th March 2018**

**Rangiora Showgrounds**

Ashley Street, Rangiora

**Wednesday at 1.45pm,**

**28th March 2018**

### 2018 PROGRAMME

**ST ALBANS UNITING CHURCH**

Tuesday, 27th March

Tuesday, 29th May

Tuesday, 24th July

Tuesday, 25th September

Tuesday, 27th November

**RANGIORA SHOWGROUNDS**

Wednesday, 28th March

Wednesday, 30th May

Wednesday, 25th July

Wednesday, 26th September

Wednesday, 28th November

*An afternoon with the SING group is a good afternoon's entertainment at a reasonable cost.*

*We look forward to seeing you and thank you for your continuing support.*

**For advance bookings please phone Zilla on 389 2411**



# Committees and commitment – what to do when you're on the board or committee of a community organisation

by Julia Yoo, Legal Educator, Community Law Canterbury

For many of us with an interest in our local community, plans for the New Year may include joining a Board or Committee of a non-profit group. It's a great way to make a contribution to your local community and to support a positive initiative.

For those new to being on a Board or a Committee, not knowing what the role will involve can make the job a little daunting. It can come as a bit of a shock that there's no handy, plain-English legal guide which sets out exactly what needs to be done. It also doesn't help that no two Boards/Committees are alike and each group operates under their own set of rules.

For those considering joining a Board or Committee, do a few checks before signing up. Firstly, find out how often the Board/Committee meets and check that you will be available to attend. The second thing to check is how much reading and/or preparation is required between meetings. You can then decide whether you have enough time available to commit to

the organisation.

The third thing to check is the Board/Committee's plans for the coming year. If the Board/Committee has a particular event coming up – say a reunion or a building renovation – you can decide whether those plans are something you would like to contribute to. In contrast, if the priorities for the coming year involve something which is well outside your area of understanding, you may decide to delay joining the Board/Committee for another year or so.

Joining a Board/Committee brings with it a few duties. Some of these will be unique to your group and are based on your group's policies and rules. Others are set out in law and apply to all groups. Being familiar with those will help keep you, and your group, on track.

The first legal duty is to attend meetings. If you cannot make it to a meeting, you have to provide advance apologies – usually to your group's Secretary or to the person named in your deed/constitution.

The law also requires that you apply yourself diligently to decision making and think carefully about the votes you cast. You are also required to be honest in your dealings and to treat Committee meetings as confidential – no discussing the contents of the meetings with others unless the Committee (or the group's rules) allow this.

You must act in the best interests of your group at all times and comply with a "conflict of interest" procedure in the event that you are being paid to do any work for your group. You are also required to follow your constitution/deed, making sure you are holding meetings and managing finances in accordance with your group's rules. In particular you should ensure that your group is following its "objects" or "purposes" rule and using the group's money and resources to do only those things which your rules allow.

Take particular care if your group is having a few financial wobbles. The law says that those on your Board/

Committee must not incur financial obligations that your group has no realistic chance of meeting.

The information above is a quick summary and, as with most law, there's usually a few grey areas to be navigated! However for most groups, there's only the occasional hiccup and the law does not cause any sleepless nights.

Most importantly, if your 2018 will involve any kind of voluntary work for a community group, we applaud your contribution and wish you well with it in the coming months.

## Down by the River Side

by Mike Crean

The globe is warming, tides invade,  
Climate's changing, droughts pervade,  
Storms and gales, forests blaze,  
Slips and quakes, "the end of days",  
Many species under threat,  
Even humans, yet – and yet –  
Bumping homeward by the Avon  
In a Number 17 bus,  
I gaze along the bank and then  
My glance alights upon the sight of  
Sunshine silvering river's ripples.  
Beams from high green drooping leaves  
That dapple the dipping waters,  
while,  
Like a gaggle of girls from school,  
The stream goes giggling by.  
"Truth is beauty, and beauty truth,"  
A wiser man than me once said.  
Yet truth can hurt and bring us gloom,  
As rivers fouled with algal bloom  
Brew toxic stew 'til they run dry.  
So, where is hope? I ask, and spy  
A Chinese couple's chuckling child  
Skip deftly down the Avon's bank  
To pose, broad-smiled and theatrical,  
For her camera-toting, doting dad.

## Video calls join friends around the world

Join family and friends across New Zealand and around the world with a video call. A popular way to keep in touch these days is by using video calling.

Video calling is a good method for communication, due to the ability to see the person you are talking to, along with them seeing you. Unlike calling on a landline or cell phone, the calls can be made with no call cost even when video calling with someone overseas.

Skype is a video calling platform available as a free service on a range of devices like computers, phones and tablets.

To use Skype, you need to be connected to the internet, and have a computer, tablet or phone which is internet enabled with a webcam and speakers (most modern devices have these built-in), and the Skype program itself. This can be found at [www.skype.com](http://www.skype.com) or it may already be on your device.

(Photo source: Ben Hewitt, the IT Team. [www.theitteam.co.nz](http://www.theitteam.co.nz))



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# Tom Petty died from a cardiac arrest – what makes this different to a heart attack and heart failure?

by Anna Beale, Medical Doctor, PhD Candidate on Cariology, Monash University

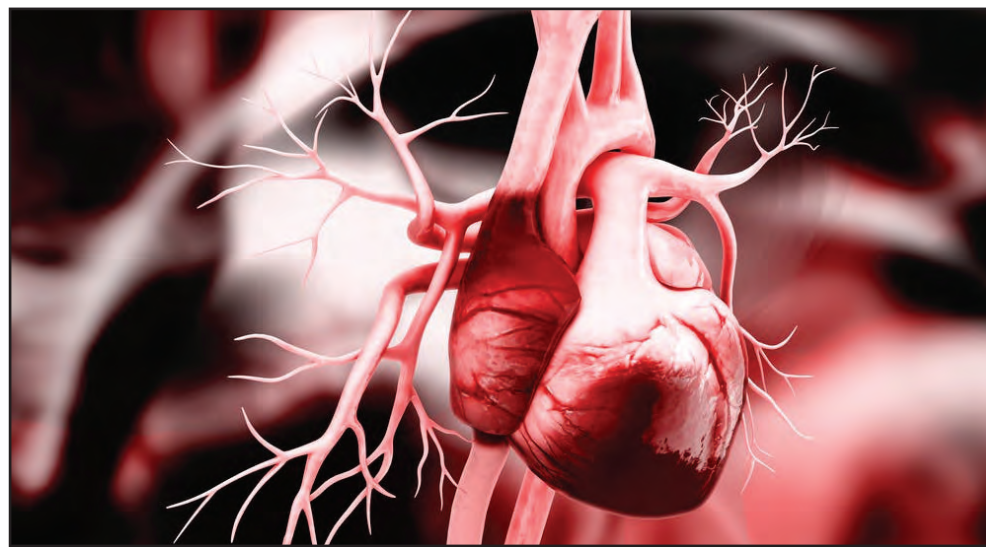
Rolling Stone magazine landed in a spot of bother after publicising news of rock star Tom Petty's death prematurely, while others said it was the result of a heart attack rather than a cardiac arrest. Petty unfortunately did subsequently pass away, from a cardiac arrest, but it's important to note neither a cardiac arrest nor a heart attack is synonymous with death.

Albeit infrequently, sufferers of cardiac arrest can be revived and a heart attack is associated with a relatively low risk of dying within 18 months with current treatment in Australia. Both are types of heart disease, as is heart failure. So what are the differences between cardiac arrest, heart attack and heart failure?

## Cardiac arrest

The easiest way to understand these conditions is to think of the heart like a building and approach it like a tradesman. Cardiac arrest is the sparkie's domain because it's essentially an electrical failure. The heart beats in a very controlled and synchronised manner, due to a flow of electricity from the "pacemaker" cells at the top of the heart (sinoatrial node) steadily down to the base.

The wiring is present throughout the heart, because the heart muscle cells themselves transmit and respond to



this electrical signal, beating as it travels through and powers them. But there are also "mains" electricity circuits that direct the flow of energy and can act as backups along the way if one part of the circuit fails. These are the atrioventricular node, "bundle of His" and "Purkinje fibres" – all can cause the heart to beat, but at a slower rate than the sinoatrial node.

All this doesn't always go according to plan. Diseases such as blocked arteries, genetic conditions and degeneration of the heart with ageing can cause disruptions to the circuit.

This may result in two things. The first is a power failure, with no electricity whatsoever – called "asystole". The second is a surge of electricity from an area of the heart

muscle that is disruptive and prevents the heart from pumping properly – the most dangerous of these surges are commonly referred to as ventricular arrhythmias. These are the two main types of cardiac arrest.

Both these conditions will stop the heart pumping. Because blood can no longer travel to the brain, the person will lose consciousness.

In the movies, they are treated with defibrillator paddles delivering electric shocks in a dramatic manner. But while this is an important treatment for ventricular arrhythmias, as it is able to re-organise the surge of electricity, it is ineffective for asystole (where there is no electricity at all).

In this case, good-quality CPR is crucial. If someone is left too long without blood supply to their brain and the rest of the body, they will die. Survival from cardiac arrest occurring outside of a hospital setting in Australia is 24% after the day of event, dropping to 11.5% at one year later.

## Heart attack

This is the plumber's area. While a heart attack is often used to describe a range of heart problems, it actually refers to what is medically termed an acute myocardial infarction, or AMI.

The heart provides blood to the rest of the body, but it also needs its own blood supply and does not get it from the blood that flows through its chambers. Instead, the heart is supplied with blood, giving oxygen and taking away carbon dioxide, by arteries and veins that sit on the outside of the heart.

But our Western diet and lifestyle have contributed to extremely high rates of disease inside these arteries, termed "atherosclerosis". This causes the arteries to narrow and can lead to sudden blockages, which result in heart attacks.

AMIs usually occur when there is a sudden rupture of the atherosclerotic plaque, containing cholesterol, fatty cells and immune cells. This causes

a large blood clot to form, blocking off the blood flow.

When the heart muscle tissue that is usually supplied by these arteries no longer receives blood and oxygen, it starts to die within minutes, causing intense pain. Within 90 minutes, that whole section of heart wall can die, meaning it will not beat. This reduces the overall performance of the heart and predisposes it to the aforementioned ventricular arrhythmias (the dangerous surge of electricity).

Fortunately, modern medicine has markedly improved survival from heart attacks. In 1960, one-third of people died within a month of having a heart attack. This improved to 16% 18 months after having one in Australia in 2012.

Even though the survival rate from heart attacks is quite high, the burden of disease is heavy. Heart attacks are responsible for 12% of all deaths in Australia, and one Australian dies from a "heart attack" every 27 minutes.

## Heart failure

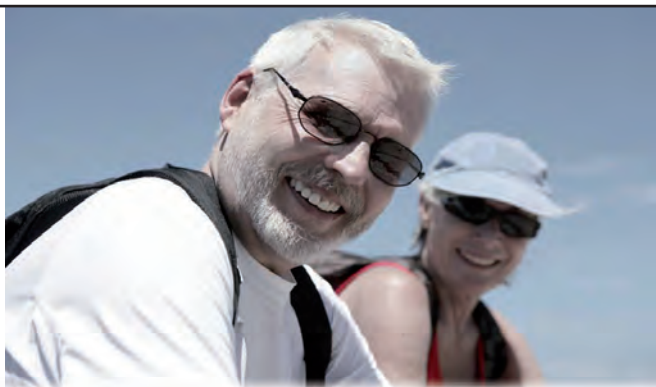
Heart failure is a structural issue, so it's the carpenter's problem. It results from the heart being unable to adequately supply the body with blood, so the tissues don't receive oxygen and other nutrients, and blood pools in the legs, abdomen and lungs. Heart failure either results from weakness in the strength of the pump, or stiffening of the heart so it loses elasticity and can't fill with blood in the first place.

It is the end result of a myriad of conditions, from genetic disorders, to heart attacks, to infections and high blood pressure. Heart failure is more chronic than the other two. People with heart failure see a gradual worsening of shortness of breath, fatigue, swelling and light-headedness, with a significant impact on quality of life.

Death from heart failure is often as a result of cardiac arrest, as disruption to the construction of the house causes electricity problems too; along with organ failure from lack of oxygen supply due to failure to pump the blood and also fluid in the lungs reducing oxygen transfer.

The good news is all three of these conditions can largely be prevented and treated with a healthy lifestyle, seeing your doctor and taking medications to reduce your risk of heart disease.

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



## Living with Atrial Fibrillation?

The Heart Foundation invites you to a session with a heart specialist from Christchurch Hospital to discuss living with Atrial Fibrillation.

After the presentation, there will be an informal opportunity for people to share their experiences of living with Atrial Fibrillation and to ask questions about the condition. Family are welcome to attend.

**When:** Thursday 15 March 2017, 6pm - 7.30pm  
OR Thursday 22 March 10.30am - 12pm  
**Attendance is FREE**  
**Light refreshments will be served**

**Where:** Salvation Army  
853 Colombo street, Christchurch central  
Parking available

**Register:** Please register as we have limited spaces.  
Please contact Emma 03 3662112  
or e-mail [emmag@heartfoundation.org.nz](mailto:emmag@heartfoundation.org.nz)



# Port without shipping

by Colin Amodeo

Speeding along the Northern Motorway, you cross the Kaiapoi River probably without thinking about it. There is no reminder that this stretch of water was once an important port for North Canterbury.

It wasn't always this way.

Kaiapoi's wharves and landing stages have played a significant part in local history. Despite its difficult bar entrance, the Waimakariri River has, at times, been the lifeline to the hinterland, to Oxford in the West and the Canterbury runs and stations as far north as the Amuri Bluff.

Until the arrival of the railway.

Kaiapoi was a relatively quiet place in the early 1950s when my parents used to take me to the beach at Waikuku and Kairaki. In the season, they purchased a bowl of whitebait which my mother turned into patties when we returned home. They talked about the massacre at the Kaiapoi pa and the flax bundles drying on fence lines in the Waikuku Beach Road area but no one really mentioned the port.

The river was for boating and yachting not ships.

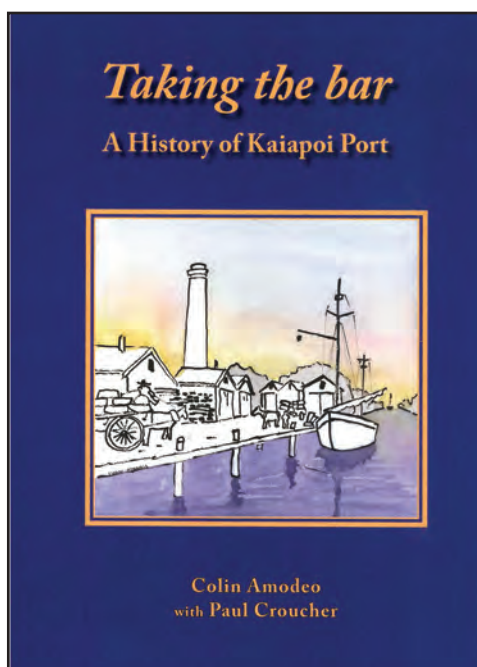
However, when you looked closely at the old wharf timbers, you would see roughly-painted names such as Wootton, Emma Sims, Foxton, Kairaki or Owake Belle and ponder the significance.

Then, in November 1958, something changed. Fishermen on the sands at Kairaki heard a crowd arriving on motorbikes and in cars. Off the river mouth, a ship was crossing the bar. In large white letters on her bow you could read the name - Paroto. A few days later, a second vessel entered the river, the Ranginui. Kaiapoi had become a commercial port once again.

The history of the river and its shipping went through several changes of fortune over the next fifty years. Unfortunately, it was a narrative which, by the second decade of the 21st Century, was in danger of being forgotten. The loss of the Tuhoe exacerbated this.

In the winter of 2017, the Kaiapoi Maritime Heritage Trust decided it was time to record the port's history for posterity.

Having previously written the saga of the M V Tuhoe and its restoration in Tuhoe Tales, and something of



the 19th Century days of Kaiapoi in The Mosquito Fleet of Canterbury, I agreed to write the story of the port. This became Taking the bar, a history of Kaiapoi Port, published by The Caxton Press and released in early December last year.

English writer John Ruskin in 'The Harbours of England' (1856) observed:

'the small, over-wrought, undercrewed, ill-caulked merchant brig or schooner, the kind of ship which first shows its couple of thin masts over the low fields or marshes as we near any third-rate seaport.'

He never visited Canterbury but he could have been describing Kaiapoi in the first decade of its history. Shipping to Kaiapoi helped to establish the town and turn it into a rival to Christchurch in the years following the arrival of the 'First Four Ships'.

Bedevelled by a difficult road from Lyttelton, early settlers had to use the river port of Ferrymead for heavy cargoes. The problem was the tricky Sumner bar and a tidal estuary. Despite its own bar, the Waimakariri offered an alternative, especially for North Canterbury farmers intending to establish a viable trade to other New Zealand towns as well as to Australia.

Taking the Bar takes the reader back into the early 19th Century then brings the narrative forward to the 21st and emphasises that Kaiapoi has a proud if, in some areas, an unfamiliar history.



## 'Wicked' Showbiz Christchurch premiere

The Showbiz Christchurch 2018 season of WICKED is the New Zealand theatre company premiere of one of the most successful shows of all time on Broadway and winner of three Tony's, six Drama Desk Awards and a Grammy for the original cast album.

Wicked tells the incredible untold story of an unlikely but profound friendship between two girls who first meet as sorcery students at Shiz University: the blonde and very popular Glinda and a misunderstood green girl named Elphaba.

Following an encounter with The Wonderful Wizard of Oz, their friendship reaches a crossroads and their lives take very different paths. Glinda's unflinching desire for popularity sees her seduced by power while Elphaba's determination to remain true to herself, and to those around her, will have unexpected and shocking consequences for her future.

Their extraordinary adventures in Oz will ultimately see them fulfil their destinies as Glinda The Good and the Wicked Witch of the West.

With music written by Grammy, Tony and Academy Award-winning composer Stephen Schwartz (one of only four composers to have three of their shows last for more than 1000 performances on Broadway) the Showbiz Christchurch season of Wicked will be directed by Stephen Robertson, with musical direction by Richard Marrett, and choreography



Elphaba (Jane Leonard)

Photo courtesy of Showbiz Christchurch and Emma Brittenenden.

by Stephen Robertson and Glen Harris.

This family-friendly musical is the definition of a Broadway spectacular, with original and new costumes, and an international set with additional design by Harold Moot.

- Season: 6-21 April 2018
- Evening performances: Tues-Sat at 7.30pm.
- Matinees: 4 pm Sunday 8 & 15 April; 2pm Saturday 14 & 21 April.
- Duration: 2hrs 50mins (incl. 20 min interval).
- Show website: [showbiz.org.nz/wicked](http://showbiz.org.nz/wicked)
- Please Note: This production contains smoke haze, strobe lighting and loud noises.
- Tickets start from \$60 (includes GST, a \$2.50 ITR Heritage Levy and Ticketek service fee).
- All bookings at Ticketek, Freephone: 0800 842 538 [ticketek.co.nz/showbiz](http://ticketek.co.nz/showbiz)



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# A winding, gravel West Coast road

by Mike Crean

A winding, gravel road takes the curious traveller as far south as it is possible to drive on the West Coast.

In 10 years of writing the weekly Heartland column for The Press, I ventured up many a daunting trail. But this one I left for my retirement. It was worth waiting for.

Jackson River Road is a 20km banquet of scenic beauty. For returns, you swing your car around and drive back again. The road leads nowhere but on the way you feast on bush and mountain vistas beside the Jackson River and over the tortuous Martyr Saddle. There, from a lofty viewpoint high above the Cascade Valley, you gaze over a paradise of lush green flats with the Cascade River winding through. At far right is the Tasman Sea; at left the Red Hills Range, its bulging cheeks blushing like a bride's.

The redness of the far hills is caused by the powerful concentration of iron and magnesium in the ground – a mixture so toxic that nothing grows there.

The road then descends to the tumbling Martyr River. Soon after, the road ends and you begin your journey back. The whole trip took us some 80 minutes, including time to stand and stare. We crossed numerous short,



*Cray Pot Restaurant, Jackson Bay, serving succulent fish straight off the boat.*

one-way bridges and forded one trickling stream. And all the while we encountered just one other vehicle.

Access to Jackson River Road is via Haast Junction. Turn right after crossing Haast Bridge (coming from the north). You will soon go through Haast Beach Settlement (your last opportunity to buy fuel) and the tiny villages of Okuru and Hannahs Clearing, then continue towards Jackson Bay. You cross several bridges, the longest of which spans the Arawhata River.

As you come off the Arawhata Bridge, you will see Jackson River Road straight ahead. You leave the sealed Jackson Bay Road here and plunge onto a narrow gravel strip that will scrape the nerves of timid

drivers and grate the bottoms of low-slung saloon cars in several places. However, the road is well maintained and our 2WD SUV handled it easily. Tight bends and loose gravel demand careful driving.

Check your fuel and the weather forecast and be prepared for mechanical troubles or accidents. Breaking down on this road could be tricky as there is no cellphone coverage. Take food, water and warm clothing as you may have to wait some time for help. I always pack a tow rope and a saw on trips like this, in case I need to move a fallen tree.

The sealed road to Jackson Bay veers right after crossing the Arawhata River. At the bay a caravan-cafe serves meals of succulent fish straight

off the boats that go out each day. Note, the cafe opens from midday until 4pm for half the year. Check season dates and other information at the Department of Conservation visitor centre in Haast.

This area has a fascinating history. Here are three samples.

The Arawhata River gave its name to William O'Leary, "Arawhata Bill" of Denis Glover's poem (yes, the spelling does differ). O'Leary was a real-life figure, now enshrined in New Zealand legend. Ian Dougherty has written a marvellous biography of O'Leary.

You can see an island not far from shore as you drive towards Jackson Bay. A group of sealers were stranded on the island for four years before a passing ship noticed their signals and picked them up. A contingent of settlers tried farming at Arawhata in the 1870s. They soon gave up and left, but not before some of their number had died. About 6km before you reach the little fishing village of Jackson Bay is the Pioneer Cemetery. A dozen derelict grave sites on the overgrown hillside are rich in pathos.

If you don't like pathos, go anyway. Taste the lushness of native bush and birdsong – and fresh battered blue cod.

## 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 or sell whenever they want. 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.

To find out more, simply call 0800 325 523 or visit [www.bartonfieldsvillas.co.nz](http://www.bartonfieldsvillas.co.nz) or [www.marybrittinvillas.co.nz](http://www.marybrittinvillas.co.nz)

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