

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 107: Spring 2020



*MNZM for Age Concern
Canterbury stalwart*

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Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



“ S o c i a l relationships subtly embrace us in the warmth of self-affirmation, the whispers of encouragement, and the meaningfulness of belonging. They are fundamental to our emotional fulfilment, behavioural adjustment, and cognitive function. Disruption or absence of stable social relationships blasts our minds and biology like few other events”. M.E.Hughes.

COVID-19 has provided many challenges to older people in our community and to our organisation – not least of which in the connection space. While we have had to work differently, we have continued to support, advocate for, and connect with older people in our community. The challenge continues.

Age Concern Canterbury's mission is to achieve wellbeing, rights, respect and dignity for older people.

We need to do more to promote positive ageing, and to value the contribution older people make to society. That is our vision and

mission, and my challenge to you.

We all have a very big decision to make in the coming months. Generally older people are very well engaged in the democratic process – which is fantastic. Remember – if you are going to struggle on the day to get to the booth – ring the party you are going to vote for – I'm sure they will make sure you get to tick the box!

Winter warmth is very important this time of year. While we see the days getting longer there is no shortage of cold and wet days. The government's 'doubled up' winter heating payments will be in each of your bank accounts (if you are over 65) and we encourage you to use the funds directly on keeping warm. This initiative shows a government valuing older people, which is great to see.

October the 1st is the International Day of the Older Person. The Age Concern Canterbury Expo is usually the event we mark this day with, but unfortunately due to Covid, we are not having the event this year. But we will be back next year and look forward to seeing you all there.

Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



As I write today, the sun is shining which is a welcome relief from the gloomy rain and drizzle we have experienced over the last few weeks. Spring is on the way and some spring flowers are providing a splash of colour in the garden.

We are very pleased that we are able to print this edition of **Keeping On**. Out of necessity the last edition was electronic only and many of our regular readers were disappointed and unable to access the interesting articles that were in **Keeping On**.

Life has, for the most part, returned to normal following Covid-19 lockdown. For many of you lockdown was difficult, but I hope that you were able to get all the help that you needed from family, friends, the Staff at Age Concern and the Student Volunteer Army.

At the virtual AGM meeting of Age Concern New Zealand, Stephen Phillips was elected as Vice Chair. We congratulate Stephen and we are sure that the new board of Age Concern New Zealand will work very well for all older New Zealanders

The annual general meeting of Age Concern Canterbury was scheduled to have been held during lockdown, so it was postponed and held on August 19th.

Most trading banks have given notice that they are withdrawing cheques in the coming months. There are a number of places having teaching sessions about how you will manage without cheques in the future. Take a note of one of these learning meetings and prepare your household accounting system to cope with the change.

Keep warm, stay healthy and look out for your neighbours if they are alone.

Trish Adams
President

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Keeping On

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The man at the microphone

by Mike Crean

Do not be surprised if a Christchurch tram driver-commentator sounds familiar. The man at the microphone could be the highly popular former radio announcer Barry Corbett.

After 18 years of early risings to run the breakfast show for 3ZB (later NewstalkZB), Barry felt the need for change. A tramway official suggested his voice and knowledge of Christchurch be put to good effect telling tourists about the inner-city as the tram trundled along.

So the man whom a Press reporter (not me!) once labelled "blabbermouth" did a quick course in tram driving and launched a new career. Twenty years later, at 68, Barry still does two days a week on the rails – and loves it.

Barry is a quadruple-careers man. Born and raised in Dunedin, he attended Teachers' College and Otago University, then began his first career at an intermediate school in Napier. Already though, his interest was in radio. As a student he had worked in public relations for the students' association and did part-time slots with a local radio station. As a teacher he had his class make radio programmes and broadcast them through the school's intercom system.

Barry loved teaching then but does not like the direction schools have moved now. So he is glad the Dunedin radio station where he had worked part-time offered him a job, which he accepted. From the mid-1970s he worked there and in Auckland, Wellington, Rotorua and Napier. At Bay Radio in Napier he won the best DJ award in the national Mobil Radio Awards in 1980. He then went on an expedition in the US. There, he cruised 30,000 miles by car, sending recorded stories of his travels and



Barry Corbett enjoying time with his grandson.

people he interviewed back to New Zealand radio stations.

While in Seattle, Barry received a job offer from a former boss at Christchurch's 3ZB. He rushed home to take up the position in late 1981. The ensuing 18 years were a high point in his broadcasting career. What he loved best, he says, was feeling part of many families as he chatted and played music for them to enjoy over their breakfast.

But there was a catch. "I was married to my job," says Barry, and his radio work "cost me two marriages". He remains a dear friend to both his former wives and is close to son Paul, daughter Kelly, one grandchild and another "on the way".

Always interested in communities and how they functioned, Barry next set out to make a career as a Christchurch City councillor. He was elected for Spreydon in 1998 and for Spreydon-Heathcote when council wards were coupled and councillor numbers halved. Barry increased his majority at each of the following

elections before retiring after 15 years (five terms) of service. He believes 15 years should be the maximum allowed for all councillors.

Barry began as a member of the Citizens group but felt "hamstrung" by the required adherence to the party's policies. For his next four terms he was independent. He insists: "party politics has no place in local government" and declares: "I was there for the city, not for the party".

He describes his political position as "centre-right". Though Barry deplored some of the Labour group's tactics, he maintained friendships with all sides in council. He retained the strong view that city assets, such as the airport, should stay in council ownership.

When the council had 24 members, councillor workloads allowed Barry time to work for the Christchurch City Mission as communications officer. In those six years he made 347 speeches to a wide range of organisations, seeking their support.

He found the work fulfilling but when councillor numbers were reduced to 12 he could no longer manage the Mission work. Later he was elected to the Theatre Royal Board, just as crucial decisions had to be made on the future of the heritage building which had been badly damaged by the 2012 earthquakes. He is now a member of the Theatre Royal Trust.

Another love is sport. Barry says he was no sportsman, other than being noted in judo, but he is a fan of all sports. Much of his radio work involved sport, to the extent that he became identified as part of Canterbury rugby. His mates include several All Blacks, including goal-kicking fullback Robbie Deans for whom Barry popularised the song "Give it a Boot, Robbie". This became the anthem of the Canterbury team's great 1982-1985 Ranfurly Shield tenure. The irony was, Barry says, Robbie hated the song. Mixing with sporting greats and other stars has garnished the life of this teacher-broadcaster-councillor-tram driver, but the world is not all about stars, he says. The "normal, everyday people" can be just as outstanding when you get to know them.

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Use your vote in the 2020 General Election and referendums

Most of us are already enrolled and voting – have you joined us? If you haven't, you're giving up your voice on the big issues affecting us all. Only those who are correctly enrolled will get to vote in the 2020 General Election as well as in the End of Life Choice referendum and cannabis legalisation and control referendum.

If you're a New Zealand citizen or permanent resident, and have turned 18, you need to be on the electoral roll. And every time you move house, you need to update your details so you're listed at the right address.

Be a part of the decisions that affect you. Voting is a small action, but one that can have a huge effect on you, your family and New Zealand. It's your right to vote.

Getting on the roll or updating your address is easy! You can do it online at vote.nz using a New Zealand driver licence, New Zealand passport or RealMe verified identity. Check out vote.nz for more information, and if you have any questions just ask Orange Guy on Facebook at [facebook.com/VoteNZ](https://www.facebook.com/VoteNZ)

The General Election and referendums on End of Life Choice and cannabis will be held in September.



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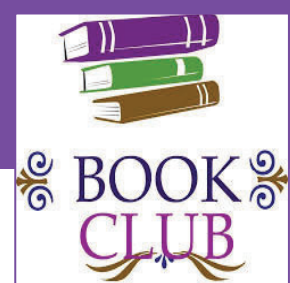
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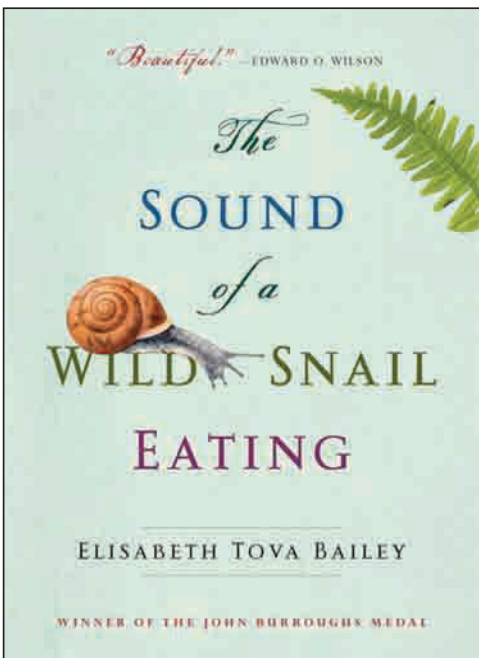
Sound of a Wild Snail Eating by Elisabeth Tova Bailey

Reviewed by Penelope Tinsley

When the author of this charming little story was stricken by a peculiar virus she was confined to bed, and too weak to continue with the life she had known prior. Over the months that dragged out for her, friends brought her support and diversions, including a terrarium containing a cyclamen and the small wild snail of the book's title.

Elisabeth escapes into the snail's world; observing its habits, watching its interactions with the safe but limited environment it had, and even hearing it eating during her sleepless nights. It provides the reader the opportunity to also slow down and appreciate the minutiae of the lives these two were sharing.

Mirroring the events of 2020, Elisabeth's sudden incapacity parallels the catastrophic change brought by the COVID-19 pandemic, and how valuable is the opportunity to observe for a while without endeavouring to interfere and control events. Elisabeth learns as much



about herself as the snail, exploring ways to make it content, as well as managing her own pain, anxiety and frustrations. The story, restoring her health and connection with the natural world, is an apt pointer for our own community wellbeing. There are moments of humour, warmth,

sadness and resignation described in elegant, perceptive language — extremely engaging for the reader.

When our book group first encountered this story, early in our relationship with Book Discussion Scheme, our very articulate (and opinionated) membership was sharply divided on the merits of this tale. Most disliked it with a passion because the pace and content were literary rather than dramatic, but I suspect that, were they to read it now, after more than four years of discussion (OK, argument) and more sophisticated skills in analysis, the opinion would be quite different.

Two of us in the group had had experiences akin to Elisabeth's and would have loved the diversion from pain and immobility offered by Elisabeth's companion. I bought a copy for my own collection.

I recommend this little masterpiece highly to all those who need, want, and can appreciate the opportunity to step off the merry-go-round of our

frenetic lives and enjoy the beauty of the world as it might be. It's a chance not to be missed.

Book Discussion Scheme (BDS) provides enough copies for your club to read the same book at the same time, as well as professionally-prepared discussion notes. Membership starts from \$65 per person for a year's membership and includes delivery. Find a group to join (or advertise your own) at www.bds.org.nz/join.



Are you ready for the Trusts Act?

The new Trusts Act 2019 (the Act) comes into force on 30 January 2021. This is the first review of Trust law in New Zealand since the Trustee Act in 1956. The new Act updates and recaps the law as it stands today, whether it has come to us from statute or case law, and is intended to make it easier for you to understand what's expected of you, depending on your role within the Trust.

This article discusses the impact of the new Act on Trustees. If you are the Trustee of a Trust and have never taken much time to understand how it works, the new Act requires you to

not only know what is changing but also to ensure that your Trust is being administered in accordance with those new obligations.

Trustee Duties There are two types of duties within the Act, mandatory duties and default duties.

Mandatory duties include the duty to know the terms of the Trust; to act in accordance with the terms of the Trust; to act honestly and in good faith; to act for the benefit of beneficiaries or further the permitted purpose of the Trust; and to exercise powers for a proper purpose. These duties cannot be changed.

Default duties include a general duty of care; to invest prudently, not to exercise your power for your own benefit; to consider the exercise of your power; not to bind or commit trustees to a future exercise, or non-exercise, of a discretion; to avoid conflicts of interest; to act impartially; not to profit from being a trustee; to act for no reward; and, where there is more than one Trustee, to act unanimously. These duties can be, and often are, changed in your Trust Deed and continue to be acceptable. However, any person helping you to form a Trust or advising you on an

existing Trust will need to ensure you understand the implication any modification or exclusions you make to your Trust.

These are just some of the changes that are coming in January 2021. My next article we'll talk about some other changes that will impact your Trust. If you are a Trustee of a Trust, it will be important that you understand how these duties will affect you. Contact me at Fleur McDonald Legal on 03 423 3541 to make an appointment so we can talk about your Trust and make sure you're ready for the new Act! (A)



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Plenty to be grateful for

by June Peka

Only now emerging from an extended annus horribilis to rival the Queen's of 1992, Yvonne Palmer can find plenty to be cheerful about and grateful for. On a sunny winter's day in her Papanui backyard she's marvelling at the bucketful of pink and golden yams just harvested from one of her raised garden beds. She's excited about spring bulbs and a new paeony rose waiting to be planted and cursing whatever is stripping the spinach leaves to lace. Physically she's a much smaller Yvonne Palmer than when we last met, but her smile is still a mile wide and she's still talking ninety to the dozen. It's hard to believe she was gravely unwell with a serious illness she'd never heard of just a few months ago. Guillain-Barre Syndrome is not even known to some of the carers she still has calling on a regular basis.

Knowing what she does now, Yvonne feels that she was probably a sitting duck for the neurological disorder which causes the immune system to attack nerves, causing pain, weakness, numbness, and debilitation. It might only attack 40-80 New Zealanders each year when the body is at a low point but she accepts she was in that category after a previous year of upheaval when husband Brian became ill with leukaemia and died quite unexpectedly in June. She had been laid low with pneumonia, and her beloved dog had died too. There were other issues as well.

"It was not the best year of our lives for sure so I was really looking forward to a holiday break with my daughter Kath and family in Australia. I've been many times before so it was just a matter of booking the ticket through American Express as usual. I planned to be away a month, so arranged a phone plan to keep in touch with family. Just the usual preparation stuff."

Within days of arrival in Melbourne though, Yvonne felt feverish, with back and leg pain. Moving about her daughter's two-storey home became quite a challenge. ("I had to come down the stairs on my bottom.") An ambulance ride to the nearby hospital (a shorter distance than from her own home to Christchurch Public Hospital) would cost \$2000 but in her physical condition



Yvonne Palmer, ONZM recipient

("away with the fairies and in dreadful pain") was the only option.

"It (GB) was picked up quite quickly after a lumbar puncture and other tests. I remember a doctor telling me he was going to have to cut my throat. That worried me but they made me understand I would have a tracheotomy to help with the breathlessness. There was a wee balloon in my throat for weeks. I had numerous drips and tubes. I couldn't eat so was intubated and fed on special formulas. I was incredibly weak – in fact it was at least six or seven weeks, on the 18th February, that I first took some wobbly steps. Coming off resuscitation and breathing for myself, 20 minutes at a time at first, was very scary.

Talk of transferring back to Christchurch Hospital was exciting but quickly became another nightmare when Yvonne and her family realised she had no insurance cover.

"I'd had the wrong end of the stick for years it

seems. Somewhere along the way I had assumed that by using my American Express card I had automatic cover. It turns out that one needs an "Elite" or "Gold" America Express card to qualify for that cover. I'd also known that we have a reciprocal medical care deal with Australia so never considered I should've done more. A lot of people have told me since that they had thought the same. We actually are covered by that reciprocal agreement, but in reality that only covers your own needs – such as care and medications and hospital stay. It doesn't cover ambulance costs or accommodation for visiting relatives or most important of all – repatriation home. Everyone needs to look closer at medical insurance cover."

Two special friends of Yvonne stepped into help at this point, working with her daughter Kath to create a give-a-little page to raise the \$23,000 needed to bring Yvonne home. The phone plan was a god-send in the setting up of this and a blog which attracted 70 followers and achieved the goal in short time.

"Coming home quite an experience on its own. We had the last six seats of the plane booked out and curtained off. Air New Zealand staff need a medal. There was my daughter, a doctor and nurse in three seats and the other three were folded down and I was sedated and strapped in a stretcher on top of them. That brought me virtually up to just underneath the lockers, which was quite claustrophobic. Then there was all my monitors for oxygen and blood pressure and drips as well.

I was discharged from hospital on March 25, lockdown day. I feel very very lucky to have been on my feet again within six or seven weeks and to be as well as I am. I've heard recently of a young man who has just begun to walk after two years. So I have a lot of good people to be grateful for and a lot of life to look forward to. There's still a way to go."

Yvonne has this month, received the New Zealand Order of Merit medal awarded in the last New Year's Honours. This adds to her 1998 Queen's Service Medal, both in recognition of her long-standing service to the community.

Coalition launches 'Let's end loneliness' website

The 'Let's End Loneliness' website has been launched as a resource for anyone experiencing or concerned about loneliness. Age Concern New Zealand Chief Executive Stephanie Clare says the website is designed as a source of information which also links people to support services.

"Everyone can feel loneliness at some time, but it can be addressed and solved, and together we can end loneliness for New Zealanders who feel isolated."

The website has been created by the New Zealand Coalition to End Loneliness whose members work to tackle loneliness and create communities in which New Zealanders have the relationships and support they need to thrive. Concerned about increasing feelings of isolation in our communities, seven organisations – Age Concern



New Zealand, St John New Zealand, Carers New Zealand, Student Volunteer Army, Royal New Zealand Returned and Services Association, Alzheimers New Zealand and The Salvation Army – got together in 2018 to set up the coalition and provide information, grow understanding, and advocate together to prompt action on loneliness.

The COVID-19 lockdown highlighted that everyone can feel isolated and lonely and St John Director of Community Health Services Sarah Manley says it has never been more important for people to stay connected.

"St John works hard to build resilient communities and we are excited to be part of this coalition. This new website is a great resource for Kiwis from all walks of life to find ways to connect and build healthier and stronger communities."

One group particularly affected by isolation are the 70,000 New Zealanders living with dementia, and Catherine Hall of Alzheimers New Zealand believes everyone should feel safe, supported, loved and connected.

"Sadly, people living with dementia often find family, whānau and friends

take a step back just when they need them most. We stand alongside our coalition partners and with all New Zealanders, to make sure no one feels alone."

Student Volunteer Army Chief Executive Officer Sam Johnson says connection is always at the heart of what they do. "We are really proud to be working alongside others to help end loneliness for younger and older people alike."

This site is a way of connecting with others to share ideas, challenges and successes, and other organisations working to end loneliness in New Zealand are encouraged to provide links to their own websites and information services.

For more information on loneliness and how to access support and services, go to letsendloneliness.co.nz

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You may need more (FREE) insulation

If your house was built before 2008 or if your insulation has not been topped up since 2008, you are very likely to benefit from an insulation top-up. And if you have Gold Card with Community Services Card endorsement it will be FREE!

Was your house built in the eighties, nineties or even early 2000? Are you thinking that it was built with insulation so it is as warm as it could be? Think again!

In 2008 the Building Code for insulation in the South Island was raised. Before 2008 there was one insulation standard for the whole country from Northland to Invercargill, ignoring differences in climate. These days it is recognised that the colder climate of the South Island needs more insulation than many parts in the North Island.

Insulation and your health

Arthritis, asthma (and other respiratory diseases), heart disease (and other vascular diseases) and many more chronic illnesses are affected by a cold home and people living in a cold home are more likely to end up in hospital. One night in



Community Energy Action is a charitable trust that can install free insulation for many pensioners.

hospital is much dearer than an extra layer of insulation and that is why the government is offering assistance for owner-occupiers with insulation through Community Energy Action Charitable Trust (CEA). All rental

properties should now by law be insulated.

How do you know you qualify for free insulation?

If you have a Gold Card you will qualify for free insulation. If you don't

have a Gold Card, you may still qualify for free insulation if you have a Community Services Card (CSC) or if you live at an eligible address.

All homes that have not had their insulation inspected recently are advised to get it checked for free by Community Energy Action. Contact CEA for more information. Even if you do not have a Gold Card or CSC, they may be able to help in other ways.

How can you access the free insulation?

CEA is your trusted community partner which has been keeping the Canterbury community warm since 1994. If you are a female person living by yourself and feel uncomfortable with a male insulation assessor, ask for an assessment by our female assessor.

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Or you can visit www.cea.co.nz for more information.

Do you have a dry or burning mouth?

A dry mouth happens because you're not producing enough saliva and it can cause bad breath, a dry throat and cracked lips. Saliva is important for your digestion, protecting your mouth and teeth from decay and gum disease.

In itself, it's not a serious condition, however it can be a symptom of another health condition, so tell your doctor.

If you have a dry or burning mouth, firstly make sure you are drinking enough fluids -

6-8 cups a day is recommended. If you are drinking enough try the following:

- sip water from a bottle continually or suck on ice cubes.
- oil emulsion spray effects last longer than water - they can be found online, however, many taste bad. Make your own - see recipe below.
- sugar free or denture friendly chewing gum.
- discuss with your Doctor or Dentist the use of specialty toothpaste and gel.

hourly baking soda mouthwash (commercial mouthwashes are alcohol based so dry your mouth out) - see recipe below.

- clean your teeth before meals.
- avoid alcohol, caffeine and tobacco.
- limit salt and sugar intake.

If, after trying these things, you still have a dry mouth ask your Doctor or Dentist.

Oil emulsion recipe

Make up your own with grape seed or coconut oil. Use one tablespoon of oil to one tablespoon of water and swish around in your mouth.

Mouthwash recipe

1. Cup (250 ml) warm tap water.
2. Add 1/4 teaspoon baking soda and 1/8 teaspoon of salt
3. Stir until dissolved.
4. Pour the mouthwash into a clean bottle and close the lid.

After 24 hours, discard.

Swish around your mouth for about 30 seconds, then rinse your mouth with water.

For more advice our friendly Dietitian can help just contact us at Therapy Professionals Ltd on 03 377 5280 or email admin@tpl.nz or www.therapyprofessionals.co.nz.

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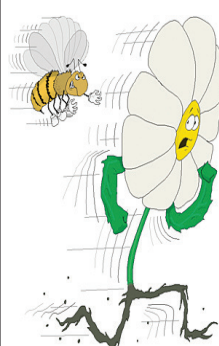
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Maurice Taylor - likes to be busy

Maurice Taylor just loves turning up for work and making himself useful. It's what he's done almost every day since he left school 63 years ago. While he was paid for his labours for fifty of those years, nowadays he's on the pension and works for love – and companionship.

He'd been on the lookout for something to keep him feeling useful and "out of mischief" when he popped in to the Vinnie's Papanui Store one day to find his daughter Barbara (a volunteer) needing a lift with something. Happy to oblige Maurice was observed by Manager Polly Fisher who asked if he'd like to help out officially. Of course it was a yes. Now he turns up for duty three days a week. Living in Belfast, he takes full advantage of the bus service which is free for gold card holders and drops him nearby on the Main North Road.

Maurice enjoys the social aspect of volunteering. He'll turn his hand to anything except the till and driving the truck. Most of the time he'll be found busy behind the scenes - unloading the truck, setting up bales and plastic storage containers, folding and sorting. He calls himself a general hand, a dogs-body, a golfer, a rousie.

Fisher calls him a super-volunteer.

"Honestly, I feel incredibly blessed to have Maurie. I know if I'm clear about what I want done, I can leave him to it, and it will be done. I can count on him completely. He's helped us no end. When he teamed up with Cassandra to work on linen – that's measuring and folding sheets and curtains and smaller items while Cassandra irons - they grew the linen department about five-fold. We have customers who come in especially to check out our well-presented linens."

That's big praise for a boy who didn't do that well at school.

"To be truthful I was a bit of a handful. They didn't know what to do with me. I couldn't spell and I couldn't remember stuff. I was too clever for a special class but not up there with the normal class. I fell somewhere in between and was always being tested to see how capable I was. The trouble was called short term memory loss – I've always had it. It's a fault. That, and the fact that I just hear what I hear. I don't read between the lines. Like when I was 15 a teacher found me taking a nap at school. He was angry and said I might as well be at home, so I went home, and got



Maurice Taylor loves turning up for work into trouble for that too. Another thing is that I can find anything on a map, but don't remember street names, or even peoples' names often. I get around that by calling everyone here 'granny'. It doesn't get me into too much bother."

Taylor left school at 15 to learn how to be a glass beveller at Smith and Smith's Dunedin workshop, before moving on to the Woolstores, the Woollen Mills and then farming at Milton and Lumsden where he and his wife raised a family of four girls. He wangled his class 5 drivers' licence while driving a truck and fork-lift for the railways, before moving to Christchurch more than 20 years ago to be near his ageing mother.

Life is good to him, Taylor says. He lives alone but with family nearby, and looks after himself well. He collects stemmed drinking glasses and small soft toys with messages attached, many picked up at the Vinnies.

"I know how to grow and cook my own veggies and I experiment a bit with easy but different recipes. I enjoy getting along to the Darnley Social Club in Kaiapoi where I help out with the garden and get a lovely meal. I feel sorry for young ones who went through lockdown, who have big families, big rents and no veggie gardens. But this way I don't feel guilty about pinching someone's job, because this one doesn't put money in the bank anyway. But it's still useful to the community, and keeps me busy, that's the main thing."

Only the lonely

You'll no doubt have heard the words of Roy Orbison's famous song that goes "Only the lonely know this feeling ain't right."

Medical commentators are saying the effects of lockdown with its lack of social interaction has had a dramatic mental impact on the aged. So, we here at Driving Miss Daisy are saying it's time to have fun together to beat loneliness and build a healthy mental mind.

Spring is here and the health crisis is hopefully well behind us fortunate Kiwis, so let's get social and reconnect with each other. With Driving Miss Daisy, you can get a group together to tour your local area, create an event like a trip to the movies/theatre, or plan a catch up with friends and family at a favourite café. Just contact your local Daisy and let them help you enjoy a spring outing.

We would also like to remind you of the Total Mobility Scheme the Government created to encourage

social interaction and independence which is delivered locally by your Regional Council. The Scheme is designed to assist clients with access to appropriate transport to meet their daily needs and enhance their community participation.

For further information contact your local Age Concern Organisation, they will be happy to help you find out if you are eligible and advise you on how to apply. Once you have been accepted, you can access up to 50% discounted travel up to the regional maximum subsidy with Driving Miss Daisy, an accredited Total Mobility Scheme provider.

We encourage you to take advantage of this opportunity to get out and participate in your community with the support and companionship that only Driving Miss Daisy provides.

Remember if we are together we are not Lonely.

Melanie Harper
Co-founder DMD

(A)

Get out and about with Driving Miss Daisy



Keep your independence and freedom with our safe, reliable companion driving service.

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Timaru Ph: (03) 683 1073



Driving Miss Daisy®

www.drivingmissdaisy.co.nz

Eat well, exercise and reduce stress to boost immune system

Social distancing may remain necessary during the 18 months or more we'll have to wait for a coronavirus vaccine.

This can feel like we have little control, but there are several evidence-based protective measures we can take in the interim to ensure we are as healthy as possible to fight off infection and prevent mental health problems that escalate with uncertainty and stress.

Coronavirus and underlying medical conditions

There is recent evidence that some younger people suffer strokes after contracting the virus, but the majority of people who end up hospitalised, in intensive care or dying from COVID-19 have an underlying medical condition. One study showed 89% of those hospitalised in the US had at least one.

These underlying medical conditions include high blood pressure, high blood sugar (especially type 2 diabetes), excessive weight and lung conditions. An analysis of data from the UK National Health Service shows that of the first 2,204 COVID-19 patients admitted to intensive care units, 72.7% were either overweight or obese.

All of these health issues have been associated with our lifestyle including poor diet, lack of exercise, smoking, excessive alcohol and high stress.

It's obvious we have created a society where being active, eating



Improving immunity through lifestyle choices

healthily, drinking less and keeping our stress under control is difficult. Perhaps it's time to push back. This may be important for major conditions like heart disease and diabetes as well as the added threat we face from emerging infectious diseases.

One study shows only 12% of Americans are in optimal metabolic health, which means their blood pressure, blood glucose, weight and cholesterol are within a healthy range. This rate is likely similar in many Western countries.

There is now a body of evidence linking our unhealthy lifestyle with viral, especially respiratory diseases. High blood sugar reduces and impairs immune function. Excessive body fat is known to disrupt immune regulation and lead to chronic inflammation. Insulin resistance and pre-diabetes can delay and weaken the immune response to respiratory viruses.

If we are going to restrict and change our lifestyles for 12 to 18 months while we wait for a vaccine, and if we want to protect ourselves better now and in the future, we could address these lifestyle factors. They not only affect our recovery from viruses and respiratory infections, but are also the biggest cost to the quality of life in most countries.

Optimising the health of the nation must be at the forefront. And this is long overdue. There has been a substantial under-investment by most developed countries in preventive medicine to reduce chronic diseases and improve both longevity and quality of life through healthy lifestyles.

Healthy organisms are naturally resistant to infections. This is true in plants, animals and people. Maintaining optimal health is our best

defences against a pandemic until a vaccine is available.

We identify three modifiable risk factors:

1. Diet

Research shows better nourished people are less likely to develop both mental and physical problems. Certain nutrients, such as vitamins C and D and zinc have been identified as essential for improving immunity across the lifespan. A better diet is associated with a lower chance of developing mental health problems in both children and adults. Low levels of specific nutrients, such as vitamin D, have been recognised as risk factors for COVID-19. These nutrients are easy (and cheap) to replenish.

What does it mean to be better nourished? Eating real whole foods – fruits and vegetables, nuts, legumes, fish and healthy fats and reducing the intake of ultra-processed foods.

2. Exercise

Being physically fit adds years to your life - and quality of life. High cardiorespiratory (lung and heart) fitness is also associated with less respiratory illness, and better survival from such illnesses.

How do you get fit? Set aside time and prioritise walking at a minimum, and more vigorous activity if possible, every day. Ideally, you would get outside and be with important others. The more the better, as long as you are not overdoing it for your individual fitness level.

3. Stress

Stress impairs our immunity. It disrupts the regulation of the cortisol response which can suppress immune function. Chronic stress can decrease the body's lymphocytes (white blood cells that help fight off infection). The lower your lymphocyte count, the more at risk you are of catching a virus.

How do we lower stress? Meditation, yoga, mindfulness, cognitive-behaviour therapy, optimising sleep and eating well can all help in mitigating the negative impact of stress on our lives. Taking additional nutrients, such as the B vitamins, and the full breadth of minerals like magnesium, iron and zinc, during times of stress has a positive impact on overall stress levels.

Modifying lifestyle factors won't eliminate COVID-19 but it can reduce the risk of death and help people to recover. And these factors can be in our control if we and our governments take the initiative.

(Source:www.theconversation.com)

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- * Lift Chairs * Kitchen & Grooming Aids



A day or two in the Country

by Mike Crean

Do you feel like a day or two in the country but not sure where to go? May I suggest a trip my wife and I did recently?

Head west from Christchurch towards the mountains, illuminated by the morning sun. At Darfield, veer left and join the Inland Scenic Route at Homebush. This is land the pioneering Deans family acquired in a trade-off for most of their Riccarton farm in the 1850s. Whenever I pass the regal brick woolshed I imagine carloads of tourists trying to guess what it is.

Glentunnel is the cutest village in Canterbury. Cross the Selwyn River here, look down and wonder where all that water goes, because you seldom see any at the State Highway 1 bridge.

After you pass through aptly named Wind whistle, a momentous view smacks you in both eyes. The road plunges to the Rakaia Gorge revealing a vista of braided streams and nature-sculpted cliffs backed by massive Mt Hutt.

You cross the gorge by two bridges, carefully as both are one-way. As you begin the climb up the other side, swing left into the camping ground and picnic area for a magnificent panorama of the river's sprawl across the plains.

After skirting Mt Hutt, the road is mostly flat. From Mayfield to the Rangitata River it is dead-straight. Cross the river at Arundel and you will see the new irrigation storage lake. A continuing theme on this trip, if you remember when sheep battled for priority with rabbits, is the change that has come over the land in the last 50 years, from baked and brittle aridity to lush pasture and cows, all because of irrigation.

Next stop is the attractive town of Geraldine. Look out for the myriad of coaches and campervans. I love the hilly drive from here to Fairlie, though you still have to contend with tourist traffic. The visitors you meet are still numbed and bruised from elbowing one another for photos of colourful lupins near Lake Tekapo, so be alert.

Turn left at the major T intersection in Fairlie and note three things: tastiest pies at the bakery, a statue of Mackenzie the sheep stealer (though he never set foot in Fairlie), and relics of the old branch railway line. Homage to history is another continuing theme on our trip. It abounds in the traceable remains of rural branch railways and the many buildings that hark to a past when country towns were "important". Some have gaudy new uses; some are derelict. All are evocative.

The hills start to close in about Albury. This is where Mackenzie passed through, with his silent dog,



driving sheep stolen from a station near Timaru. He was captured on a hill west of here. The rest is history (mixed with legend).

Approaching the tiny town of Cave take a right turn and a short climb before heading to the lovely Pareora Gorge. Then cruise down to Highway 1. You must make a decision here. If you want a one-day trip, turn left and head home. If you can spare a second day, turn right to St Andrews, which perches above the Pacific Ocean halfway between Christchurch and Dunedin. Continue south and pop into Waimate by the junction road off Highway 1.

Waimate is like Rangiora 20 years ago. It seems surprisingly busy and a good place to top-up your car's fuel.

Leaving the town you go through the Waimate Gorge and emerge onto pleasant rolling downlands.

The Waihao Forks Hotel reminds me of Ted's bottle. Soldier Ted had completed final leave and was having a beer at the pub when the train arrived. He had to catch it so he could rejoin his unit and be shipped overseas in World War II. He asked the barman to keep his bottle for him and left. He never returned. The bottle still awaits him.

At a sharp right turn the road heads "upstream" beside the Waitaki River and crosses it at Kurow. Give a nod to local hero Richie McCaw, then drive downstream. Shortly before dreamy Duntroon ("dreamy" because its old buildings are a roadside reverie) is



an overhanging rockface beside the road on your right. Ancient Maori drawings are easily accessible for viewing.

Just past Duntroon, turn right and head into the hills, then take a signposted road left to Island Cliff and Ngapara. This is limestone country. The first formation you notice is a herd of elephants resting in a sheltered spot. Stone, of course, and gigantic, but purely natural. Further on you drive through a narrow valley between daunting limestone escarpments as if voyaging in a fantasy world. Other formations can be seen before you reach Ngapara, a yesterday's town with its anomalous former flour mill and grand hotel above forgotten railway lines.

From here it's an easy drive to Weston, virtually a suburb of Oamaru where you may choose to stop before heading home tomorrow.

Why do I love this drive? Nostalgia. It casts me back to distant times. A pity we must return by busy-busy Highway 1. Hang on; we could go back the way we came.

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DID
YOU
KNOW?

The Minister of Local Government, Hon Nanaia Mahuta has recently announced an increase to the Rates Rebate Scheme to help ensure many low-income New Zealanders are able to pay their rates demands this coming financial year.

From 1 July 2020, the maximum rebate and income abatement threshold of the Scheme will be adjusted by increasing:

- * the maximum annual rebate from \$640 to \$655; and
- * the income abatement threshold from \$25,660 to \$26,150.

These changes reflect the 1.9% movement of the Consumer Price Index (CPI) All Groups Index for the 2019 calendar year.

The Rates Rebate Scheme is a partial refund for people who pay rates to their council. It exists to provide financial relief for low-income New Zealanders owning their own home.

Further information about the Rates Rebate Scheme and its eligibility criteria can be found through your local council office or service centre.

New personal driving service for Christchurch

Getting out and about and doing the things you have always done is an important part of keeping independent. Freedom Drivers offer a safe, trustworthy and caring service that is about much more than just transport.

Transport you can trust



- Do you need a reliable friendly driving service?**
- * Extra care for seniors
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Total Mobility Provider

Dean Stewart on
03 352-1599
or 027 364 6877



Whilst we are well-known in the North Island, we are now expanding into the South Island and are delighted to announce the launch of our first business in Christchurch. Run by Dean Stewart, we are able to provide a friendly, reliable service offering standard transport as well as a Wheelchair Accessible Vehicle capable of transporting both manual and larger power wheelchairs.

"We love to support the local community and our service is designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors and trips cover a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two. Our wheelchair accessible vehicle is a larger hoist model with plenty of headroom for taller passengers to travel in comfort," says local owner Dean.

"Travelling with Freedom is like riding with trusted friends or family. You can enjoy building a relationship with a very small team of drivers who you will get to know and trust," adds Dean.

Freedom prices are competitive and comparable to (and often less) than other options or standard taxi services. Our service is highly personalised to your needs with a convenient pick up and drop off at your front door. We always escort you to the car and to your destination and we always go 'the extra mile'.

We take Total Mobility cards (TM) and we are ACC Registered Vendors. All our drivers are fully licensed and NZ Police checked for your protection. Our service is pre-booked and pre-quoted. To find out more please give Dean a call on (03) 352-1599 or 027 364 6877. **(A)**

Leaving a bequest to Age Concern Canterbury



Have you ever considered leaving a bequest to Age Concern Canterbury?

Age Concern Canterbury is a charity and relies on the generosity of our community to raise over 60% of the funding required to deliver our essential services and support.

Any bequest left to us, no matter how small or large, has a lasting impact and helps ensure that we can continue supporting all those older people needing our help.

A bequest to Age Concern Canterbury allows you to leave a legacy long after you are gone. It is the ultimate act of kindness and caring you can show towards your community.

Leaving a bequest is easy. After taking care of your loved ones, the simplest way to leave a gift in your will to Age Concern Canterbury is to speak with your solicitor, who can ensure that your estate is distributed in a way that honours your wishes.

To leave a bequest to Age Concern

Canterbury we recommend the wording:


"I give Age Concern Canterbury Incorporated the sum of \$XXX (or the residue of my estate, or a percentage of my estate) for its general purposes. I declare that the official receipt of Age Concern Canterbury will be sufficient receipt and discharge for my trustees."

If you would like to leave us a bequest in your will, these are the official details you will need:

Legal Charity Name: Age Concern Canterbury Incorporated
Charity Registration Number: 29446

If you would like to talk to us further about leaving a bequest to Age Concern Canterbury and the difference it will make, please contact **Peter Gwynne 03 331 7087**.

Also please let us know if you are making a bequest so we can personally thank you. Our special thanks to all those who have remembered us in their wills.



Form of Bequest

TAKE OR SEND TO YOUR LEGAL ADVISER FOR INCORPORATION IN YOUR WILL

I GIVE TO Age Concern Canterbury Inc, 24 Main North Road, Papanui, Christchurch 8053, for its general purposes the following amount:

(in words)

OR

Percentage/Portion of my estate:

(in words)

OR,

Description of Assets, Property, Shares:

(in words)

and the receipt of the Chief Executive or other authorized officer shall be a sufficient discharge to my executor.

Name: _____ Mr/Mrs/Miss/Ms

Address: _____

This is not effective until written into your Will which must be signed.

Please let us know if you make a bequest so we can thank you personally.

Parklands on Papanui Knitters and Natterers

In September 2015, an article was printed in the Christchurch Mail newspaper calling on local knitters to join in fellowship, armed with knitting needles and wool to produce Peggy Squares to be joined and made into blankets for those in need of such items in the local community.

The group was the brain child of Jan England who was then the manager of Parklands on Papanui Retirement Village.

Originally the group was part of a larger organisation; Peggy Purl. However the group soon decided to become independent and knit for local organisations in need in the local community.

The group of a dozen stalwarts



Age Concern Canterbury greatly appreciates the annual donation of knitted blankets from the Parklands on Papanui Knitters, a group that supports our winter warmth programme.

produce hats, slippers, jumpers, blankets and many other items for

such organisations in need such as Age Concern Canterbury, Pregnancy Help, Plunket, Women's Refuge, Oncology, Christchurch Women's Hospital neo natal unit and Goodnight Sleep Tight.

During the recent lockdown associated with Covid-19 we have continued to knit at home and have recently been meeting at the Garden Hotel on Marshlands Road for the weekly knitting and natter.

We always appreciate donations of yarn suitable for children's clothing and blankets. Double knit (8ply) is most commonly knitted.

Oddments are knitted and crocheted into colourful warm blankets.

Trusts Act 2019 - time for a review

In New Zealand, it is estimated that there are some 300-500,000 trusts currently in existence. If you don't have a family trust yourself you will probably know someone who does. The reform of the Trustee Act 1956 has been under consideration since 2010 and in July 2019 Parliament passed the Trusts Act 2019.

The Trusts Act 2019 comes into effect in January 2021. The 18 month delay allows time for settlors, trustees and advisors to familiarise themselves with the changes and requirements. There is time to review their trust to ensure it is currently fit for its intended purpose and will continue to be fit once the new Act comes into force. With only five months of this period left it is important that this review is underway.

While there are many new provisions in the new Act, the main ones that will be of interest to trustees are the setting out of the mandatory and default duties of trustees, the core documents to be held by trustees and the information that is required to be provided to beneficiaries.

Trustees are required to know the terms of the trust and act honestly and in good faith in accordance with the

terms and to be actively involved with the management of the trust. While this was always expected, it was not set out in the legislation before and so possibly not well understood by people when they agreed to become a trustee on a trust.

All trustees must hold copies of the core trust documents, the trust deed and any variations made to the trust deed. At least one trustee must hold all the trust documents, including records of assets, minutes and financial records. For some existing trusts those documents might be missing, spread across several lawyers and accountants, or not exist at all. It is time to now locate and gather these deeds and records.

The new Act includes a presumption that basic trust information (the fact that they are a beneficiary and who the trustees are) must be made available to every beneficiary. Beneficiaries are also to be made aware that they are able to request additional trust information. This may possibly pose the biggest challenge for many settlors and trustees. However this presumption as to the supply of information is qualified by certain considerations that trustees

may take account of in deciding what, if any, information to provide.

Many family trusts were set up with a wide class of beneficiaries including the nieces and nephews and partners of beneficiaries in addition to the settlors and their children and grandchildren. It may never have been intended that most of these beneficiaries would ever receive a benefit under the trust but they were

included as possible recipients. If your trust deed allows a change to beneficiaries this should be included in your review now.

At Harmans we have a team with specialist knowledge available to provide you with legal advice about your trust. You can contact Phillipa Shaw at Harmans on 03 352 2293 to arrange an appointment to discuss this.

(A)



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We have two convenient locations in Papanui and the Central City. 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

Central City 79-81 Cashel Street, Central City, Christchurch 8011

Papanui 485 Papanui Road, Papanui, Christchurch 8053

www.harmans.co.nz

Changes to the Trusts Act

Hear Harmans' Lawyers discuss the issue here at Age Concern Canterbury, 24 Main North Road, Papanui on Tuesday, 29th September 2020 at 2.00pm

Light refreshments will follow the discussion.

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



Our bone health as we age

As we mature the unfortunate tell-tale signs of 'ripening' begin. Wrinkles appear; those once toned muscles may begin to wobble, the bones become weaker and the 20/20 vision may become a blur in time. Unlike ripening fruit, we can't be put in cold storage to extend our youth, so we need to be aware of things we can do to prevent or compensate for this 'ripening' process.

Our bone health is an important consideration to be mindful of; in our teens and twenties our bones developed nicely, increasing in density, becoming stronger, bigger and heavier. When we hit our fifties, gradually some of this bone strength and density decreased. Then suddenly we find there is the increased risk of osteoporosis; it may go unnoticed for a time as it creeps up on us. In fact, many people only become aware that there is an issue with their bones when they fracture one. "One in three women and one in five men will suffer from an osteoporotic fracture in their lifetime." (www.bones.org.nz)

What is Osteoporosis?

Osteoporosis is a condition that causes bones to become thin and fragile, which makes them more prone to fracture. Bones affected by osteoporosis become weaker and can break following relatively minor impacts. Although this condition can happen at any age it is more likely to occur in older people and women. Fairly recently, it has been linked to those who have had long-term use of certain anti-seizure drugs. There are tests that can be done that can measure your bone mineral density,

which in turn shows the strength of your bones. If you are concerned you can ask for a bone density test from your doctor. You can also visit www.bones.org.nz for advice or try their free online 'Know your bones' assessment. This assessment will look at all your risk factors including, family history, drinking, smoking, thyroid problems and diet.

Anti-seizure Medication and Bones

In recent years there has been increasing evidence suggesting that epilepsy and some of its treatment with long term use of certain older anti-seizure medications can have an adverse effect on bone density. These recent studies have shown a link between the reduction in bone mineral density and the long term use of certain older antiepileptic drugs (AEDs), such as phenytoin (Dilantin), carbamazepine (Tegretol), primidone (Mysoline), Epilim (Sodium valproate). *<https://www.epilepsy.com/learn/challenges-epilepsy/bone-health>. Newer AEDs have not been as extensively studied so it is not clear if these cause decreased bone density. The reasons for these changes in bone density are not entirely clear but it may be linked to variations in the body's production of vitamin D. Calcium and vitamin D work together to protect your bones, calcium helps build and maintain bones; while vitamin D helps your body absorb calcium. We all need to produce enough vitamin D to help with the absorption of the calcium.

What should I do if I take Anti-seizure Medication?

Do not stop taking your medication,

as this could cause you to have more seizures. If you have suffered a fracture as a result of a minor fall and have taken anti-seizure medication for a number of years, perhaps see if it's necessary to get a bone density screening test. At the doctors you may wish to ask if they know of any link between your medication and decreased bone density. They may tell you there is no link between your decreased bone density and your medication and other factors are at fault.

What can I do to decrease my risk of fractures in later life?

Keep physically active with "weight bearing" exercises: those that make you work against gravity while remaining upright. Know your limits; you may choose low-impact or high-impact weight-bearing exercises depending on your overall health.

Eat A Well-Balanced Diet with Enough Calcium & Vitamin D

Calcium-foods high in calcium include dairy products and green vegetables.

Vitamin D (needed for calcium absorption!) - foods high in Vitamin D include fatty fish (i.e., salmon and tuna) and fortified foods like milk, soymilk, and cereals.

Supplementation is sometimes necessary to reach optimum levels of vitamin D for good bone health.

Maintain a healthy weight if you are underweight this can increase your fracture risk significantly.

Avoid smoking

Limit alcohol consumption

Get outside to create some vital Vitamin D from the sun (but ensure you don't over expose yourself to the

sun and wear sun protection).

If you are on one of the medications linked to decreased bone density, make sure you have regular checks with your doctor for Vitamin D and bone density.

Visit www.bones.org.nz to get a free online bone density risk factor assessment and report and download their resource fact sheets.

For Epilepsy support ring 027 270 6689 or 022 367 7895

Email: canterbury.westcoast@epilepsy.org.nz or anna-lee@epilepsy.org.nz

For support with Osteoporosis email: info@osteoporosis.org.nz

Information for this article came from:

www.epilepsy.org.uk/info/treatment/osteoporosis-osteomalacia



www.epilepsy.com/learn/challenges-epilepsy/bone-health

www.healthinfo.org.nz/index.htm/Osteoporosis.htm

www.osteoporosis.org.nz

This article is for information purposes, it does not replace advice given to you by your medical practitioner. Never stop taking your anti-seizure medications without consulting your doctor.

Natural arthritis aid and circulation booster

Exercise while sitting watching TV or reading. Affordable and so easy.

Twelve years ago when a lady from

Te Horo devised a means of relieving her husband's severe arthritic pain, stiff joints and swollen ankles, she

didn't anticipate the demand that would ensue for her Aircycle.

The inflatable cushion, shaped like a pair of feet, allowed her husband to exercise his ankle, knee and hip joints, lower back, wrists, fingers, arms and shoulders while sitting.

It was so effective an arthritis educator requested more be made for other sufferers. Word spread and now it's used by thousands of people here and overseas.

The gentle exercises not only help aching joints but hugely improve circulation in legs, feet and hands. Users report swollen ankles, night cramps and restless legs greatly improved. Diabetes related problems are eased. Leg muscles are strengthened and balance improved helping users to walk further with greater confidence.

Those who derive the greatest benefit from the Aircycle use it several times a day.

"Aircycle is even better than the information says. The pain in my knees has gone and although I use a walker I don't need it around the house anymore. I can move more freely and have much less pain in both my hands and feet. My feet are warmer too and now I don't need bed socks which I've worn for years." Gay, Rotorua.

Made in NZ, registered with Medsafe and with a lifetime warranty, this simple exerciser is inexpensive and can be purchased from Mobility Centres and some Pharmacies.

Visit www.aircycle.co.nz to see it demonstrated and read testimonials from health professionals and people whose lives have been changed as a result of regular use.

Order via website or phone Sue on 0800 14 14 15. Th cost is \$44.90 including postage.

(See advertisement).



Gentle exercise while watching TV or reading



Arthritis aid and circulation booster

Helpful for:

- * Relieving arthritic and joint pain
- * Diabetic foot care
- * Aiding prevention of DVT
- * Reducing swollen ankles
- * Cramps & restless legs
- * Building muscle/preventing falls
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- * Sciatica
- * Stroke rehabilitation
- * Parkinsons & MS

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\$39.90

'Available in most pharmacies'

View at www.aircycle.co.nz or call 0800 141415 or post \$44.90 (P&P included) to 106 Kawi Road, Levin 5510.

Companions on Paws, a new service

The launch of Age Concern Canterbury's dog home visiting service "Companions on Paws" was delayed due to the Covid-19 lockdown. However, with the lifting of all restrictions in recent weeks, the service has now begun its trial.

Currently there are three owners who, with their dogs, are visiting clients for an hour per visit. The three recipients of the "Companions on Paws" visits are enjoying the opportunity to interact with both the furry visitor and its owner.

Some of the comments expressed by the clients include:

"I feel so happy again, having a dog in my home."

"I can't wait for the next visit; can we go walking?"

"I forgot how much joy a dog brings



to me."

"I now realize how lonely I have been without a pet."



Age Concern Canterbury is keen to expand the service to include more dogs (and owners) and more clients who would enjoy the opportunity of a regular visit from a "Companion on

Paws."

If you would like to volunteer with your dog for this new service or if you would like a dog and owner to visit your home call us on 366 0903.

MyStory is your story

When your life story is told, who better to tell it than you?

Building on the personal experiences of owner and manager Martin Conway, Mystory is a newly established organisation in Christchurch that seeks to preserve family history and legacy for future generations.

A shock cancer diagnosis in 2014 with his wife Angela 8-months pregnant carrying their only child, forced Martin to confront his mortality. Through his treatment that followed, Martin contemplated what message or messages he would like to leave for his son and wife, if the treatment was not successful. There were many who could provide insights for Martins' son Mateo about the life Martin had lived and boxes of photographs to pour through for reference. But Martin recognised that no one could tell his story in the detail a child would wish for, like he could. And to maximise personalisation and efficiency, the format of a video-

biography took preference.

Fortunately, Martin's treatment has proven successful and with their treasured son soon to turn six, he has used his cancer battle as the launchpad for this new initiative.

The circumstances that forced New Zealand and much of the world into lockdown this year, also forced many to contemplate their mortality and the mortality of their loved ones like no other event on this scale, in recent history. Fear that isolated parents or grandparents might not have the chance to farewell their children and grandchildren and preserve vital family history, has made Mystory's video-biography services even more popular.

A personal and emotional experience, they will work with you to capture your life story, for your loved ones. This is the gift of a lifetime, your lifetime.

Visit the website mystory.co.nz or call Martin to discuss how you can tell and preserve your story. (A)

Mature Moves is about helping people

If you are considering moving into a smaller home, perhaps a retirement village or residential care and you feel you could use some help Mature Moves could be your answer.

It is a Christchurch based company with local people helping older people to downsize and move when the need arises.

They understand that sometimes your family are not positioned to help as they might like to or have time restraints. True to their motto 'to treat you like they treat their own families', the team at Mature Moves can pack up, declutter and move all of your belongings and furniture to your new home.

Then they unpack and set up your new home to the very last detail, setting up the home just the way you like it.

Decluttering can be a bit overwhelming. However, it is made much easier with some understanding

help. Step-by-step you can have things sorted and organised with minimal fuss and stress.

Along with this wonderful service, they can also organise selling things you no longer require, or if you desire gifting them to family or charities.

They can also clean homes inside and out, and complete the gardening to get houses ready for sale.


Mature Moves is about helping people. You let them know what you need help with and they will set about showing you just what they can do to help you.

A visit and consultation is free of charge, with no obligation to use their services. However, if you feel they may be of assistance a quotation can be provided for your consideration.

You can call Mature Moves on 0800 777 214 to talk about your move.

We are sure Sharon and Gary can help you to lighten the load and make your move a smooth transition. (A)

REC ●



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Preserve your memories, your history and your life story in a beautiful video-biography for your loved ones.
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Phone Gary or Sharon
0800 777 214
Mobile 021 570 702

Email: info@maturemoves.co.nz
www.maturemoves.co.nz

Communicating with a person living with dementia

Expressing what we would like to say and understanding what is being said can be a minefield for all of us at times, but even more so for someone who is working hard to manage the physiological changes in their brain that living with dementia brings. It is, therefore, important to work some simple strategies into your communication which will provide the means to navigate conversations with greater success.

At Dementia Canterbury we often talk about the Four "S's" of Communication, designed to inject a more positive influence on conversations. These are Slow, Simple, Specific, and Show. Using these guidelines will often help to minimise distress and keep communication effective.

SLOW

It can take much longer for a person living with dementia to process what has been said and construct a response. This is because, often, the language centre in the brain has been affected. If we give too much information or we speak too quickly, it can be very overwhelming for the person and it will hinder communication.

Speak slowly and clearly.

Ensure you have the person's attention before you embark on a conversation.

Introduce yourself. This may seem a strange thing to say if the person you are having a conversation with is someone you know well; however it can save precious brain power for the person if they are having some



disorientation problems. Their brain is having to work hard to identify who you are as well as engaging with what you are saying to them.

SIMPLE

Simple is best for all of us. It stands to reason that the more complicated conversations are, the more chance there is for misunderstanding. Understanding can become extremely foggy when the added complications of dementia are factored in.

Work hard to use clear, direct language, that is easy to make sense of and removes any basis for ambiguity. E.g. It is better to say, "Put the cup on the table" than to say, "Put it over there."

Consider the environment to rule out any sensory overstimulation. If there is too much noise or there are competing noises, (such as the TV and radio on at the same time,) the brain can easily become overwhelmed and its ability to filter out distractions can become impaired. Take the person to a quiet spot, away from distractions – or ask if it is Ok to turn off the TV and other competing distractions before

you start your conversation.

When offering choices, simplify the choice to one or two things to choose from.

Offer simple instructions one step at a time. It is very helpful to break down more complex instructions, offering one step at a time.

SPECIFIC

In our everyday conversations, we often use vague, abstract language that is not helpful for a person living with dementia, who is forced to use extra brain power to try and piece together what you are saying to them. If you use more concrete, specific language, it saves them that extra work and leads to more effective communication.

It is far better to say, "Sit on the chair," than to say, "Grab a seat."

Specific questions are also very helpful. "Would you like tea or coffee?" is a better question than, "What would you like to drink?" Having options in the question makes it easier to answer.

SHOW

Only a very small percentage of



our communication is verbal, so it is wise, wherever possible, to use as many other sensory cues as possible when communicating to augment our words.

If you are offering a bowl of soup, for instance, allow the person to see it and smell it as well as hear you asking if they would like a bowl of soup.

When appropriate it can also be helpful to use touch – e.g. guiding someone by the hand or elbow.

Sometimes it is helpful to demonstrate the action as well as saying the words eg demonstrate drinking from a cup while you say the words, "Would you like a cup of tea?"

The use of visual cues, such as a whiteboard or diary can also serve as helpful reminders.

Communicating in a manner that is positive, effective and avoids misunderstandings is a difficult task for all of us. It stands to reason, therefore that it can be a major source of frustration and a bitter pill to swallow for a person living with dementia and their friends and family. The Four "S's" of positive communication can be like "a spoon full of sugar" for that "bitter pill," helping to pave the way for effective communication. Keep strong!

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Try us, you'll like us!



The conundrum that is the Congo Cockatoo

by June Peka

A long time ago a dear old soul on a pink bike stopped to talk to me in our front garden. It was a beautiful day to plant seeds she said, and I would surely love the flowers that would grow from those she handed me.

I did enjoy those touch-me-nots (*Impatiens glandulifera* or Himalayan balsam) for a couple of years, although they frightened the life out of me when their seed pods exploded on the windows in the dead of night. Then they sprouted up everywhere, a dense forest of pink triffids, two metres tall in our good soil. It was many many years before we were free of them again. We didn't dump them in the creek around Banks Ave, but it looks like someone has.

Now I am galled to read that the tender and sulky pot plant I have lavished attention on, and struggled to nurture for an equally long time, is not only very closely related to that pink terror but is feared by gardeners on the other side of the world for its similarly rampant colonisation of domestic gardens and waterways.

My capricious baby is the Congo Cockatoo, or parrot plant - also an *impatiens* (*congolensis*) from the *Balsaminaceae* family, which I begged as a cutting from a leggy



specimen in a gift shop window in Hokitika in the 1990s.

Over the years I've discovered it doesn't like sun (or shade), hates being dry (or wet), falls in a wilted heap at the first sign of frost or spider mites (and the stuff that kills them), or in a sticky heap at first sign of scale insects (and the stuff that kills them too).

Still, it is flamboyantly beautiful with its shiny leaves, and red, yellow



and lime-green beak-shaped blooms topped with tiny jewel-like droplets of oxalic acid. If I'd given a cutting to everyone who's asked, I'd have no plant left.

Propagating, according to the internet, is a doddle. Easiest things in the world to strike it tells me. Well, in all those years I've managed to get perhaps a dozen cuttings on the move. It's pure hit-and-miss luck. Let them make roots in water first, then

plant in sandy soil and treat like a baby. Sometimes it works, often it doesn't.

In 1909, German botanist Ernest Gilg named this plant after the Niam Niam (Azande) people in northern Central Africa, where he first came across it. It was used in native medicines for migraines and arthritis. In that climate the Congo Cockatoo, which grows up to 2 metres tall, also has exploding seed pods which cause it to spread wildly through forests and down rivers. Mine has never seeded.

When I visited Devonport I was surprised to find these plants thriving in outside coastal gardens. Here in Christchurch it blooms inside during the winter months and then appreciates a semi shaded, sheltered position outside in the summer.

The internet advised pinching the growing tip out when the cuttings were 12-15 cms tall to promote side growth. I did this with one which is now indeed bushier than the other which is taller but has more flowers. So far I'm managing the mites and scale and they'll be pampered through the rest of winter. Watch this space. I might have cuttings to give away this time next year.

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 in December 2016 at the New Brighton Mall Market we have had reports of huge successes from folk who took the opportunity of the offer of a free trial at our stall. The rub has been used for all manner of aches and pains including various forms of arthritis, fibromyalgia, psoriasis, crps 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 New Zealand.

You can purchase this online, by visiting our website www.florentinegold.co.nz or email us at 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.

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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**

"I have suffered from lower back degenerative disc pain for 7 years, tried multiple other avenues for relief

but nothing has worked like this amazing pot of 'gold'! The relief I have obtained from Florentine Gold Body and Joint rub is profound and I will be a long term customer, my mum is also getting amazing relief for her bad knees, it is a must try for any pain and inflammation in my opinion and Phil and Josephine are just lovely to deal with also." **Delena 8th May 2019** 


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Did a tragic family secret influence Kate Sheppard's mission to give New Zealand women the vote?

The family of pioneering New Zealand suffragist Kate Sheppard kept an important secret – one that possibly explains a lot about her life, her beliefs and her motivation.

The secret involved her father, Andrew Wilson Malcolm, and what happened to him after Kate was born. An extensive and painstaking quest by her great great niece Tessa Malcolm has revealed the truth about his fate.

Sadly, Tessa died in 2013 before publishing her decades-long research. I am now completing her work and hope to publish a new biography of Sheppard in 2023, the 130th anniversary of New Zealand becoming the first place in the world to give women the vote.

Solving the mystery of Andrew's death deepens our understanding of Kate and her extraordinary life.

What happened to Kate Sheppard's father?

Following family leads and with detailed searches of official and military records, wills and graves, Tessa finally established the truth: Andrew Malcolm died aged 42 of the delirium tremens (DTs) in New Mexico on January 26, 1862.

The DTs are a severe form of alcohol withdrawal and a horrible way to die. Symptoms include fever, seizures and hallucinations.

Kate Sheppard

It had already been a long and difficult slog for Andrew. He was one of thousands of Scotsmen who served in overseas armies throughout the 19th century, motivated by a lust for adventure, sympathy for a cause,



financial reward, a desire to emigrate or just to escape their lives at home.

When he died he was months short of completing ten years service in the Union Army. His burial site at Fort Craig was recently looted, which led to the official exhumation and reburial of bodies, Andrew's remains possibly among them.

So we now know the Scottish father of a leader in the New Zealand Women's Christian Temperance Union (WCTU) died an alcoholic amid the horrors of the American Civil War. He had served and sacrificed his life on US soil, far from his wife and five children at home in the British Isles.

The personal becomes political

As is well-known, after the family left Scotland and re-grouped in New Zealand, Kate went on to play a key role in the movement to grant women the vote. The peaceful campaign was closely aligned with the temperance movement. It argued that moral, enfranchised women were needed to clean up society by voting against the

"demon drink".

A New Zealand tour in 1885 by Mary Leavitt of the American WCTU was a catalyst for local organising. Sheppard became the secretary of the WCTU franchise department.

With her own family experience and connection with America, we can certainly speculate that for Kate temperance was more than a platform from which women could gain the vote. It's highly probable that her quests for a sober society and votes for women were personally entwined.

A missing page from history

So why did Andrew's death remain a secret? Stigma, a sense of shame, or just the natural desire for privacy could all be explanations.

In her 1992 biography of Kate Sheppard, Judith Devaliant dedicated only two pages to Kate's life prior to her 1869 migration to New Zealand around the age of 21. Of Andrew she wrote: "His death has not been traced with any accuracy, although it is known that he died at an early age leaving his widow to cope with five young children."

The biography is also vague about the details of his life. He was born in Dunfermline, Fifeshire, in 1819 and married Jemima Crawford Souter on Islay in the Hebrides in 1842. Documents describe his occupation variously as lawyer, banker, brewer's clerk and legal clerk.

There is no mention of Andrew in either the New Zealand History Net or Book of New Zealand Women entries on Kate Sheppard. Until now, the focus is on Kate's adult life and

work, with family taking a back seat.

Even in her own 1993 entry on Kate in the Dictionary of New Zealand Biography Tessa simply wrote: "Her father died in 1862". The implication was that Andrew had died in Scotland, although Dublin and Jamaica also appear in genealogical records.

Ruins of the officers' quarters, Fort Craig, New Mexico, USA: last resting place of Kate Sheppard's father. CC BY-SA

The search goes on

But Tessa was already aware of Andrew's New Mexico fate by 1990, two years before Devaliant's book was published. After following dead ends and disproving family rumours she had solved the puzzle of what really happened to the ancestor she referred to as the "bete noire" of her research.

Can we conclusively say that Kate Sheppard's temperance and suffragist work was directly linked to knowledge of her father's death? Or are we dealing with an irony of history, albeit a sad one?

As yet we can't be sure. But Kate's mother definitely knew the cause of Andrew's death and we know she greatly influenced Kate. I believe it was also likely known by other senior (and also influential) family members, but kept quiet. The fact the truth was hidden so well suggests a degree of deliberate concealment. By building on Tessa's groundbreaking research I hope to reveal more of a remarkable story that connects Scotland, America and New Zealand to a global first for women.

(Source: www.theconversation.com)

Extra votes - two separate referendums

by Ruth Dyson, MP

The general election this year is on September 19th, with early voting starting on the 5th September. You don't have to have a "reason" to vote early – if it's more convenient for you to vote early, you can.

As well as voting for your local candidate to be your Member of Parliament, and for the Party you support, this year you will also be able to vote in two separate referendum questions.

The first is to determine whether the End of Life Choice Act, which has been passed by Parliament, will come into force. It will only be activated if over 50% of New Zealanders who vote, vote Yes. And even then, it will not come into force for 12 months.

I have had a lot of people ask me about this Act and so I thought I would take this chance to explain it

a little more. The Act is very narrow. It allows people to ask for assisted dying if the person is over 18, is a NZ citizen or permanent resident, has a terminal illness that's likely to end their life within 6 months, have significant and ongoing decline in physical capability, have unbearable suffering that cannot be eased and is able to make an informed decision about assisted dying.

The person has to meet ALL those criteria. They also must be making the request without pressure. They will not be eligible if the only reason they give is they have a mental disorder or mental illness, are disabled or are of advanced age. They would not qualify.

I am a strong supporter of End of Life Choice. But I also understand that the difficulty with assisted dying

is that we need to balance competing values, each of great importance.

The first is the sanctity of life and the need to protect the vulnerable. The second is the autonomy and dignity of a competent adult who seeks to end their life as a response to a grievous and terminal medical condition.

I don't believe that a "right to life" is the same as a "duty to live".

I have looked at other countries and states where this type of legislation is in place and one of the interesting facts for me was that in Oregon, many people are prescribed the life ending medication but don't end up taking it. But having the security of knowing that if you want to end your life in a way and time of your choosing gives many people the ability to live their life to the fullest until the end.

It takes away the fear and I think we should want that for everyone. Feel free to contact me if you want to ask questions or discuss this matter.

Ruth Dyson MP for Port Hills

For advice and information please contact my electorate office:

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



Labour

Authorised by Ruth Dyson
642 Ferry Road, Woolston



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Remember the basics to burn smoke free

Using a modern wood burner is a great start to improving air quality, but it's equally important not to forget the basics to burn smoke-free – good wood and good fire lighting technique.

Mark Bourassa, a better burning advisor at Environment Canterbury, talks about the importance of getting the basics right if you choose to burn wood as a heat source.

How do you light your fire?

An upside-down fire-lighting technique can save time and reduce air pollution.

"If you want a fire that gets going quickly, saving on time and excess smoke, then we recommend trying this technique, which uses larger pieces of wood at the bottom and kindling on top. You can walk away with confidence that your fire will be getting off to a good start and heating up fast," says Mark.

Resist the overnight smoulder

Adding a log to your wood burner and turning down the airflow to slowly burn through the night is not only a big cause of air pollution but also an inefficient way to heat your home. "If your wood burner is working well, and your house is well-insulated, then you shouldn't need to leave wood smouldering overnight at a low temperature as this causes excess smoke," says Mark. He suggests getting your fire burning hot and smoke-free before going to bed but

to accept and plan for it to burn out. If you feel your house is getting too cold overnight, then you may have an issue with insulation and draughts.

Is your wood 'good'?

Having good wood is key to running an efficient fire that burns clean.

"If a chimney is smoking badly, it's often the fuel that's the problem," said Mark.

"It's important to ensure the wood you're using is dry and seasoned. Wet wood will not burn hot enough to heat your home well and will smoke out your neighbours."

Use a Trusted Good Wood Merchant to source wood and stock up at least a season ahead.

Support is available

If you need to upgrade from an older-style wood burner, Environment Canterbury's team is happy to talk through the different financial options available including subsidies, temporary waivers for certain circumstances, and the Healthier Homes Canterbury scheme where eligible ratepayers can apply for a rates advance to help purchase home heating, insulation and ventilation.

Get in touch with Environment Canterbury for personalised help and support by calling 0800 329 276, or head to warmercheaper.co.nz for tools to help you burn smoke-free, along with a list of Trusted Good Wood Merchants. (A)



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We also offer full or half day trips or scenic drives, which are becoming increasingly popular with our clients. Don't let winter stop you from visiting the beautiful mountains or beach or enjoying a catch up with friends. Experience a wonderful trip with a personalised itinerary and friendly companion driver to assist you when required. You can choose your destination, or we can help arrange the whole itinerary for you. Small groups welcome.

We have plenty of room in the boot for wheelchairs and walkers.

As always, our goal is to offer a high-quality service, at a reasonable price. Whilst our priority remains the safety of our clients, we are

constantly looking for new ways to improve and enhance our service, whilst maintaining high standards of hygiene, especially during the Covid-19 pandemic. This includes, but is not limited to, measures such as wiping the interior surfaces and handles of our vehicle with disinfectant, before and after each client, using hand sanitiser and washing our hands regularly.

If there's something that you require help with, then we would be happy to have a chat about your options. We tailor our service to each client's requirements and aim to offer a quality, personalised service, at a reasonable price.

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The savvy shopper

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

The one aspect of lockdown that was constant was the need for food, and trips to the supermarket. You may have had a nominated shopper, used an online grocery service or the wonderful Student Volunteer Army.

Some people love supermarket shopping, others find it stressful and tiring. Here are Senior Chef's top tips for a better shopping experience!

Do some planning by listing your meals for the week and creating a shopping list. Planning means you are more likely to eat a variety of foods (great for your health) and keep within your budget. When you write your shopping list, group items together as they appear in your supermarket e.g. fruit and vegetables, chilled deli, frozen foods, etc. Keep your list handy during the week so you can add any bits and pieces to it as you run out of items. If you like using apps on your phone, Countdown has a great app (myCountdown) that allows you to write your shopping list and automatically groups your items by aisle.

Be crafty in your choices so you can get the most from your groceries and budget e.g. if you serve mashed potato with your main meal, make extra to add to a fish pie or Shepherd's pie for the next day. If you have some tired vegetables in your fridge turn them into a vegetable soup. Why not try our Winter Soup?

Shop at the right time for you, a time when you are not tired, hungry or rushed. According to the New Zealand Herald, between 9am and 10am is typically a quieter time to shop. Peak times are the weekends and on paydays, such as every other Wednesday or around the 15th of every month.

Read between the lines as manufacturers often write statements to make you buy their product. Don't be fooled by packaging.

At Senior Chef we use the 10:10:5 rule to find products that promote health. Find the Nutrition Information Panel (usually in very small writing!), then the 100g column and look for:

Total fat less than 10g per 100g

Sugars less than 10g per 100g

Fibre more than 5g per 100g

This is a great guide for checking products such as breakfast cereals, crackers and bread.

Double check end of aisle specials as there is often a cheaper item



on the main shelf. "Special" signs encourage you to buy more. Think carefully before buying products promoted as "Limit 4" or "two for \$5". These encourage you to buy when you wouldn't have if not on sale. Check the "unit price" of products on the bottom corner of the price ticket. This is the price per 100 or per kg. It's the best way to compare prices.

Buy in season – seasonal fruit and vegetables are likely to be the best buys. Often it is cheaper to buy frozen vegetable rather than fresh. Be wary of buying large bags of vegetables even though they cost less. You may not use all the vegetables before they start going mouldy.

Check the best before or use-by dates to make sure the food won't spoil before you can eat it. Prepared salads and chilled foods such as yoghurt and meat are often marked down as they get closer to their use-by date. Meat can be frozen, but be wary of buying chilled foods unless you are going to eat them before use-by time.

Always have a supply of non-perishable foods and some frozen foods on hand. This is a great back-up if you can't get to the supermarket. This could include crackers, canned food, powdered milk, breakfast cereal, frozen vegetables and some bread in the freezer.

Shopping with a friend or family member can be great if you are unfamiliar with the supermarket layout and need a helping hand. Having someone alongside you also makes it less of a chore.

With lockdown behind us, you still have the option of online shopping or the Student Volunteer Army grocery service. If you want to know more about this service phone 0800 005 902 or visit their website: sva.org.nz

Our Senior Chef classes include a trip to the supermarket for a comprehensive tour to show you the best ways to look after your health and budget!

A winter soup

This is a great soup that uses basics from your pantry. You could use any vegetable that may be a little bit past its best e.g. carrot or pumpkin instead of kūmara.

It's a simplified version from the Moosewood Cookbook and so easy to make!

Ingredients

1 tablespoon oil

1 large onion, finely diced

2 teaspoons crushed garlic OR 2 cloves crushed garlic

2 stalks celery, sliced

2 medium kūmara, chopped into 2cm cubes (you don't need to peel!)

2 teaspoons paprika

1 teaspoon turmeric

Dash of cinnamon

1 teaspoon salt

1 can crushed tomatoes

4 cups of water

1 can chickpeas OR 1 can cannelloni beans, drained

Method

In a large saucepan gently heat oil and sauté onions, garlic, celery and kūmara for about five minutes.

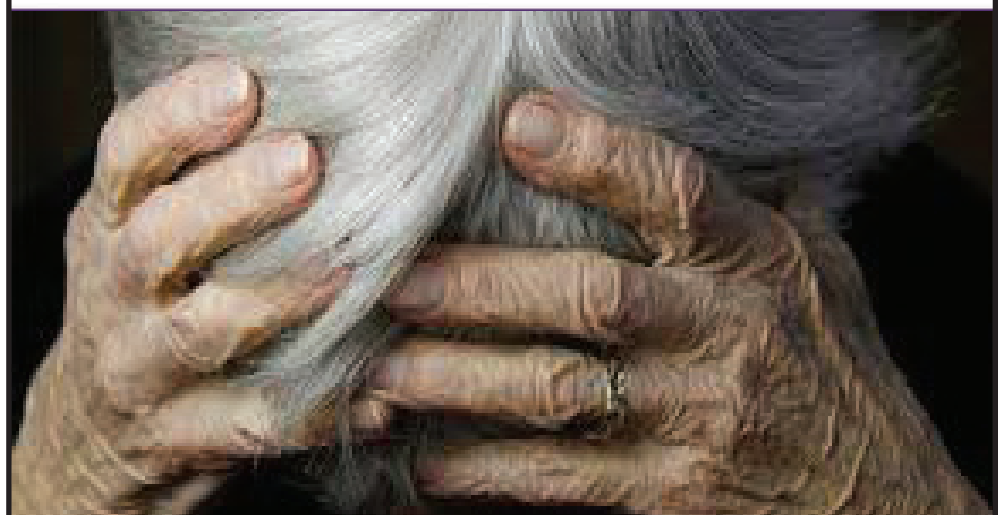
Add spices and salt and cook for a further 2 minutes, stirring gently.

Add tomatoes, water and chickpeas OR beans. Simmer for 15 minutes or until kūmara is tender but not falling apart.

Serve with wholegrain bread for a hearty meal.



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3. Include older people in your social activities.
4. Phone or visit your older relatives.
5. Support older people to spend their money how they wish.
6. Encourage and support older people to make their own decisions.
7. Honour older people's wisdom.
8. Enable older people kaumatua to set their own pace.
9. Respect older people's stories.
10. Seek advice from our Elder Abuse Response Service when you think an older person is being abused or neglected.



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In My Own Words - personal audio recordings

In a time when technology is always changing, the way people are listening and learning about other people has come a long way.

When Jess Davidson, a former television and radio host, started her own podcast, the aim was to provide encouragement and inspirational audio stories for the public. "Smile and Pod" began in July 2019 by interviewing successful New Zealanders about how they came to be in their field of choice, and the challenges they have overcome.

While hearing these stories Jess found herself reminiscing about the tales her grandfather used to entertain her with as a child. She wished she had been able to fully appreciate them and remember them after his passing, and wished she could hear his voice again and the humour with which he shared his stories.

That is where the catalyst for 'In My Own Words' began.

In My Own Words is a private audio recording service, made to preserve a person's personal life story for generations to come. In the interview, Jess talks to people about their life, starting from childhood, through important life events to the current day. The recordings can be done either at Jess's home in Rangiora, or the equipment is easily used remotely at your home or chosen venue.

Prior to the interview a consultation is included, to talk about the important topics that the customer wishes to discuss and the process of the interview. Each recording session can go for up to two hours, however there can be tailormade sessions depending on the desired content of the interview and how long that may take. The audio interview is then professionally edited with an introduction and information about when the interview was recorded, and put onto USB stick, to be kept as a keepsake and shared with family.

Many customers have explained that they had previously tried to write their own memoirs, however the time involved in putting pen to paper and having them printed or published was a drawn out and expensive process. To be able to talk about their stories with passion and expression and have that captured on audio in a timely and affective



Jess Davidson in her previous role as a television presenter.



Peter Roso recording his life story "In His Own Words."

process has been a huge advantage for those using the service. In My Own Words has proven to be a popular gift idea for family members, seeking to give an unique item for a special occasion or birthday. The In My Own Words service has also been used by those with terminal illness, who wish to provide their own audio eulogy at their life celebration ceremony. It allows the person to talk about special moments in their life, and to be remembered in an unique and meaningful way.

For many people, the most special aspects about In My Own Words is that it captures not only the life story of their loved one, but the essence of their personality and knowing that they have their loved one's character and voice preserved is extremely important.

Jess is based in Canterbury, but In My Own Words can record interviews anywhere in New Zealand.

For an obligation free discussion, Jess can be contacted via phone 027 261 4427 or check out the website www.inmyownwords.co.nz.

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 communities 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 Licence 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. 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 licence to occupy model," he says. "Freehold ownership gives the owner more options and means any capital gain is theirs, and theirs alone."

Built by the award-winning Mike Greer Homes, the villas are highly customisable, with 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 or

www.marybrittanvillas.co.nz.

See our ad on the next page. (A)

When I'm an old lady

When I'm an old lady, I'll live with each kid,
And bring so much happiness just as they did.
I want to pay back all the joy they've provided.
Returning each deed! Oh, they'll be so excited!
When I'm an old lady and live with my kids.

I'll write on the walls with reds, whites and blues,
And I'll bounce on the furniture wearing my shoes.
I'll drink from the carton and then leave it out.
I'll stuff all the toilets and oh, how they'll shout!
When I'm an old lady and live with my kids.

When they're on the phone and just out of reach,
I'll get into things like sugar and bleach.
Oh, they'll snap their fingers and then shake their head,
When I'm an old lady and live with my kids.

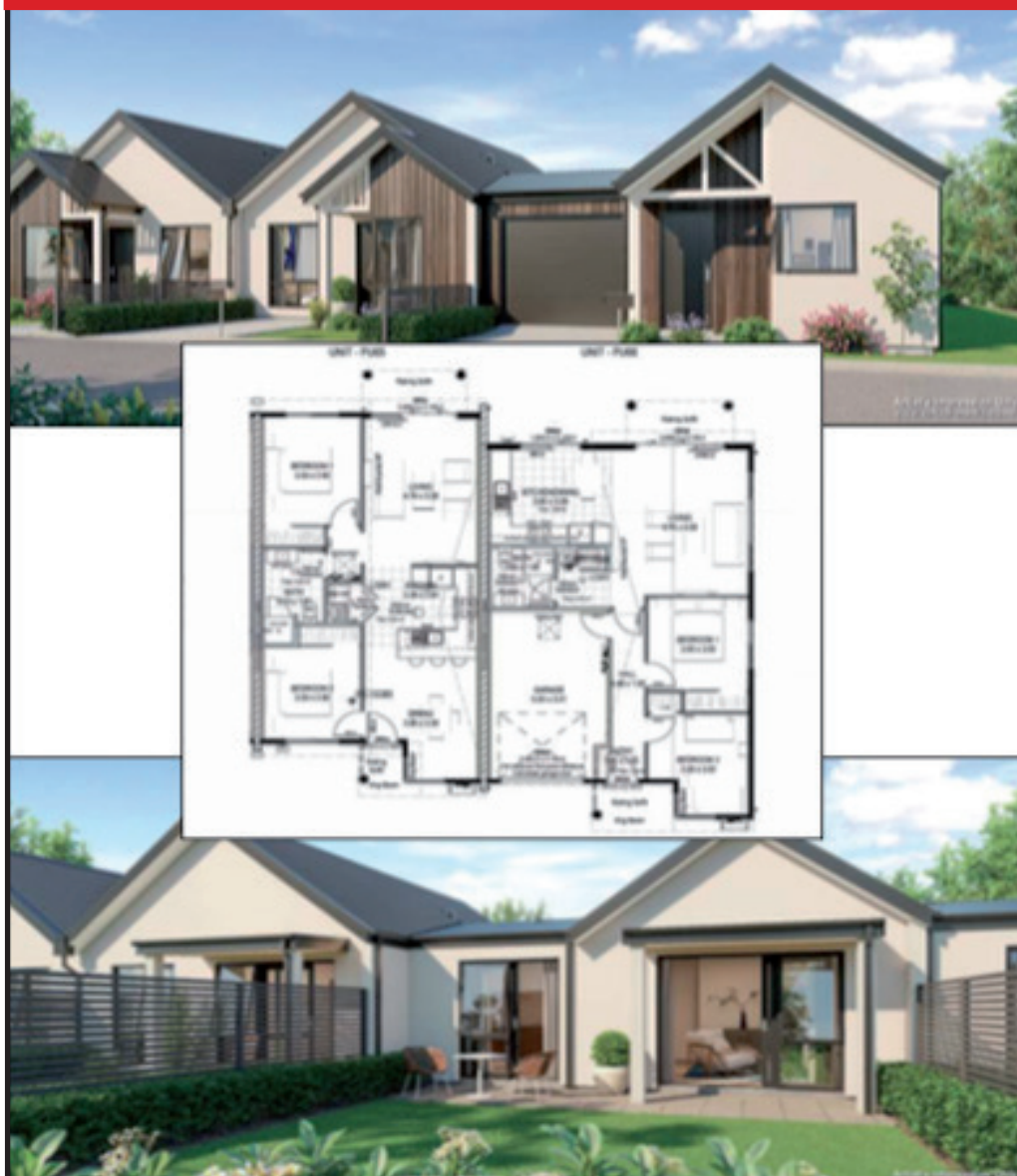
When they cook dinner and call me to eat,
I'll not eat my green beans or salad or meat,
I'll gag on my okra, spill milk on the table,
And when they get angry I'll run if I'm able!
When I'm an old lady and live with my kids.

I'll sit close to the TV, through channels I'll click,
I'll cross both eyes just to see if they stick.
I'll take off my socks and throw one away,
And play in the mud 'til the end of the day!
When I'm an old lady and live with my kids.

And later in bed, I'll lay back and sigh,
I'll thank God in prayer and then close my eyes.
My kids will look down with a smile slowly creeping,
And say with a groan, "She's so sweet when she's sleeping!"

by Joanne Bailey Baxter

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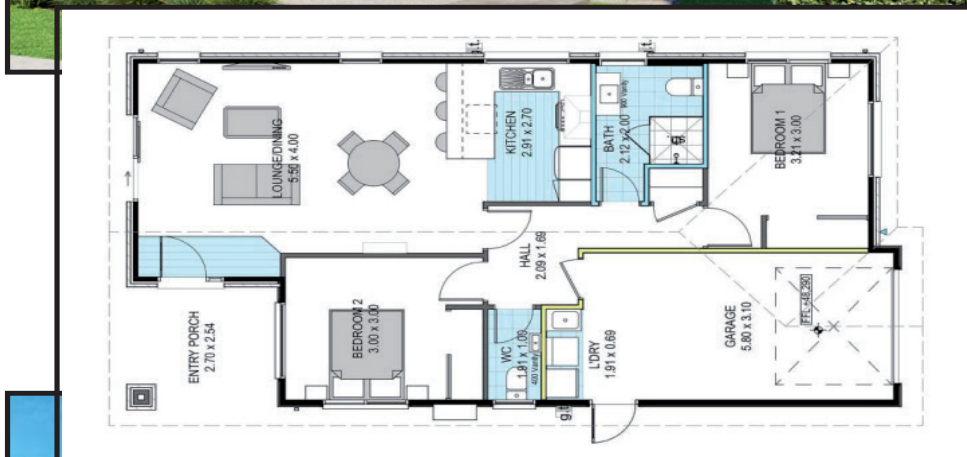
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Call now for your private viewing

Find out more

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Five brain health myths debunked - does Sudoku even work?

If we're lucky, we'll live to a great old age. But with those 'good innings' comes a lot of concerning myths about our aging brains. The good news is that you can cross some of those worries off your list. The Global Council on Brain Health (an independent collaboration of scientists, health professionals, scholars and policy experts) reports that a number of these myths have been researched – and debunked:

1. Old people can't learn things
 "You can't teach an old dog new tricks" – not true. It might take longer, but you can teach old dogs, and humans, new tricks. In fact, trying something new actually stimulates the brain. Learn a musical instrument or another language – something that's fun, challenging and will let you form new relationships.

That's why games like Sudoku aren't the answer. They'll quickly stop being challenging, and you'll also miss out on that social aspect.

2. If you were born dim, you'll always be dim

No. That wonderful brain of yours, scientists have discovered, can grow new neurons in the areas of



memory and learning – at any age. This discovery can now help people to better brain health and may even reverse brain damage and neurodegenerative disorders in the future.

3. Doctors still don't know much about the brain

New things are being uncovered every day, in spite of the deep complexity of the human brain. Growing new neurons is the tip of the potential iceberg, and there's hope that new treatments will emerge in the near future. For example, Theodore Berger, a neuroscientist at

the University of Southern California-Los Angeles, created a chip implant that mimics the neuronal networks that form long-term memories. These could potentially reverse the effects of diseases like Alzheimer's.

4. Live long enough and you'll get dementia

You can understand where this myth came from: we're more vulnerable to health events as we age, and we're living longer, so the rate of dementia is also rising. Dementia is caused by disease, age-related events like strokes, not age itself. So just because you lose your keys doesn't

mean you have dementia.

5. When you're old, you forget things

Older people don't have a monopoly on forgetfulness. Everyone forgets things, because memory is notoriously tricky. The process of storing and retrieving memories is complex, involving billions of neurons and trillions of synapses operating seamlessly together. Healthy people can forget seemingly critical moments, mind-blank on things they know, and even invent new memories out of thin air.

Memory training's great – but only if you keep it up.

"Use it or lose it" applies to any kind of fitness. Memory training might improve your cognitive function, but only as long as you keep it up. And instead of playing sudoku, you're better off lunching with friends, joining a walking group or a bridge club, or volunteering at Citizen's Advice. That way you're maintaining connections with your community, growing new neurons, and giving your brain its best chance at good health. *(Reprinted with permission from GrownUps Lifestyle magazine. www.grownups.co.nz)*

Think about making your next move

I have to admit, as I'm over 60 (just) I find myself having empathy for those who are at the stage in life when the family home has become larger than necessary, demanding more cleaning than I'd prefer, extra energy and time for gardening and there's always something to repair or replace. Although Covid-19 may have temporarily kerbed my desire to



Annette Pendergast

travel, the idea of downsizing to a lock and leave, warm, low maintenance home holds a strong appeal. Like many in my age-group, I really need to consider making a move to downsize before I start resenting the home I currently love.

Selling your home is not something you would expect to have recent experience with and employing the right agent who confidently understands what is involved from EQC and insurance claims, preparing your home correctly for particular buyers, through to delivering the latest marketing techniques is vital to selling success. However, it

also needs to be someone who appreciates what is involved for you - your lifestyle, your family and who conducts business both practically and professionally.

Today we are seeing a "Sellers Market" in real estate, with a continuous surge of first home buyers and investors all keenly looking to snap up Christchurch property. Families are also on the move as the school year-end approaches and decisions on education need to be made. We are therefore selling and with a targeted approach and our team at the Mike Pero Real Estate Avonhead are certainly achieving

excellent sales results and great prices for our vendors.

Annette Pendergast is a leading agent with Mike Pero Real Estate. Her experience is appreciated by those who are downsizing, building, or perhaps moving to a retirement village, as she has a clear understanding of what is required to prepare and put your home on the market. She is happy to meet with you and discuss your plans, now or future, and provide qualified advice on how best to approach your next move. Phone 022 090 2627 or visit her website annette-pendergast.mikepero.com. (A)

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Stay Connected

The Social Connection team at Age Concern Canterbury, with the support of over 500 volunteers, can help you stay connected in your community. Did you know that staying socially connected can improve your health and wellbeing? We offer individualised advice, regular social outings and weekly social visits.

Let us help you stay connected

Tūranga, a great place to visit



The Host Outings service is pleased to announce that Tūranga, the new Public Library in Christchurch, has come on board as a host for Age Concern Canterbury.

We had our first well-anticipated visit in early July and were seated in a lovely sunny window spot where guests could easily access the large print books and DVDs. The librarians provided morning tea and an action-packed game of BINGO. The library bag prizes were much appreciated!

We had fun using the touch sensitive Discovery Wall which is a digital representation of Christchurch. We took turns swiping our way through the cityscape discovering images relating to the city's unique history and identity.

We then finished the outing with an elevator ride to the 4th floor where we were able to see out over the Cathedral which is currently being rebuilt post the Christchurch Earthquake.

A great trip had by all and a reminder that local Libraries have useful resources available for older persons.

Imaginary journeys to share with your grandchildren

It is only a few weeks ago that because of the pandemic we were locked in and had to stay home. But now that our team of five million has flattened the curve we can once again go and explore New Zealand although that overseas trip will have to wait for a while. To whet your appetite for travel, here are three books to share with your grandchildren about journeys and family holidays.

Elastic Island Adventures: Alphabet Resort



Elastic Island Adventures: Alphabet Resort is the fourth in a series of action adventure stories by popular New Zealand author Karen McMillan. Children who have read the previous three books will be delighted that the four children, Kiri, Jed, twins Emma and Ethan as well as Blong the cat, have once again boarded 'The Elastic Island'. This small sandy island with 16 palm trees sends them ping-ponging across the Pacific Ocean to a new destination, the Alphabet Resort where they have been invited to attend the wedding of King Shiny and

Princess Topaz. All the buildings here are called after famous children's authors including two from New Zealand, Margaret Mahy and Sophie Sears.

Soon after arrival the children get involved in some matchmaking between Wombo, a terribly shy and awkward Wombat bachelor and Whitney, an alluring lady Wombat.

They also have a chance to catch up with old friends including Princess Makana and Mrs Quokka whose many illogical words of wisdom constantly annoy Ethan.

Then disaster strikes! At the Royal Highness Rehearsal Dinner Princess Topaz is kidnapped and made invisible.

The chase is on to find the kidnapper. To everyone's surprise Wombo the Wombat shows a real talent for solving some of the riddles the kidnapper left behind.

The question is: will they be able to rescue Princess Topaz in time for the wedding?

Like the other books in this series this new Elastic Island Adventure story is well told with Karen McMillan's usual quirky sense of humour and would be a jolly good read for 6-12-year olds.

Elastic Island Adventures: Alphabet Resort is by Karen McMillan, Publisher: Duckling Publishing. RRP \$19.99

My New Red Car



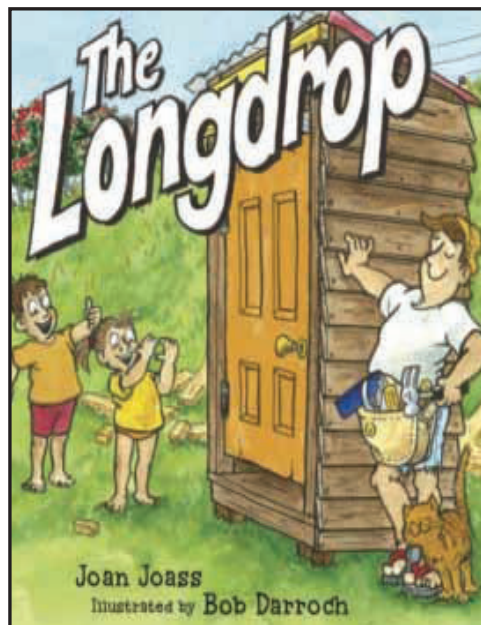
Auckland writer and illustrator David Minty wrote this story to amuse his two small sons while on his way to work.

It is a little tale about two comical little square shaped creatures with beady eyes. One has a new red car. He was sure he had parked it by the side of the road, but it has vanished.

His friend helps him to look for it and to their horror they discover a trail of destruction. A red car has been squashed, one has been left dangling in power lines and another was set on fire. Each time his friend thinks this car could be the new red car but there is always a reason why the answer is no.

Whoever could have created such carnage? At last they discover the

The Longdrop



This cautionary tale was inspired by a real-life event which once happened to author Joan Joass when she was on a summer holiday with her family. When her husband saw there was too much paper in their outside loo, he decided the quickest solution was to light it.

In The Longdrop the Jackson family have bought a section by the beach, put an old caravan on it, bought deckchairs and installed a rain tank. They have everything they need to have a great beach holiday but there is just one problem, the public toilets are too far away, and when you've

got to go distance matters!

Dad, the handyman decides to build one himself with 6-inch nails, some four-by-two and corrugated-iron sheets. He has even found an old white toilet seat.

But first a hole has to be dug. It needs to be eight feet deep but when his back gets sore and his hands start to ache, he calls it a day and stops at four. A big mistake, because before too long the dunny has filled up with paper. What to do now?

Dad has a bright idea, lights a match, and drops it in but with dire consequences. He did not realise that each time you do a 'number two' you make methane gas which is highly explosive close to a flame.

The moral of this funny story is that if you must tackle a job yourself do not take shortcuts. For a dunny you have to dig deep!

Well known NZ Illustrator and cartoonist Bob Darroch was the perfect choice to illustrate this book. His humorous illustrations capture the whacky drama as it unfolds perfectly. A book for pre-schoolers who love a bit of toilet humour.

The Longdrop is by Joan Joass. Illustrated by Bob Darroch. Publisher: Oratia Books. RRP \$19.99.

culprit, a fearsome Greedy Grabber with an insatiable appetite. Not only has he devoured the new red car, but he swallows the two friends as well and they find themselves in its dark and cavernous stomach. Now they must find a way out to save themselves and extricate the car.

There is a happy, albeit smelly ending and they can now get back into the new red car and continue on their journey. I'd rather like to think they are off on a roadie to discover New Zealand.

As well as the very simply told amusing and only slightly scary story,

the brightly coloured illustrations and rhythmical dialogue help to make it a Picture Book which will appeal to small boys and will make them laugh.

My New Red Car is by David Minty. RRP \$19.95. www.mintybooks.co.nz

Reviews by Lyn Potter, parent and grandparent, Avid traveller, writer & passionate home cook.

(Source: www.grownups.co.nz)

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10.00 am Morning Tea
10.30 am Arts and Crafts
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1.00 pm Exercise Class
1.30 pm Variety Hour

THURSDAYS

9.00 am Board Games
9.30 am Mass
10.00 am Morning Tea
10.30 am Board Games
12.00 noon BYO Lunch / Socialise
12.30 pm Housie
2.15 pm Afternoon Tea

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New Steady As You Go class starts at Hornby Community Centre



The photograph shows the return of the Opawa group after lockdown, very keen to return to the exercise class plus seeing each other again. This group has a regular booking at a local café for socialising after the exercise class.

Another Age Concern Canterbury "Steady As You Go" exercise class has begun in Christchurch. It is located at the Hornby Community Care Centre and Library, in Goulding Avenue. The first session began successfully with 17 enthusiastic people.

Linda, the Community Centre Manager, provided a cuppa after class to allow more time for the group to get to know each other.

Linda had wanted to start a class for some time. She had heard how Steady As You Go is a successful

exercise programme that builds strength and balance, thereby preventing falls for those at a higher falls risk, i.e. people over 65 years.

Falls ARE preventable and NOT a natural part of ageing

The classes also serve to enhance the social connection for people and usually new friendships develop after class over coffee and cake at a local café. The classes are taught via an instructor from Age Concern until a member of the group is found for the role.

Interest in Steady As You Go

classes has increased since Covid 19 lockdown as people discovered they needed a safe routine of exercise to do within their home. These exercises are voice guided via a CD and this worked well for many who knew about the exercise programme before lockdown and had the CD to guide them through the routine.

There are currently 28 groups in Christchurch and 10 groups in North Canterbury. Another new group has recently begun in Rangiora. Six new groups are planned this year for both areas.



Falls are preventable

STEADY AS YOU GO (SAYGo)

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

Falls are the most common cause of injury in older people.

One third of people over the age of 65 fall each year.

Half of people over 80 fall each year.

Falls in older people are almost always associated with weakened leg muscles and poor balance.

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

You could save yourself from a fall by attending a SAYGO class and improving your strength and balance.



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SAYGO improves balance and leg strength, flexibility, general fitness and wellbeing.

SAYGO has been shown to provide continuous improvements in strength and balance over time in community based ongoing Peer-led classes.

Three simple tests carried out in the first week and at 10 weeks check improved strength and balance.

Classes are one hour each week, \$2.00 per class.

Please ring Age Concern Canterbury on 366 0903 for more information on these classes.



Steady As You Go (SAYGo)

Falls Prevention – Exercise Classes in Canterbury (August 2020)

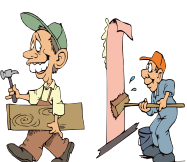
For more information about any of these groups please phone Age Concern Canterbury 366 0903. Please note that some classes are currently waitlisted and cannot accept new members at present. For other classes, just go along. A koha of \$2.00 is appreciated. **Each class is a one - hour session.**

CHRISTCHURCH CITY AND SOUTH

Day /Time	AREA	Location of class
Mon 10.00am	Redcliffs (in recess)	Port Hills Uniting Church, Augusta St
Mon 10.00am	Parklands	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Mon 10.30am	Wainoni (Waitlist)	Celebration Centre, 81 Bickerton St
Mon 10.30am	Hei Hei	Wycola Ave Community Centre Hei Hei
Mon 11.00am	Harewood (1)	St James Church Hall, Harewood Rd
Mon 1.00pm	Harewood (2)	St James Church Hall, Harewood Road, airport end
Mon 1.00pm	Halswell (1) (Waitlist)	Te Hapua, Halswell Service Centre and Library, 341 Halswell Rd
Mon 1.30pm	Spreydon	Maurice Carter Courts Hall, 16 Dundee Place
Mon 2.00pm	Harewood (3)	St James Church Hall, Harewood Rd, airport end
Mon 2.00pm	Papanui	Papanui Village Presbyterian Church, Frank Street
Tues 9.00am	Nazareth House	Nazareth House, 220 Brougham Street, Sydenham
Tues 9.30am	Papanui Waitlist	Age Concern Centre, cnr Main North Rd and Loftus St
Tues 10.00am	Parklands Full	Parkview Lounge, Parklands Community Centre, Queenspark Dr
Tues 10.30am	Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street
Tues 10.30am	Bryndwr	Bryndwr Chapel, 179 Idris Road
Tues 1.30pm	Hornby	Community Care Centre, Goulding Avenue
Tues 2.00pm	Waltham	Waltham Cottage, 201 Hastings St East
Wed 10.30am	Redwood (Waitlist)	Manse Place Residents' Lounge, off Main North Road
Wed 10.45am	Halswell 2	Te Hapua, Halswell Service Centre and Library, 341 Halswell Rd
Wed 1.30pm	Lincoln	Lincoln Community Care, Lyttelton St,
Thurs 9.30am	Riccarton	Kauri Lodge, 148 Riccarton Road
Thurs 10.00am	Heathcote	Malt Works Villa Hall, Port Hills Rd
Thurs 10.00am	St Albans	Abberley Park Hall, Abberley Crescent
Thurs 11.00am	Avonside/Linwood	Holy Trinity Church, 168 Stanmore Road
Fri 9.30am	Hoon Hay	Hoon Hay Presbyterian Church Lounge, 5 Downing St
Fri 10.00am	New Brighton (Waitlist)	New Brighton Library – in the Pay and Display Room
Fri 10.00am	Opawa	Opawa Community Church, cnr Opawa Rd and Aynsley Tce
Sat. 10.30am	Spreydon	Maurice Carter Courts Hall, 16 Dundee Place

NORTH CANTERBURY

Day time	AREA	Location of class
Tues 10.00am	Rangiora	RSA Building, Victoria Street
Wed 10.00am	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd
Wed 11.00am	Amberley	Amberley Library, RSA Room
Thurs 10.30am	Rotherham	Rotherham Hotel, 42 George St
Thurs 10.00am	Oxford	Oxford Town Hall, 34 Main Street
Thurs 11.00am	Amberley Beach	Amberley Beach Hall
Thurs 1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna St
Thurs 2.00pm	Kaiapoi	The Mill Room (Darnley), 24 Sewell St



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Grandparent-grandchildren video calls are vital during COVID-19. Here are simple ways to improve them

COVID-19 has seen a huge increase in video calling as we try to socially distance but still stay in touch.

This is particularly the case for grandparents and their grandchildren, who have either chosen to stay away, given the vulnerability of older people to coronavirus, or been forced apart due to lockdowns and border closures. As researchers in early childhood, psychology and linguistics, we are studying how video calls fit into the lives of grandparents and their grandchildren and how we can enhance this interaction.

Our research

In a project with Western Sydney University's BabyLab, we are surveying grandparents and parents about their experiences of using video chat with children under the age of five, to capture the changes brought by COVID-19.

So far, 130 grandparents and parents from around Australia have responded.

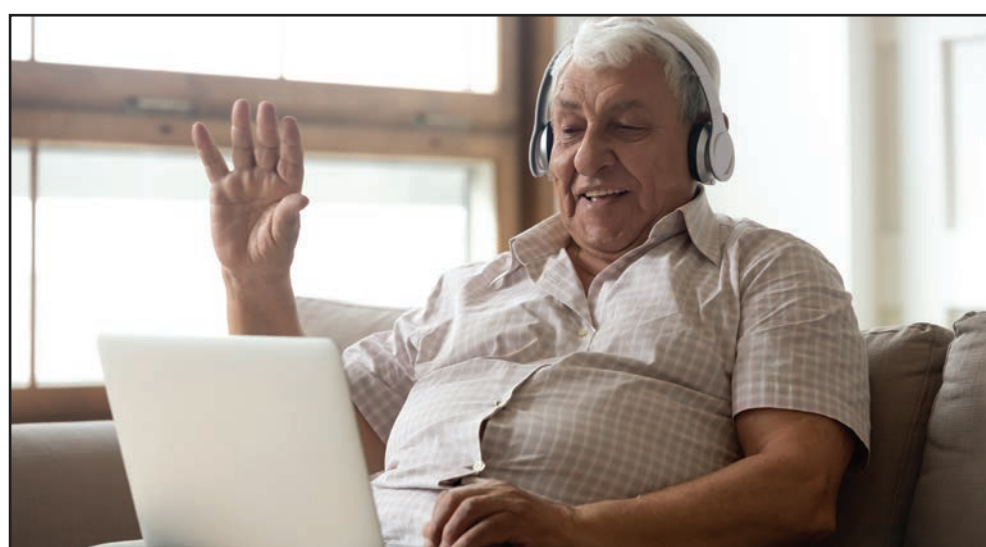
Of those surveyed, on average, grandparents video call two to three times a week with their grandchildren, for about five to ten minutes. They mostly used FaceTime and Facebook Messenger, as apps that are already available on their phones.

'Being part of their lives'

About 40% of grandparents surveyed began using video calls with their grandchildren for the first time during COVID-19. For all those surveyed, it was a mostly positive experience.

Grandparents say the calls allow them to stay connected with their grandchildren - with respondents talking about "being a part of their lives" and "not missing seeing them grow".

One grandmother, who started using video chat with her granddaughter during COVID-19, said "I can see her



and see her react to our voices and smile, which makes me feel good."

Another experienced user, with grandchildren overseas, also said "Because it's so frequent - almost daily - I know their environment, it feels normal. There's no shyness, we can start a book one day and continue each day. We walk around theirs and my apartments and gardens and I just feel part of their lives."

But there are challenges. Not surprisingly, the greatest challenge was maintaining children's attention during the calls.

For some, the interaction was "artificial and detached". As one parent said "It was more of a novelty than a way to have a genuine connection with people."

Other parents described the experience as stressful, noting the call had to be at the "right time". As one parent noted of her one-year-old daughter, "she gets overstimulated and then will not go to bed".

Some grandparents also expressed concern that it was an additional burden for parents and efforts were abandoned. "I only did it once because it was too hard to fit into their already busy day."

What does this mean for 'screen time'?

Many parents and grandparents we surveyed have questions about what increased video-calling means for "screen time".

Is it harmful in any way for children?

And for babies under 12 months - is there any benefit? Can it genuinely help such little ones remember their grandparents?

But video calls are not simply "screen time". Rather, they offer an important opportunity for socialisation, as young children can still mimic the information typically available in face-to-face interactions.

The key appears to be the instant feedback that video offers. As recent research shows, one and two year-old children can develop a social connection and learn the names of objects from someone they see and talk with via a video call.

Babies as young as four and five months prefer looking at images of faces over other toys and objects. This continues into their second year of life.

So yes, you can engage a young child through FaceTime - and it can help their development.

But how can we optimise video calls with small children?

Tips for preparing for a video call

* Place your device on a firm surface, using your cover or something similar as a tripod to free your hands for gesturing and showing objects.

* Try to keep the light source in front of you, excessive sun glare behind you leads to poor quality video.

* Minimise background noise (such

as the washing machine or radio).

* Make the call part of your routine, so children come to expect and get used to calls.

* Make calls at a time of day when you can all relax - when babies are fed, changed and alert and older children are fed and not too tired.

* Before making the call, parents can share images, videos and messages describing new skills or activities since you last spoke, so grandparents have something to ask questions about and engage with.

* Prepare the child before the call to help manage their expectations. For example, ask them to pick out their favourite toy or drawing so they can show and talk about it.

* Start with shorter calls (around five minutes) and increase the length as you see fit.

Tips for keeping the call going

* For parents, consider making the video call as you do routine activities, such as cooking, sharing meals or bath-time - this can bring grandparents into the day-to-day routine and reduce the stress of finding a time to call.

* As a grandparent, try to maintain eye contact and talk about things that baby or child is paying attention to at that moment.

* Use songs and games ("pat-a-cake" and "peekaboo" are good examples) to capture babies' attention. Musical statues is a good game to play with older children.

* Video calls are an important opportunity to learn social skills.

* Make funny faces and hand gestures, blow kisses.

* Dance, take each other on a tour of your home or garden, or try exercise moves together.

* Set aside some books to use for video calls. You can carry on reading longer books with older children each time you call.

* Try out various filters or virtual backgrounds built into your apps to make it more interesting for kids and give you something else to talk about.

Save the Children has some further information about staying in touch with grandparents. (Source: www.theconversation.com)

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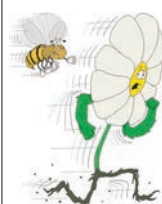
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For more information please phone Deb on 366-0903

Life admin - Trusts

Like many Kiwis, it is likely that you set up a Trust either:

1. To be eligible for a Residential Care Subsidy; or
2. To protect your assets from business creditors.

However, over time, your circumstances may have changed or administering the Trust may have fallen to the bottom of your "to-do" list, leaving the assets at risk.

Having a trust means I will be eligible for a residential care subsidy doesn't it?

As time has passed, it has become clear that the Ministry of Social Development (which administers Residential Care Subsidies) is free to change eligibility rules as and when it pleases.

In some cases, MSD already requires any income earned by a Trust to be used to pay for the care of a beneficiary of that Trust. With New Zealand's aging population, it is likely (although not confirmed) that MSD will in the future require (at least some) assets held in a Trust to be sold, and the proceeds used to pay for the care of a beneficiary of the Trust, before that beneficiary will be eligible for a Residential Care Subsidy.

As such, we are unable to assure you that having a Trust will ensure

you are eligible for a Residential Care Subsidy, however, if you've gifted the full value of all assets held by the Trust to the Trust over the years, it is worthwhile considering whether keeping the Trust in place offers you any benefit.

I have retired so I should wind up my trust shouldn't I?

If you are no longer in business and the main reason you set up a Trust was to protect your assets from claims made by business creditors, it may be best to simplify your affairs by winding up the Trust. However, this will depend on your personal circumstances. If you have a family member that you would like to benefit once you pass away, but you're concerned that they're financially irresponsible, or a business failure or relationship break up would result in them losing their inheritance – a Trust may be the best way forward.

Who can help me?

Each Trust is unique, and the pros and cons of having it in place need to be considered on a case-by-case basis.

Pier Law would be happy to meet with you to discuss any queries or concerns you may have – and if you decide to keep the Trust, we can also assist with getting it in "tip -top shape".

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- Funeral Trusts
- Estate Planning
- Trusteeship and Trust Administration
- Probate and Estate Administration



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PIER LAW

2020 is a learning year for Canterbury WEA



This year saw Term 2 at the WEA being cancelled as our building, as well as our membership, went into lockdown. Once we were back to Level 1 our staff returned and put together an exciting programme of over 40 events for Term 3, which began at the end of July. Life poured back into the building as the doors opened, people returned, and classes filled.

Our programme offers courses and one-off talks on a range of subjects including arts and crafts, dance and music, environment and science, languages and literature, lifestyle and food, philosophy, cultural studies and technology. Bookings open first for our membership and then to the public, and many of our classes fill up quickly.

Classes starting in September include:

Truth, Belief, Faith and Knowledge – a five-part course with Michael Couch, discussing what the fundamental questions at the core of science, ethics and general society

mean and how they all tie together. This course will explore these ideas and relate them to current topical debates.

Going Green, where Kim Lawlor will talk about what it means to live a low waste lifestyle and what changes you can make every day.

Navigating Plastic Pollution, led by Raquelle de Vine of Algalita Marine Research and Education, who will take us through this issue, intertwining her stories at sea with her work on land.

Pizza and Climate Science, where Paul Broady will summarise and discuss a selection of recent studies with an emphasis on those dealing with biological and ecological aspects of climate change – and start off with pizza and salad.

To find out more about how you can be part of the Canterbury WEA community and register for our courses visit our website - www.cwea.org.nz - find us on Facebook – canterburywea – or visit us at 59 Gloucester Street.



WEA

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Hosts and drivers needed for our well-loved Social Outings Service.

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No special licence required. Casual basis.

Hosts provide a morning or afternoon tea on a monthly or casual basis to a group of 5-9 clients.

**Please contact Katie Faithful on 331 7801 or
Debbie on 331 7814 for more information.
Email k.faithful@ageconcerncan.org.nz
or dgarroway@ageconcerncan.org.nz**

Alarms are directly connected to expert medical help

Freedom Medical Alarms are the only medical alarms monitored by highly trained call takers in the Central Emergency Ambulance Communications Centre, giving you direct connection to expert help. Be assured that we are continuing at COVID-19 Level 1 to cater to your needs and are fully equipped to ensure your safety whilst assisting you through the process.

1. After a fall, or in a medical emergency, simply press the button on your Freedom Medical Alarm pendant.

2. The base unit sends an alert through the mobile cellular network to the Central Emergency Ambulance Communications Centre.

3. Within seconds, a trained emergency call taker will receive the alarm and attempt to phone your home. You will be able to talk directly using the base unit's two-way speakers.

4. If the call taker gets no response an ambulance will be dispatched to your home address. If you do answer, our call taker will arrange the most

appropriate help for you, including an ambulance if needed. We will also notify your contacts to inform them of your situation.

Benefits:

- Your details are stored confidentially and are available when needed - this means a faster response tailored to suit your needs.
- We are a Work and Income NZ accredited supplier.
- A key safe is installed at your address so paramedics can access your home in an emergency.

Freedom Medical Alarms is part of HealthCare NZ Group.

We pride ourselves on the "Circle of care" having access to other services for our current and future clients through HealthCare NZ as our point of difference.

Call Freedom Medical Alarms for further information on having a medical alarm installed on 0800 380 280 or if you want to talk about household management, personal care or other services call HealthCare NZ on 0800 333 676.



Freedom 
Medical Alarm



**A Freedom Medical Alarm
support people to live their
life with confidence.**

**'Make sure your medical alarm is a
Freedom Medical Alarm'**

**Our personal medical alarms are
monitored directly by the Central
Ambulance Communication Centre,
so emergency assistance is at the
push of a button.**

**Do you have a patient, friend or
family member who would benefit
from a Freedom Medical Alarm?**

- * Latest equipment supplied, no telephone required, all made in NZ.
- * Client information held confidentially for paramedics.
- * Work and Income NZ (WINZ) approved supplier.
- * Free installation including key safe.
- * High level Customer Service connecting you to the help you need.
- * No ambulance costs.

**Free Phone 0800 380 280
www.freedomalarms.co.nz**

Shirley Recreation Walkers

Meet at 9:30am, Mondays and Thursdays by the Shirley Community Centre 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).

SPECIAL NOTE: Some walks could be subject to change due to road, footpath, walkway and track conditions resulting from Christchurch's many earthquakes. Also due to availability of cars on the day.



Mondays

24th August THE LIMES-WAITAKIRI-PRESTONS (2 hours approx.) Rescheduled from April, this walk features a developing area with lakes and pathways along the way as well as Marshlands Domain. Start from Rothesay Road, just off Burwood Road.

31st August HEATHCOTE-FERRYMEAD (1½ hours approx.) This walk features part of Heathcote Valley along with the Ferrymead Lakes and Park. It will be followed by lunch at The Valley Inn Tavern at 12 noon. Please let Sue know if you wish to come by Thursday 27th August (for numbers). Start from the corner of Station Road and Marsden Road. (Better parking on Station Road).

7th September HOON HAY VALLEY (2 hours approx.) This pleasant countryside walk features farmlands, spring lambs, blossoms and alpacas along with Lower Westmoreland. Start from Penruddock Rise (by Francis Park).

14th September NORTH HAGLEY PARK AND BOTANICAL GARDENS (2 hours approx.) This walk features North Hagley Park in the Spring time with cherry blossoms, daffodil woodlands and the beautiful Botanic Gardens. Park in the car park off Armagh Street Bridge and meet by the footbridge. For those who wish, bring lunch and a thermos, or you can purchase lunch from the nearby café.

21st September WOOLSTON TOWNSHIP VIA HEATHCOTE RIVER AND ESTUARY LOOP WALK (2 hours approx.) This is a new walk courtesy of Diana and features the Heathcote River and Estuary along with a break at Ferrymead Park. Start from Heathcote Street. Turn off Ferry Road at Catherine Street then first street on the right.

28th September KAIAPOI LAKES AND TWO RIVERS (2 hours approx.) This pleasant countryside walk features the Kaiapoi River, Cam River and Kaiapoi Lakes. Take lunch and a thermos to enjoy following this walk or you can purchase coffee/ food nearby. Start from Charles Street (first right over bridge), parking near the playground. \$5.00 to driver.

Thursdays

27th August CASHMERE WALK (2 hours approx.) Rescheduled from June, this walk features Cracroft Reserve with great views from the lookout. Note: we will be having our morning tea stop at the café in the refurbished Sign of The Takahe. Start beside the playground on Cashmere Road.

3rd September SUMNER-SCARBOROUGH HILL (2 hours approx.) Rescheduled from July, this is a combination of flat and hill walking featuring The Esplanade, Flowers Track and Nicholson Park. Start from the car park near the Sumner Surf Club on Main Road.

10th September STAN HELMS-BRIDLE PATH (Lyttelton side) (2 hours approx.) Rescheduled from April, this walk goes from Harmans Road up to the Pioneer Womens Shelter for a break. Afterwards walking down the Bridle Path into Lyttelton, turning right back along Harmans Road. Park on Voleas Road near the reserve.

17th September TAYLORS MISTAKE-BOULDER BAY-GODLEY HEAD (DAY WALK) Rescheduled from April, this walk features Pilgrims Way, Boulder Bay and the redeveloped Godley Head area. Take lunch, drinks, warm/waterproof clothing, good shoes/ boots. Start from car park in Taylors Mistake near the Surf Club.

24th September HALSWELL QUARRY (2 hours approx.) This walk features several walking tracks on this historic quarry site. Start from the car park of Halswell Quarry off Kennedys Bush. For those who wish, bring lunch to enjoy following this walk.

Old-fashioned food



Somebody asked me this evening
just what I was going to eat
for my dinner and I told her 'pot roast'
A real tasty winter's night treat.

She said that she rarely had pot roast
As food fashions change over time
And I started remembering favourites
Some things that we thought were just fine.

Remember the fabulous fondue?
You could have either chocolate or cheese
A bowl full of fruit or marshmallows or cake
dipped in chocolate would certainly please.

There were cheese balls and meat loaf and savoury eggs
And big bowls of onion soup dip
Lots of toothpicks with pineapple, onions and cheese
And old fashioned cocktails to sip.

Dessert was ambrosia, trifle or pav
Or maybe a creamy rice pud
And although they said real men don't eat it
A quiche was deliciously good!

A lot of young people dine out now
Home cooking is not always seen
Instead of a plate that's presented with love
They're right into this nouvelle cuisine!

Some dishes did not last the distance
But others have stayed in my mind
So have a good look through your recipe book
And discover the treasures you'll find!

By Jan Beaumont

Age Concern Timaru



Office Hours:

Monday - Thursday

AVS 03-687 7587, Sonia King

sking@ageconcern.org.nz

EARS 03-687 7372, Sarah Hendry

shendry@ageconcerncan.org.nz



Elder Abuse Response Services (EARS)

The Elder Abuse Response Service aims to improve the quality of life of older people in abusive situations and to prevent abuse by providing information, education, advocacy and support. Sarah Hendry (Elder Abuse Clinician) here in South Canterbury is happy to assist/ support any inquires you may have.

Accredited Visiting Services (AVS)

The aim of AVS is to reduce loneliness and increase social connections for older people with no or few regular visitors. This is achieved by pairing volunteers with clients for an hour each week to enjoy conversation and common interests. There is also a coffee afternoon on Tuesdays. Contact Co-ordinator Sonia King to discuss.

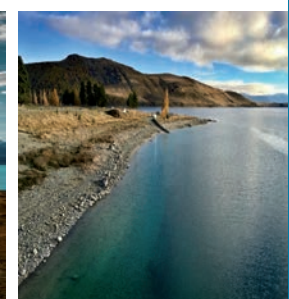
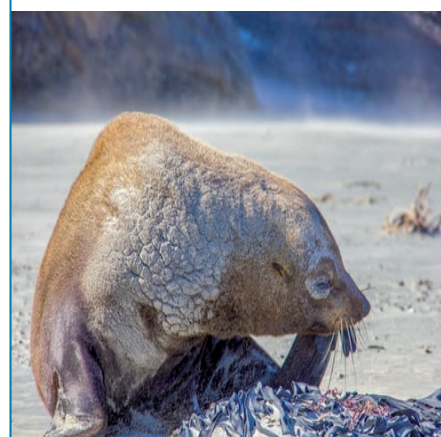
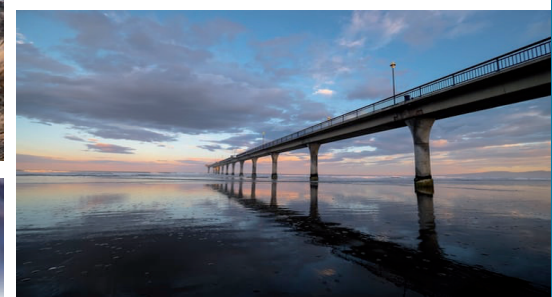
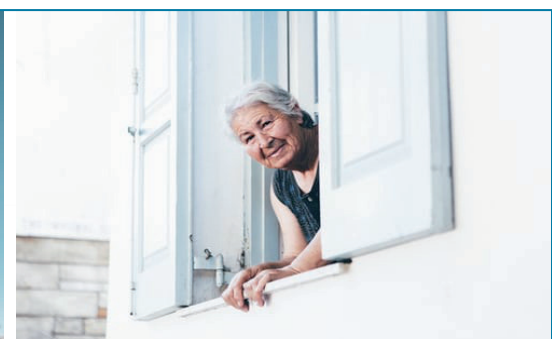
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Welcome to Identity Tours. We are a Christchurch based tour company, who have been operating for the last 5 years. We offer high quality, safe tours for those who need some extra care while on holiday with us.

We have fully escorted tours for one or two, or for small groups, tours are designed to go at an easy pace as time is on our side. North and South Island tour packages are available or perhaps you would just enjoy a night away to Hanmer Springs or a day trip to Akaroa, Identity Tours is here and ready to go just for you and your friends.

We have a range of late model vehicles to travel New Zealand comfortably with our experienced staff. If mobility is an issue there is no problem, we have several vehicles that are factory fitted with wheelchair ramp, wheelchair lift and swing out electric chairs.

We are planning on coming to visit a site near you soon, so if you would like to make an appointment to discuss your needs please call Faye in our Christchurch office 0800 196 633 or Douglas Mack Company owner on 021 759 234 or email douglas@identitytours.co.nz. 



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Overview of becoming a Welfare Guardian

The Canterbury - West Coast Welfare Guardians Charitable Trust (CWCWGT) has been established to recruit, approve and also train volunteers to apply to be court-appointed Welfare Guardians for persons who have been assessed as being unable to make, or communicate decisions relating to their welfare. Common reasons that a Welfare Guardian (WG) is appointed are because the Subject Person has dementia or long-term brain damage.

Approved volunteers are required

when the subject person lacks any suitable local relatives or friends willing to apply to become their WG.

The WG is appointed by the Family Court and works in consultation with, as far as practical, the Subject Person, relevant professionals or competent individuals involved in the care of that person.

Welfare Guardians have no authority over the property or assets of the person they are appointed for, their powers are legally limited to care and welfare decisions.

Once appointed by the Family Court, the WG is the only person legally able to make decisions about the day-to-day care and welfare of

their Subject Person. These may include decisions about non-urgent medical treatments, accommodation and any day-to-day matters that the person would normally make for themselves but, who the Court have ruled, lack the capacity to do so.

The Trust consists of a Board who bring various fields of expertise in social work, aged care representation, family court processes and health and disability issues. They will train and support volunteers.

Criteria for becoming a Welfare Guardian

The applicant must be aged 20 or older and capable of carrying out a welfare guardian's duties, they must act in the Subject person's best interests, have no conflict of interest and provide a written consent to their appointment. Suggested aptitudes include: empathy, honesty, competent verbal and written communication, computer literacy/access to email, own means of transport preferable, physically active, availability, sometimes at short notice.

Thereafter, a volunteer application form is to be submitted to cwcwgt@gmail.com including two referees. As part of the selection process there is an interview with member/s of the trust and a clear NZ Police check before approval.

Approved Volunteers will undergo training to ensure the legislative and practical requirements of guardianship are fulfilled. Volunteers will be fully supported by the Trust members and ongoing refresher training will be provided. Training will be tailored to the needs of particular volunteers, depending on their past experience and will cover the essential legal and medical information needed to perform the task. Training will be held at a mutually accepted time and location.

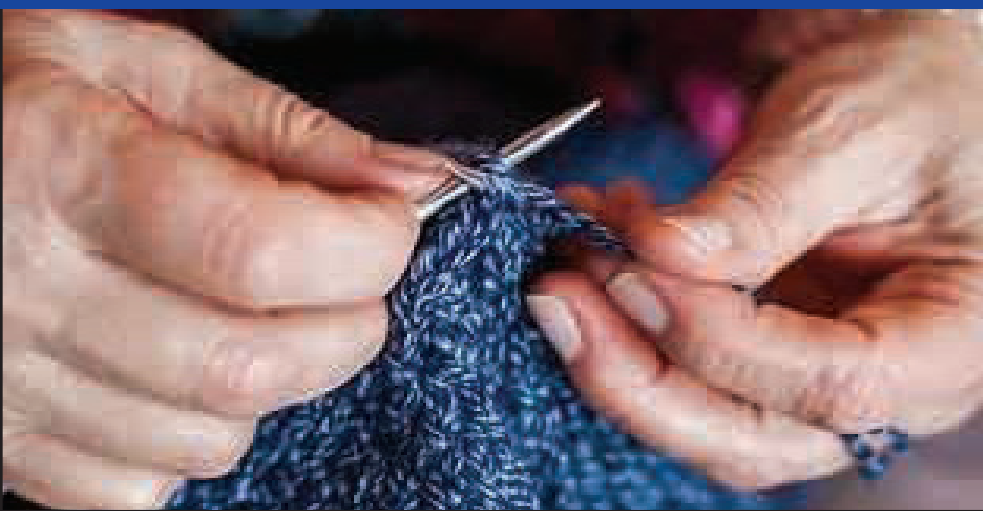
Trustee members will match volunteers with applicant's requests for a WG.

The extent of involvement will vary according to the needs of the Subject Person. It is likely that on first being appointed there may be a higher commitment (fulfilling the needs that were identified when asking for a Welfare Guardian).

This is a 3 year appointment, that may have periods where no assistance is required by the Subject Person, however the commencement period is likely to be more intense in terms of a time commitment.

Further information, if you have any questions or would like to become a trained volunteer, please contact us at cwcwgt@gmail.com attention Anna Mitchell.

Calling all knitters



Do you like knitting or crocheting? Have you got oodles of spare yarn? Would you like to be part of Project Knit Well and donate your knitting to a good cause?

Arthritis New Zealand would love you to take part in our new fundraising project - Project Knit Well - to promote awareness over the winter months to keep your joints warm and your hands and fingers nimble! We need

you to knit up a storm we want hats, scarves, gloves, socks, leg warmers.

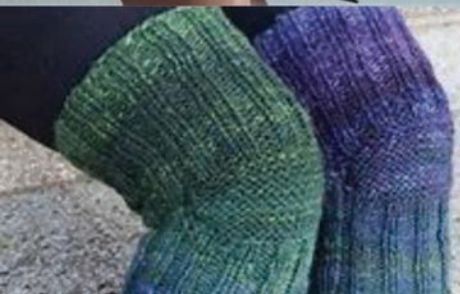
Once your item has been finished, we will post a photo on our website and it will be sold for a donation. Craft for a purpose and help support and fundraise for Arthritis New Zealand!

For more information and to register for the project please call 0800 663 463 or email info@arthritis.org.nz

Calling all knitters...

Do you like knitting or crocheting? Have you got oodles of spare yarn? Would you like to be part of **Project Knit Well** and donate your knitting to a good cause?

For more information and to register for the project please call 0800 663 463 or email info@arthritis.org.nz



ARE YOU FIRE SAFE THIS WINTER?



Remember the 'heater metre' rule: keep flammable materials at least one metre away from any heat sources.



Check your electric blanket is in good working order before you use it and always turn it off before you go to sleep.



Keep an eye on your elderly relatives, friends and neighbours too. Are they as safe from fire as they could be?



Always empty ashes and ashtrays into a metal bin and pour water over them before disposal. Remember that ashes can take up to 5 days to cool.



Fire moves incredibly fast – a house fire can kill within three minutes. Keep your smoke alarms in working order by pressing the button to check.



Make a household escape plan so you can get out safely during a fire. escapemyhouse.co.nz



WE'RE HERE TO HELP.

At no cost to you, we are happy to visit your home and:

1. Check existing smoke alarms to ensure they work and are in the right places.
2. Install smoke alarms, if you need them.
3. Help you make an escape plan.
4. Call **0800 693 473** or your local fire station to schedule a visit.

Lessons from Covid-19 pandemic

by Doug Wilson

Six months into the COVID-19 pandemic, I thought it would be useful to consider the 12 lessons we have learned that relate to older people.

This thing has a long way to go but we have learned a lot as well.

The global pandemic has triggered multiple severe cases and deaths in some countries but good responses largely eliminated bad outcomes in others. Deaths per million: UK 600, Spain 580, USA 330, Greece 16.8, Japan 7.2, S Korea 5.3, NZ 4.5, Australia 4.0, China 3.5, Thailand 0.84. None of the lesser death rates result from new anti-viral drugs, just lockdown, hand hygiene, gowns and masks for healthcare workers, social distancing, track and trace and isolation. Speed of the viral spread in some countries saw new cases double in 2 to 3 days.

The virus induces more severe outcomes in the older population. This demands more careful observation of this population, especially in care homes. Older people should monitor their current health carefully.

Governments engage with scientists to make best response decisions for their populations. This requires collaboration, consistency and clarity, relying on any solid new data and experience of others. Getting it right is critical.

Public health directives need clear messaging, and citizen support. The older community is very important in adhering to guidelines, reinforcing the messages with others, and refusing to complain about restrictions. High-quality decision-making and responses have kept high-end aged care facilities well protected.

Neighbourly responses and volunteers communicating with older residents significantly reduces their isolation, improves their lives and broadens their social network. Some describe themselves as better than before.

Loneliness and anxiety are common

consequences of lockdown. But help from neighbours and strangers reduces these risks. Don't be afraid to ask for help.

Despite lockdown it is important for those with chronic disorders, such as cancer, to continue their treatment and management. Lockdown doesn't mean chronic diseases disappear. Start with tele-medicine contact with Doctor.

Technology and the Internet build communication linkages between families and friends with common interests around the world. Get to know how to use Zoom and other communications. This reduces isolation, broadens understanding of current news and binds families together.

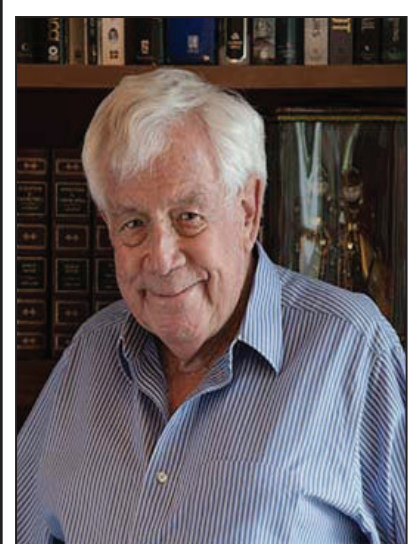
Get some exercise. Inside your house is fine. Stairs are a useful gym. Some people have run marathons in their apartments - not for all but at least keeping the joints moving is good.

Vaccines are in development, and likely to protect people. This may be some 18 or more months away. In the interim be conscious of any small illness, especially one that seems like a cold. Seek advice early. You're not being troublesome or frivolous. Don't drop your hygiene guard. You may also reduce the risks of winter flu.

Take care with the booze over this time. It is not a healthy prop. Keep the fridge door tightly closed. This may seem an opportunity to party and to eat lots of chocolate, but do avoid overeating. Things will settle down, so keep yourself in trim.

In New Zealand, where the virus seems to have been dispatched, thank your good luck this is where you live. Australia is not far behind. It's still a good time to be alive. You may find new friends, greater familiarity with the Internet and computers and a robust feeling for good living and exercise.

About the author, Doug Wilson



Dr Doug Wilson is a physician, medical academic, writer and is a consultant to Ryman Healthcare.

For the past 30 years he has monitored the scientific literature as it relates to ageing and the conditions that may interrupt your enjoyment of that process. His background as a physician, a scientist, and a developer of new drugs means he's well placed to distil clear messages from the huge forests of data that exist and confuse.

Doug's aim is to cut through the fads and fallacies to concentrate on the core issues and the physiological and psychological reasons behind them.

Armed with this information, we can plan for our older years to be golden years, not tarnished, confused or stressed years.



UPDATE FROM THE CLUBS



Darfield Senior Citizens Club members held their AGM in March, had a visit to Christchurch Library in July and the Papanui Club for lunch. In August a games afternoon was held at the Recreation Centre, and in September a bus trip to Geraldine for lunch is planned. **Meet:** Every Friday at 2.00pm, Darfield Recreation Centre. **Contact:** Elizabeth May on 03 318 7607.

Ellesmere Senior Citizens Club members enjoyed a mid-winter Christmas dinner. Visits to Willowbank, the Methven Fete and Akaroa for a fish and chip lunch are planned. **Contact:** Dorothy Joce on 03 324 3020.

Lincoln Area Senior Citizens enjoyed a talk by Lynette Kelcher on Making Music in July, and an outing to Riccarton House for a tour and lunch in August. In September, Sam Broughton, Selwyn Mayor, will be speaking and in October an outing to Kaiapoi for a cruise with lunch on board the River Queen is planned. **Meet:** Tuesdays at 1.30pm Lincoln Events Centre. New members welcome. **Contact:** Theresa on 325 2449 or email redroses1113@xtra.co.nz.

Papanui Combined Probus Club members enjoyed lunch at Styx and Stones in July. In August speaker Annemarie Mora will talk on Reinstating Christchurch Cathedral and later that month a tour of Cavendish Retirement Village with lunch is planned. Good parking available. **Meet:** 1st Tuesday of the month at 10.00am at the Papanui RSA, 1 Harewood Road, Papanui. **Contact:** Marie on 03 351 7708 or Sian 03 359 0057.

Papanui Senior Citizens Welcome Club members enjoyed a mid-year Christmas dinner and entertainment from Kay & Paul. Future entertainment will be provided by the Sunshine Entertainers and the Spencer Duo. **Meet:** 1st Tuesday of the month at 1.30pm at Papanui RSA, Harewood Road, Papanui. **Contact:** Marie on 03 351 7708 or Sian 03 359 0057.

Somerfield Garden Club members enjoyed a very interesting and informative meeting with Catherine Neill from Community Gardens. Upcoming meetings include a talk about 'Greening the Red Zone' and looking after your lawn. New members are always welcome. **Meet:** 2nd Monday of each month at 1.15pm at the Cashmere Club, South Colombo Street. **Contact:** Colleen Davis on 03 338 7117.

Sumner Senior Citizens Club met together again on 24 June after the Covid 19 lockdown for their AGM and special afternoon tea. The Club has a speaker coming to talk on strokes. **Meet:** 2nd and 4th Wednesday at 1.30pm, Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.

South Elder Care

We provide a programme for older people living in South Christchurch who are suffering from:

- * Dementia * A disability or mental health related issue * Loneliness
- * A need for social support.

We offer:

- * Morning tea and a home cooked lunch * Social interaction and fun
- * Bowls, croquet and Rummy-O * A chance to keep up with daily news * Gentle exercises and walks * Quizzes.

Tuesdays, 10.00am to 2.30pm at St Martins Presbyterian Church, 43 St Martins Road.

For more information contact Jeanette on 027 323 0256 or Sue on 021 225 0020. Or email southeldercare@gmail.com

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The deadline is Friday, 23rd October 2020.
Please contact Anna-Marie on 331-7804.**

Climate explained: could electric car batteries feed power back into the grid?

Why can't I use the battery from my electric car to export solar power to the grid when I don't need it?

Technically it is possible. You could charge your electric vehicle (EV) with solar photovoltaic panels (or any other means), and if the EV is not used, the stored energy could be pushed back into the grid, especially during hours of peak demand for electricity when market prices are high.

This is known as vehicle-to-grid technology and is seen as the future as we move towards more electrification of transport and a smart grid.

But manufacturers of electric vehicles have been reluctant, at first, to allow the bidirectional flow of power, for two reasons.

First, it could accelerate the degradation of batteries, which means they would need to be replaced more often. Second, the EV has to connect to the grid in the same way a solar photovoltaic system does, complying with standards to protect line operators and maintenance personnel working on the grid.

Such advanced bidirectional charge controllers come at an additional cost.



Nevertheless, EV manufacturers such as Audi and Nissan have now taken steps to enable vehicle-to-grid connection with some of their models.

For EV models that do not have onboard inverters (to convert the DC electricity in the electric car to AC electricity we use in our homes), there are now bidirectional inverters available to connect any electric car. But the issue of battery life remains.

The continual charging and discharging through a 90% efficient converter shortens the life of the

battery, and depending on brand and model, it may need replacing every five years. At more than NZ\$5,000, this is a significant price tag for "energy prosumers" – people who both produce and consume energy.

Economic and practical considerations

There are other considerations that are very context-specific. These relate to the additional charges for enabling the export of electricity from households, which vary between lines companies and retailers (or local authorities), as well as the buy-

back rate of the electricity, which again depends on the purchaser of the electricity.

At the moment, these specific circumstances are seldom favourable to justify the additional cost of the infrastructure needed to connect an electric car to the grid.

There are also practical considerations. If the EV is used for the morning and evening commute, it is not at the home during the day to be charged with a solar system. And if it is (hopefully) not charged during peak demand hours, but mostly in off-peak hours at night, then the vehicle-to-grid route makes less sense.

It only starts to make sense if an EV is not used daily, or if EVs are available to a larger network than just one household. There are major opportunities for EVs to be used in communities with microgrids that manage their own generation and consumption, independent of the larger grid, or if large smart grid operators can manage distributed EVs remotely and more efficiently.

Investigations are ongoing to make this a more practical reality in the near future.

(Source: www.theconversation.com)

Cash for Stamps, Coins and Gold



Matt Power

Hi everyone! What a busy month it has been here at The Stamp, Coin and Gold Exchange in Riccarton. While everyone hunkered down many got out their old collections and we made record sales during the period. What that means now, as we go back into our shop next to Riccarton Mall at 134A Riccarton Road, is that we need to BUY stamps, coins and gold items, scrap. So, hopefully you can help!

We are a licensed 2nd hand dealer. We are the trusted name in stamps and coins in Christchurch. If you get a quote from any licensed gold buyer, or stamp and coin dealer we guarantee to pay you 10% more!

Don't waste your valuable time, come to us first and get the best price for your stamps, coins and gold.

The Stamp, Coin and Gold Exchange is open Monday to Saturday, 10.00am to 6.00pm. Call first if you can. We do come to you for larger collections or if you cannot travel. Stay safe out there. Call Matt, Maya and Team on 0800 39 24 26.

Matt Power, Owner

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Content from *Keeping On* May 2020 (Winter Edition)

The effect of the Covid -19 has been felt far and wide. One of the impacts for Age Concern Canterbury was the inability to

produce a printed copy of *Keeping On*, as the production, printing and distribution were all curtailed by the nationwide lock down.

We know that many people were unable to access the digital version, therefore we have included some of the content of

the May edition on the next four pages.

We hope you enjoy reading the following articles.

Colin Amodeo, a literary machine

by Mike Crean



Colin Amodeo

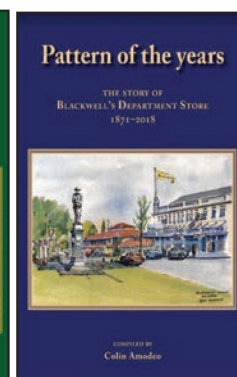
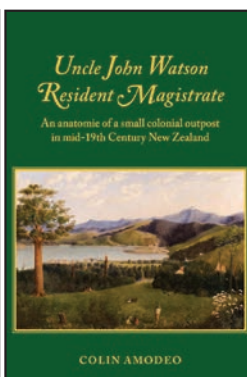
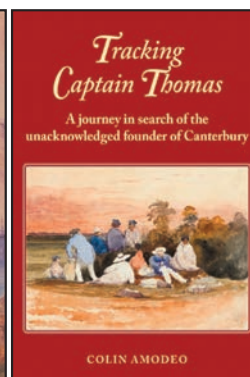
Colin Amodeo is a literary machine. The avid historian has researched and written 20 substantial books. Now in his mid-70s and still on the English staff of Shirley Boys' High School, he is working on three more books. As a hobby he writes regular history columns for weekly newspaper The Akaroa Mail.

"Writing is a disease, and I've got it," Colin says.

His driving force is the need to preserve Canterbury heritage. He laments the loss of heritage in the earthquakes. Another strong interest is maritime history. Several of his books tell absorbing stories of the ships and the coasters that once served Lyttelton and the small ports of Canterbury.

Colin's great-great grandfather was a ship's captain in the 1860s. So, "There's a bit of saltwater in the blood," Colin says.

He never met that ancestor of course, but is intrigued by him. He came to New Zealand to dig for gold in Coromandel and Thames but instead bought a goldmine and sold it. Then he bought and sold other



Some of Colin Amodeo's literary titles.

mines and did well enough to invest in shipping companies. He had a heart attack while on his ship, died and was buried in the Red Sea.

Colin was born in Christchurch, where his father was a manager of hardware firm Mason Struthers. Colin attended St Andrew's College. He declares himself a true Cantabrian, "as one-eyed as they come".

Colin later taught English at St Andrew's and was a good mate of fellow old-boy, teacher and author Gordon Ogilvie (deceased). Both shared a fascination for the history of Banks Peninsula.

Impressed by Colin's work, the Canterbury History Foundation presented him with an award that enabled him to take time off from teaching in the 1990s. In that period he produced his trilogy on Canterbury shipping: *The Summer Ships*, *The Mosquito Fleet of Canterbury*, and *The Forgotten Forty-Niners*.

The trilogy he is working on tells the life stories of three significant Canterbury pioneers: Captain Thomas, Thomas Cass, and John Watson. Colin says when he began research on Watson he was appalled how little anyone knew about him.

The book, 'Uncle John' Watson

Resident Magistrate, was launched at the end of 2019. As the government's legal representative at Akaroa in the mid-19th Century, Watson dealt with tricky situations across the whole of Banks Peninsula. Colin sees Akaroa in those heady days as a microcosm of New Zealand with its mix of Maori, French, German and English, of whalers and farmers, rogues and vagabonds, Catholics and Protestants. He shows how Watson's earlier experiences in Russell, the Bay of Islands and Auckland, from the time of the Treaty, helped prepare him for his work in Canterbury.

The thoroughness of Colin's research is reflected in his books. Sprinkled among the narratives are related historical asides that he has unearthed. A recent discovery he made while researching was that Thomas Cass's watch was sold for 900 pounds at auction in London in 2015. Engraved on the back of the watch was a reference from his old school to his brilliance as a student.

Such historical titbits delight Colin and his readers. Canterbury readers will be delighted that Colin has always chosen local printers and publishers Caxton to produce his books.

Tasty Fish Pie



To make it easier, plan to have a meal the day before with mashed potato, then you can save some for your fish pie. (1 Serve)

Mashed Potato

1 large Potato, scrubbed and chopped into chunks
1 - 2 tbsps Milk
1 tspn Butter or margarine
Salt and pepper to taste

Method

Boil potato until soft, around 15 - 20 minutes, then mash with milk and butter/margarine. Add salt and pepper to taste.

Fish Filling

½ packet Cheese sauce, packet
¼ cup Milk
¼ cup Water
1 x 95g Canned fish, drained and flaked

¼ cup Frozen peas or frozen mixed vegetables

Oil spray to grease the dish

1 Hard-boiled egg, sliced

2 tbsps Cheese, grated

Method

* Preheat oven to 180°.

* Combine cheese sauce mix with milk and cold water in saucepan. Mix well. Bring to the boil while stirring, then turn down the heat and simmer until thickened.

* Stir in fish, hard-boiled egg and frozen peas. Pour into a lightly oiled small ovenproof dish.

* Top with mashed potato and sprinkle with grated cheese.

* Bake for around 20 minutes or until bubbling.

* Serve with vegetables or a green salad.

Tip: use a tasty cheese sauce mix and canned smoked fish for extra flavor.

Getting the most from powerful protein in our daily food

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

Did you know that compared with younger people, older people need 25% more protein? Older New Zealanders, on the whole, meet this target because protein-rich foods, such as meat, chicken, kaimoana, eggs, milk and milk products are part of our culture and readily available.

Research suggests that eating protein at breakfast, lunch and dinner could increase muscle strength in older people. Strong muscles help us stay on our feet and prevent falls, keep our gut healthy and help good lung function and breathing. Protein is mainly eaten at lunch and dinner so this is a reminder to have some protein at those times and at snack

time. This could be as simple as having yoghurt with your cereal or porridge or peanut butter on toast.

If you find you are eating less and have lost weight it is doubly important to eat protein with every snack and meal. Little and often is the key.

If you tend to only choose meat, fish and chicken as your protein foods, try some of the plant foods rich in protein including legumes such as lentils, split peas, chickpeas and cooked dried beans (e.g. canned red kidney beans, chilli beans and baked beans), nuts, seeds and soy products such as tofu. Wholegrains such as oats and barley also contain some protein. These are also rich

in other vital nutrients such as fibre, vitamins and minerals. They are kind on your budget too.

Here are some ways you can boost your protein throughout the day:

* Cheese, hummus or peanut butter on crackers.

* Baked beans or eggs on toast.

* Smoothies with milk and yoghurt.

* Hot drinks made with milk.

* Lentils, chickpeas or kidney beans added to soups, salads and casseroles.

* Yoghurt as a dessert or snack.

* Nuts on cereal, salads and stir-fries.

* A dollop of hummus stirred through mashed potato or kumara.

* Sardines on toast.

Pen portraits of Great Cantabrians

by Mike Crean

Canterbury has been blessed with outstanding characters. Not all of them are well known but all have contributed mightily to the province's self-esteem. The few personalities in the following collection are representative of a much larger group. These "Great Cantabs" all lived in and around Christchurch in the post-World War II era. Press writer Mike Crean was lucky enough to interview six of them, and to write obituaries of the other three after chatting to their families. Here he presents brief pen portraits of them.

Diana Isaac



She was terse if you called her Lady Diana. "The title was my husband's," she would say. "Address me as Diana, Lady Isaac."

Beneath that tough exterior lay a kind-hearted woman, though gritty and determined enough to lead the road-building Isaac firm for many years after her husband's death.

The wartime English nurse fell for New Zealander Neil Isaac on a voyage to India in 1945. He was travelling with army engineers to help India's rebuild after World War II. The couple married in Delhi and worked on dam construction in northern jungle regions. They then moved to Neil's home town of Geraldine.

The Isaacs established their road-building business in Canterbury. Diana roughed it, living in an on-site caravan and working as hard as the men. Winning the contract to build Christchurch's Memorial Avenue, they bought land near the airport and quarried shingle for the road's foundations. The pits filled with water flowing underground from the Waimakariri River and became ponds which they converted to a salmon farm and nature conservation park. They used some of the water to irrigate gardens that, complete with peacocks, reminded them of India.

The Isaacs were generous benefactors. "We had no children so we supported the community instead," Diana said. Major beneficiaries ranged from Lincoln University to Christchurch's Theatre Royal. The philanthropist, conservationist, and arts patron managed the business almost to her death at 91.

Pat Cotter



In retirement, surgeon Pat Cotter retained a strong interest in his profession. In dozens of shoe boxes he stored files, letters, photos, clippings and certificates relating to hundreds of his colleagues in the Canterbury health service.

Cotter refused to learn about computers but eventually allowed volunteers at the Medical History Museum to transcribe the shoe box information onto discs. Over many years he gathered medical artefacts and cajoled health authorities to provide space for their display. His collection had to move several times, to ever bigger locations. The museum was named after him.

Cotter was proud to be one of a cohort of 17 Christ's College school-leavers who became doctors. He

served in Fiji with the Army Medical Corps in World War II.

After specialist studies in Britain he returned to Christchurch in 1950 as a Fellow of the Royal College of Surgeons. He worked in private practice and in Christchurch's major hospitals. Fellow surgeon Rob Davidson said Cotter was available at all hours, provided top service and charged low fees. He was involved in major health initiatives, including moves against drink-driving and for the establishment of the Christchurch School of Medicine. Cotter died in 2012.

John Masters



Army Colonel John Masters was decorated for the heroic rescue of a Nepalese Gurkha soldier in the Indonesian jungle. He was praised for convincing the New Zealand Government to compensate soldiers affected by Agent Orange defoliant in Vietnam. He fought for justice until his death from cancer.

At 18, Masters lost his father to suicide. He supported his five younger siblings as head of the family from that time. Masters served in Malaysia during the Indonesian Confrontation and later in the Vietnam War, as commander of New Zealand's 161 Artillery Battery. He was commander of Burnham Camp until retiring to Christchurch in 1983.

His Military Cross was conferred personally by Queen Elizabeth II, in London, for Masters' rescue of the badly wounded Hariparsad Gurung. Masters was attached to a Gurkha patrol in Borneo when it was ambushed by an Indonesian Army unit. He stayed with Gurung amid fierce fighting while the patrol withdrew. He dressed Gurung's severe wounds. Then, ill with typhus fever, he hoisted the Gurkha on his shoulder and carried him through dense jungle for two days. Exhausted at last, he made Gurung as comfortable as possible, then carried on alone to the battalion's base. Almost delirious by this time, he insisted on guiding a recovery party back into the jungle.

Masters saved Gurung's life. Many said he would have received the Victoria Cross but for a technicality. He was deeply hurt by the public disdain for troops returning from Vietnam. The government's denial that New Zealand soldiers had been sprayed with Agent Orange angered him. He proved the government wrong and Prime Minister Helen Clark made a formal apology.

Chris Doig



Operatic tenor Christopher Doig loved both music and cricket. His mother insisted he and his three brothers learn piano, though all preferred sport. Christchurch Boys' High School music teacher Clifton Cook recognised a special quality in Doig's singing voice. Tutored by Cook, Doig became the school soloist. His sports ability and his army of sporty brothers saved him from being teased by other boys.

At university Doig supported himself with professional singing engagements. While teaching English and playing senior cricket and provincial hockey, he won the national Mobil Song Quest. The prize included a singing scholarship in Vienna. There he was converted from a baritone to a tenor and mastered the languages required for opera. He performed in Europe's great opera houses.

Returning home in 1984 he continued his singing career. He launched also into administration of the arts, reviving the Wellington Festival, chairing the NZ Arts Council and re-vamping Canterbury Opera. Then Doig was asked to take over administration of New Zealand Cricket as its CEO. His success in this role led to positions on other sports bodies.

Molly Goosens

Molly Goosens was at university in Holland when the German Army invaded in World War II. She left university, took a job with the railways and joined the Dutch Resistance movement in its secret war against the invaders. Risking execution, Goosens helped fugitives escape to Britain. Once, after delivering a secret letter to a house, she learned the house had been taken over by German soldiers. She sneaked back inside, sifted through the mail, retrieved the letter and got away.

When Allied armies swept into Holland in 1944, Dutch railway workers, including Goosens, went on strike to hinder German movements. During the stoppage she delivered payments to striking workers so their families could stay alive. In near famine conditions she made long bike rides in rural areas to gather food for starving families in the cities. After the war Goosens married an escapee whom she had helped to hide from the Germans. They came to New Zealand in 1959 and settled in Christchurch.

She gained masters degrees in French and German at Canterbury

University and became fluent in English, Maori and Hebrew. She tutored many students in languages, visited prisoners and was active in church and welfare organisations.

John Johnson

Sumner man John Johnson was a pacifist and conscientious objector in World War II. He was exempted from military service on religious grounds, having been a Quaker from the age of 14.

His grandfather had denounced all war after experiencing the horrors of Gallipoli in World War I. Johnson enlisted in the Quakers' ambulance unit and sailed to China in 1942. He served through the final bloody years of the Japanese occupation of China.

He then became embroiled in civil war between the communists and nationalists, driving, repairing and maintaining primitive trucks to deliver supplies to Quaker hospitals in remote regions. It was perilous work, often under fire. His training in Christchurch as a marine engineer served him well. His courage was never in question. Returning home, Johnson married and settled in Heathcote Valley, handy to his work in fishing and marine occupations at Lyttelton. He died in 2014, aged 92.

Jim Stewart



Professor Sir James Stewart was a tough rugby nut commonly known as Jim. Born and raised in Whanganui, he became a true Cantabrian, proud of his Ngai Tahu heritage.

Stewart came to Lincoln College as an 18 year-old rural cadet in farming and agricultural studies. He graduated and took up a research position with the Department of Agriculture while completing degrees at Canterbury University.

He returned to Lincoln as a lecturer, before gaining a scholarship for doctoral studies in England. Back at Lincoln he became a professor and then principal.

Stewart played a major role in agricultural research and education. As an international consultant he was influential in farming development in third-world countries. He served on many boards and committees. He loved classical music and was devoted to the Presbyterian Church.

He played first-class rugby for Canterbury and represented NZ Universities. As a "no-nonsense" coach of Canterbury, he achieved two Ranfurly Shield tenures, one including nine successive defences of the prized trophy.

Love: the hardest word to say

by Becky Manawatu, Westport News

Melanie Mayell had accepted that her father didn't express love, until a book revealed she was wrong.

She is sitting on the couch at her Okari Lake cottage, with a wooden box in her lap, and starts to tell the story of a book which changed her – and her father's – lives.

Melanie is a big reader, that's evident by the number of books in the cottage. About 15 years ago she came across a particularly special book: *The five love languages*, by Gary Chapman. The book explains people's unique ways of expressing love.

It simplifies the complex emotion to say there are just five examples: receiving and giving gifts, quality time, physical touch, words of affirmation and acts of service. When she read acts of service, she had "a light bulb moment", immediately thinking of her father.

Ted, an engineer, was born in 1930 in Oamaru and was the youngest of six. Melanie describes him as "practical and not very emotionally demonstrative". He was most often busy, cleaning, mending, fixing. "If my car broke down, he would be there immediately." Having spent most of her life not doubting, but wondering, about her father's love, the realisation that his love language was acts of service stunned her.

After reading the book, she wanted to get hold of him immediately. She thought: "Oh my gosh, I've got to let him know, I get it. That I see all these kind gestures as love. But I can't tell him, because he won't be able to receive it."

Instead she typed out memories,



Melanie Mayell with her memory box

dozens of them, of things he had done for her and the rest of her family. They included trips to Westport to explore, the time he rushed to her aid to fix her car, bonfires and cooking damper on sticks.

One read: "It was rare to stop the car en route [Ted normally wouldn't stop until the destination was reached] to our holiday destination. But you would always make an exception for what promised to be a great pottery stop. I think stopping like this at people's workshops was a unique and wonderful start to my appreciation of art, and especially sculpture."

Another was: "There was nothing that you couldn't build, fix or modify...

[such as] my corner bookshelves, you said, 'you draw what you want and I'll make it for you'."

Other memories included Ted responding to a midnight call from Melanie after someone had tried to steal her car and broke a key in the ignition, and numerous accounts of his inspiring love of adventure and the outdoors.

She put each memory, typed onto a small square of paper into a box. She put each box into a large wooden box – and she waited for his birthday.

When the day came around, she visited her parents at their Mount Pleasant home. "I said: 'I've made you something for your birthday'." He said: "Oh yeah." She explained the memory box to him and said: "You could keep it in your garage. You could pick one out when you feel like it."

And that was that.

Several days went by and Melanie hadn't heard anything, so she called her mother, Heatherbelle, and asked: "What's going on with the box?"

Heatherbelle said, "Oh..."

"I said: 'Where is it? Sitting in the garage?'"

No, it wasn't sitting in the garage, her mother told her. "It's beside his bed. He reads one to me every night. He loves it."

Melanie was thrilled. A short time later, Ted was diagnosed with Parkinson's disease. Slowly Melanie's parents' life "reduced". As his symptoms became worse, his workshop in the garage and all his tools went, then they moved to a small apartment in Christchurch's residential care Nazareth Community.

Eventually Ted had to be moved to the facility's Nazareth House for palliative care.

As the many material things dropped away from Ted's life, he held onto one thing: the memory box. It was kept at his hospice bedside, so he could read from it, until he died aged 88 last year.

Melanie says she'd added to the box over the years after she first gave it to him, as she remembered other things, new memories were made, or some of the originals became tatty.

At Ted's funeral Melanie stood up and read from the memory box. Since he died her mother has kept it, because it was special to her too – in fact it changed Melanie's relationship with Heatherbelle as much as it did with Ted.

"Instead of Mum constantly being Dad's cheerleader: 'Oh your father he does all these things', she saw he was acknowledged, and she could just relax."

She said the simple idea was life changing, even if only subtly. "If you are so busy looking in one direction for something, you miss what's already there... I hadn't seen those acts of service as gifts of love."

The gift "shifted" something in their relationship. It became easier, more relaxed, they had a bond they didn't need to speak about. He never mentioned the memory box to her directly.

"But that was another big thing, I wasn't doing it for the big, 'Oh my god, thank you'." She made the gift to reciprocate Ted's love.

(Reprinted with permission)

More portraits of great Cantabrians

Gladys Goodall



Photographer Gladys Goodall drove 50,000km for work and died at 106. She made a living from taking photos for postcards, calendars and leaflets.

The Otago farm girl learned to use a camera and develop film as a child. She took up nursing, married a Waimate farmer and moved to Christchurch with him when their farm failed.

Her husband became a tour bus driver and Goodall turned her hobby into a paying proposition by taking scenic photos for him to sell to tourists. Demand for her images

grew and she set up a central-city studio and office.

Stationery firm Whitcombe and Tombs contracted her to supply images. The pay enabled her to buy new gear for colour photography and a Ford Zephyr car in which she clocked 162,000km before crashing near Thames.

The intrepid Goodall drove rough and winding roads in all weather. She made countless ferry crossings of Cook Strait. She stayed in small pubs, including "some appalling dumps". She often visited a scene several times, or waited for hours, to catch the right mood and light.

Goodall was one of the first two women appointed JPs, in 1949. She made it clear – she was joining the Association of JPs NOT just to make

the tea. And she never did make it.

Yvette Bromley



Yvette Bromley's heart. It was in this building that Bromley founded the Court Theatre and performed in its first play, in 1971. The Court became highly regarded throughout NZ. It moved to the Arts Centre and then to an Addington warehouse after the 2011 earthquakes.

Bromley carried out many functions with the Court. In its early days, she sold tickets at the door, hid the money during the performance and

paid the actors after the curtain came down. She produced and directed plays, mentored players and nurtured talents. Assisted by Christchurch Mayor Ron Guthrey, she put the Court on a full professional basis.

Growing up in London, Bromley pursued her twin loves of drama and cricket. After World War II she and husband Richard emigrated to Christchurch. She took teaching positions at Christ's College, St Margaret's, Rangi Ruru and Medbury School. Her theatre involvement began with the Repertory and Risingholme groups. Then, with actor Mervyn Thompson, she launched the Court Theatre. Her daughter Elizabeth (Moody) became a stalwart actor and director with the Court. Bromley died in 2013, aged 100.

My two cents

by June Peka

Bee hives in the backyard

The garden is littered with the graves of creatures - cats, rabbits, magpies, cockatiels, sparrows, hedgehogs, chooks, axolotls and fish. But no dogs because they were cremated and now live in a sideboard cupboard with my dear old Dad.

The chief gravedigger's sinking lid policy on pet numbers sees our patch now with only (approximately) 15,003 non-human beings. That's Tinks, two hens and a beehive.

We don't so much 'pet' the beehive as 'husband' it. I like that word 'husbandry'. The dictionary defines it as 'the careful and thrifty management of a flock' evoking images of fertile, sheep-dotted acreage, but with a bit of poetic licence we make it happen on a 769m² section in St Albans

For 40-odd years our hive has been a benign presence, fluctuating in numbers from 15,000 to around 100,000 in summer. As has been done for centuries, I knock on the walls of the hive to tell the bees of any births, deaths and marriages within the family.

Strangely, these peaceful creatures



are just about the only thing the head beekeeper and I have cross words about. I complain that he squashes bees when he works with them; he says he can't stand there holding a 25 kilo box of honey frames till they all get out of the way. I say he uses too much smoke to calm them, (they're already quiet); he says it's alright for me, I'm not allergic - as he is. I carp about the dark brown frames we work with year after year - he says I should make new ones then. I threaten to never help with the

extracting, ever again, etc etc. He says he wishes.

He went to Perth for the whole of September one year, leaving me to deal with four swarms on my own. I never got over getting stuck on the chook-house roof, with a preserving pan full of bees cut down from the beech tree. What a time to discover a fear of heights. When another swarm settled in the neighbour's apple tree I held a carton beneath the cluster while THBK, kitted out in overalls, boots, gloves, helmet and

face-net shook the branch. My half-dozen stings were mere annoyances though compared to his one.

One single sting on the head can transform the THBK into Rumpole of the Bailey in 30 seconds, and many's the time a limb targeted through a teeny hole in the armoury has swollen to the size of a food-poisoned dog sausage, about to burst.

In recent years bee numbers have dwindled, due to disease, pesticides and the mysterious "colony collapse". Our lot have not been immune so we are presently husbanding a youthful hive and may not even be able to remove any honey this season. When we do it's a night time affair since our first daylight attempt resulted in thousands of bees streaming through windows and vents and under doors, attracted by the smell. In Heath Robinson fashion we employ mutton-cloth, meat dishes, buckets, bowls and hot knives, in conjunction with the custom made drum which, using centrifugal force, spins the honey all over the kitchen and us. We collapse into bed around 3 am.

Restoring nature's balance to our cruel world

Mac is tucked up in the lazy-boy watching David Attenborough yet again, so I decamp to the backyard. I do remember once being enthralled by these documentaries, but now, frankly, I'm jaded. Whether it's merciless, unforgiving Africa, cruel, heartless Asia or the relentless frozen wastes of Antarctica there are droughts and floods, heat-waves and blizzards, and everything in between, monotonously. It's weather, it's seasonal, and it happens - as famously expounded by Winston Churchill during the London air pollution of 1952 - and there's not much to be done about it. Except to make endless updates of the suffering of animals in such dismal conditions it seems. How I'd love a dollar (to donate to an animal charity of course) for everytime I've seen cute babies born - cubs, pups, kittens, hatchlings - to scrawny, unsupported mothers who have to leave them at the mercy of marauding monsters (usually male) and venture out to kill something to fill their starving bellies. Mother hunts, unsuccessfully, and is often wounded in the process. In pain, she tries again and again, and

sometimes it all works out OK, and sometimes it doesn't. It's nature I know, but sometimes I wish that caravan of voyeuristic, stalking, talking heads and camera toters would stick their noses in and upset the balance. What harm eh?

Out the back I get away from all that. I biff a dollop of cooked rice and pasta onto the woodshed roof for the small wild birds. Their only worry is a cunning seagull who is not after them, but their meal. He/she circles and hovers but won't descend while I'm handy.

I lift a sack of horse poop and am mobbed at foot level by three fat chooks who immediately polish off an entire family of centipedes. I feel sad. Centipedes are my friends. I upend the sack in the vegie patch, where the chooks can't come, and immediately I'm surrounded by a gang of oily starlings rootling out worms and slaters. I try not to be upset - no doubt they have starving babies in the nest, and they do help in the garden after all.

A mother starling poops a berry-stained deposit, and within seconds it is feasted upon by a stripey yellow

wasp, then another, and another still. With no hesitation at all I kill all three with a stomp of my filthy garden clog. Then I twist and grind it into the dirt for good measure. I know they don't look after anything but themselves, and I feel no remorse as I scoop up their mangled corpses to toss to the hens. I fancy I hear cheers from the beehive in its sunny corner. The guardians at the entrance appreciate all the help they get. You should see their team work! Six at a time will tackle a wasp on the running board.

Attracted by the starling scrabble, Tinks the tabby joins me. She's neither scrawny nor needy, and she'll never have babies to take care of. Neither of us spoke to her for hours, the day she vomited up two featherless baby birds at our feet. White butterflies cavort in pairs above her head. If they come any closer she might lazily swat at them, but her face tells me they're hardly worth the effort. A slightly more attractive lone monarch hovers about the healthiest swan plants I've ever grown. She lays a half dozen eggs which I know won't be there in a few hours time. Those blanketty-blank wasps will see

to that. If I'm lucky one or two of those eggs will become teeny caterpillars which I can transfer to the nursery plants in my garden shed of recycled door and windows.

How proud I was to nurture ten of them to chrysalis stage in that wasp-free zone. Then, lined up like the green bottles of shanty fame, bedaubed with specks of gold, they made an easy one-night feast for Mr or Mrs Ratty. In Attenborough's world Tinks would make short work of the Ratty family, but unfortunately their clocks don't coincide. The Rattys' are out marauding during the dark hours while Tinks is incarcerated for the safety of baby birds. Her curfew is 10pm after friendly consortings with the resident thicket-pigs who are fed under the mulberry bush at nine.

Footnote: A few days ago whilst trimming the hedge, Mac found the wasp nest. He was stung three times before beating a hasty retreat and calling Elite pest destruction people. It's something we've done ourselves in the past but this was in a tricky spot and well worth the \$155 to restore nature's balance to our own cruel world.