

# Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 108: Summer 2020

*Colours of  
summer*



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# FROM THE CHIEF EXECUTIVE



As we near the end of 2020, and I'm sure we can all agree, welcome 2021!!

As far as years go, 2020 will go down in history as one of the more challenging. For us individually, as a community and as an organisation we have had to be responsive to changing rules and changing needs. It hasn't been easy, but as I sit here typing I think we can all be proud of our efforts to support each other.

We have recently had an election. It was pleasing to see my question read out at the Christchurch Leaders' debate "how will you ensure the needs of older people will be considered in every policy decision made". Unfortunately, neither leader answered as fully as I would have hoped – but we will keep a watching brief on the actions taken.

Yes, we can wait for political decisions to guide us, but Mahatma Gandhi said "let us be the change we want to see in the world".

What are the small changes we can make? First and foremost, we can control our attitude. We can be kind, tolerant and respectful of others. We can consider our environment and know that our actions contribute to the shape of the future. We can all do our bit, but it takes courage to care.

Some ways people can show they care is through a donation of finance or time.

We can't do our work without the amazing support of our volunteers and those that support us financially – we are a charity and every bit of funding we receive, no matter how big or small – is very welcome and put to good use supporting older people.

On the volunteering front, finding enough people to be willing to volunteer their time to ensure the sustainability of our services is becoming increasingly difficult. We understand the many reasons why in today's society people are time poor.

Volunteering can, however, bring huge personal benefits to our lives.

Some of these benefits include:

- Helping to build a community
- Meeting new people which can lead to lifelong friendships
- Gaining new skills
- Improving physical and mental health
- It makes us feel good to know that we are helping others!

One of the goals of Age Concern Canterbury is to support older people to flourish. I found a fantastic definition of flourishing recently, that I thought spoke to what we are about: *Flourishing: A life that is lived well; a life that goes well; a life that feels well*

I hope you have a safe and happy Christmas and New Year period, we will be closed between the two holidays, but open again from January 5th and look forward to supporting you, and helping you to flourish in 2021.

Simon Templeton, **Chief Executive**

# A WORD FROM THE PRESIDENT



We are still living in a very different way from that which we are accustomed to. Do remember to check your Covid virus app at the door of the places you visit or fill in the form there so that

if there is a Covid problem you can be traced for treatment if necessary. Washing hands frequently with soap is the best way to prevent spread of viruses and infection, remember to dry thoroughly too.

The weather is still unpredictable so layer up. When it gets warmer each day you are able to take a layer off. Keep hydrated on the hot days, this stops you feeling tired and dizzy. Water is best but tea and coffee are suitable too.

Our gardens are coming to life again after winter and the blossom trees and spring flowers in the public spaces around the city, in Hagley Park and the Botanical gardens, have been very pretty. Our own gardens need attention now. Keeping weeds down is good exercise but don't overdo it. A little at a time is good to

prevent injury. I have been planting the vegetable garden. Home grown always tastes better. It has been dry lately so you will need to put the hose out to prevent your plants from drying out.

We have all had to learn new ways of doing things this year and zoom meetings have been good fun and very necessary. We have all been sitting in front of our computers and laptops looking at the rooms of the other participants in their work spaces. Some people have been very innovative and had different backgrounds for each meeting. Some had outer space backgrounds and others underwater spaces.

Christmas will be a challenge for many as families will not be able to visit this year especially family from overseas. Do look out for your neighbours and friends who you know will be on their own, they may not have any visitors and be lonely. Take time to make a phone call or to have a cup of tea with them.

I wish you all a very Happy Christmas and holiday season. Keep safe and keep well.

Trish Adams  
**President**

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# Keeping On

**OFFICIAL MAGAZINE OF AGE CONCERN CANTERBURY (INC)**

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# 75 years on and still sewing

by June Peka

Three quarters of a century ago, 14-year-old Johan van Slooten first picked up the tools of his trade. Today his skills in that trade are still sharp.

When I call on him he's not quite finished hemming curtains on a grand old Singer sewing machine, for the four bedroom home which is now "just a bit too big" for him and wife Annie. They built it in 1966, and probably should've downsized a few years ago, they agree, but there's plenty of room for walking frames and a lifetime's collection of items which bring back memories of a long life together.

Johan (he's also called Joop, Joe or John, and doesn't mind which) shared those memories with me over six weeks recently as we put together his Life Story. His earliest memories are of happy times with his parents and two brothers in a three storey apartment building in Rotterdam, Holland, near the big river Maas. He wasn't long at school though before the war intervened, and life for the little family changed course forever. Johan recalls the day German troops parachuted into his previously quiet neighbourhood and bullets hit his house.

"We had to move out. Under guidance from the Dutch army we walked about 20 minutes to a shelter in a garage under a house. But the house above caught fire so we were taken firstly to a school in a nearby town, and then to the Hague film studios where we slept on straw mattresses. The war was very hard for people. We didn't think about school: we thought about food a lot. Towards the end of war when food supplies into Rotterdam were cut off completely, many people died of hunger. I had trouble tolerating the sugar beets which were usually stock feed, and became very ill."

This time was known as the Hongerwinter, during which more



Left: Johan, sitting at his mother's sewing machine today, and right, starting out at 14 years old.

than 20,000 civilians perished. Johan's family made fishing nets from bike tyre rims and old curtains, scooping up stekelbacks (a small bottom-feeding fish not usually used for human consumption) from the Maas. They rode out into the country on tyreless bike rims, to trade sheets to farmers in return for vegetables. They ate tulip bulbs and even tried grass. His father was taken to a concentration camp after his taxi business was commandeered, firstly by the Dutch army and then the Germans. There were food coupons but often only a half loaf of bread was made available to families each week. It is known that some people ate their pets.

Johan recalls the food drops in the final months of the war, which broke the period of starvation.

"The Germans agreed to let the food drops happen, as so many people had died. Germans too. They allowed planes from Sweden, which had previously been used to bomb the Germans, to drop supplies. Packages sometimes burst open when they hit the ground and we children were allowed to scabble about and pick up broken packets and scattered beans."

Aged fourteen when the war ended Johan went to Trade School to learn how to be a kleermaker (a tailor).

"There weren't many trades available but my grandmother suggested that, and I liked the idea. My mother agreed too. She had a Singer sewing machine which had belonged to her mother. After finishing my time I was sent from Trade School to a Jewish firm which was making army uniforms. We also did private work, like suits. I was paid about 20 guilders a week.

In the early 1950s Johan and his brother Frank met their "girls" on a biking/camping trip one hundred kilometres from Rotterdam, and in 1952 came to NZ with brother Marius to begin a new life. Three years later their parents joined them.

On the ship coming to NZ the brothers learned some English, which was followed up by two years night study at Hagley High. Johan boarded in Tuahiwi where he learned to ride horses and developed a lifelong interest in the Maori language. He was indentured to work at Lane Walker Rudkin which he enjoyed for five years before starting his own tailoring shop on Manchester St above Plimsolls. John, a friend from LWR, later joined him and in their heyday they employed twelve staff.

He and Annie bought their first



house in Walsall Street, Addington, where they raised four children

"We had to bring the outside toilet in, we boiled a copper for hot water, kept chickens, had a good vegetable garden and fruit trees. We were happy there for 13 years, before building the bigger house we're still in now."

When Johan retired from the National Airways Corporation (later Air NZ) aged 58 he carried on camping and tramping with the family, including an annual pack-in to Lake Guyon. He joined the team which restored the City Of Christchurch Viscount, now at Ferrymead. He and Annie set out to discover New Zealand, firstly in a pop-top and later a caravan. They travelled the world and gave time to Meals On Wheels.

As he sits now at his mother's sewing machine glowing with the patina of eons of family love, Johan speaks of his love and gratitude for his adopted country.

"Our family's lives were very much shaped by the war. It affected every part of us. Coming to New Zealand changed our childrens' culture and heritage forever, but we are all grateful and could never regret the move."

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# December insulation deadline for private rentals

From December this year all new or renewed rental contracts will need to include a statement that says whether insulation complies with the Healthy Homes standard. At Community Energy Action Charitable Trust (CEA) we can do free insulation assessments and can provide landlords with written insulation statements so they comply with their legal obligations. Written statements are free when installed insulation is purchased.

Some insulation is now compulsory in all rentals with higher levels of insulation required from mid-2021. If, as a tenant or a landlord, you are unsure what your rental needs, to be compliant with the law, contact



**CEA Charitable Trust's assessors can check the insulation in rental properties and provide written statements ahead of the RTA December deadline.**  
CEA. Tenants, we are happy to help. Landlords, we have insulated hundreds of rentals already. With

25 years of experience and all our assessors being qualified Home Performance Assessors, landlords can be confident that an insulation statement from Community Energy Action will satisfy their legal obligations.

Contact CEA as soon as possible as we expect to get very busy in the weeks leading up to the 1 December 2020 deadline. Call 0800 GETWARM or visit [www.cea.co.nz](http://www.cea.co.nz).



# Enduring Powers of Attorney, a key safeguard

With advances in medicine resulting in people living generally longer, there is a greater need for robust procedures to be in place to protect us as we age. A common concern is what happens when we are no longer able to make our own decisions. Loss of capacity brought on by illness, especially in older age, is not at all uncommon and Enduring

Powers of Attorney are a key safeguard to protect our wishes in relation to our care and property. The Enduring Power of Attorney differs from a general power of attorney in that it continues or "endures" after a person loses mental capacity.

There are two types of Enduring Powers of Attorney: one in relation to personal care and welfare, and one

in relation to property.

An Enduring Power of Attorney in relation to Personal Care and Welfare appoints one person as your attorney to make decisions about your care - such as where you are to live and whether you are properly cared for. This Enduring Power of Attorney is only activated when you are certified as having lost mental capacity by a qualified health provider.

An Enduring Power of Attorney in relation to Property allows you to appoint one or more attorneys to manage and make decisions about your property. Property doesn't just cover your home but includes your finances and investments. You decide whether the attorney/s may act while you have mental capacity or only if you lose mental capacity and you can add other conditions.

Choosing your attorney is one of the most important steps you take in setting up an Enduring Power of Attorney.

For a Personal Care and Welfare Attorney you may want to select someone who knows you well and who you can rely on to respond to your preferences. They are required to encourage you to act on your behalf and participate in the community as much as possible, so having your

attorney living close by is helpful.

For your Property Attorney you should choose someone able to handle money matters easily and responsibly. There is a statutory requirement that your attorney maintain financial records and make these records available to any person you have stipulated should receive them.

The role of attorney is one of great responsibility and it carries with it legal obligations. It is something you should review periodically to ensure you have the people you continue to have trust in, and, are able to act for you. While you have mental capacity, you can revoke the appointment of an attorney by providing them with notice in writing.

An Enduring Power of Attorney deed cannot be altered once it is completed, so if you change your mind about the attorney/s appointed and you have not appointed successor attorneys you will need to enter into a new deed.

At Harmans we have a specialist seniors team to help with any queries and to assist you to set up deeds that best meet your needs. Give Phillipa Shaw a call on 352-2293 to arrange an appointment to discuss your situation.



## Protecting you through all stages of life

We guide seniors through the legal issues that affect them.

Our friendly and experienced Seniors Team offers specialised legal advice so you have peace of mind and feel confident when it comes to making decisions that are right for you and your family.

Our Seniors Team can help with:

- Wills
- Trusts
- Funeral Trusts
- Occupation Right Agreements
- Enduring Powers of Attorney
- Rest Home Subsidies
- Estate Planning
- Asset Protection
- Sale and Purchase of Property

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](mailto: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](http://www.harmans.co.nz)



## Enduring Powers of Attorney

### Hear Harmans' Lawyers discuss the issue here at Age Concern Canterbury, 24 Main North Road, Papanui on Tuesday, 26th January 2021 at 1.30pm

Light refreshments will follow the discussion.

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





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# Beneficiaries of Trusts

As noted in the Spring 2020 edition of **Keeping On**, the new Trusts Act 2019 (the Act) comes into force on 30 January 2021. In our previous article we talked about both the mandatory and default duties a Trustee has under the new Act. In this article I wanted to talk about the beneficiaries of a Trust, and the information Trustees are required to provide them.

Beneficiaries are the people who benefit from a Trust. A Discretionary Beneficiary will only benefit from the Trust at the Trustees discretion, whereas a Final Beneficiary, is the person the Trust will benefit when the Trust comes to an end.

The new Act introduces types of information that may be made available to beneficiaries. Trust Information (s49) and Basic Trust Information (s51).

Trust Information means any information regarding the terms of the trust, the administration of the trust, or the trust property; which is reasonably necessary for a beneficiary to have in order to enforce the Trust.

Basic Trust Information includes that a person is a beneficiary of the trust; the name and contact details of the trustee(s); the occurrence, and details, of each appointment,

removal, and retirement of a trustee as it occurs; and the right of the beneficiary to request a copy of the terms of the trust or trust information.

In deciding whether beneficiaries should be provided with Trust Information, the Trustees must consider whether the information is personally or commercially sensitive, what the settlor's intentions were when the trust was created, the beneficiaries' ages and circumstances, the effect on the beneficiary, other beneficiaries, and third parties, of giving the information, and the effect on family relationships, whether it is practical to give information to all beneficiaries, whether it is practical to place restrictions or safeguards on how the beneficiary can use the information or to redact some of the information and the nature and context of a beneficiary's request for information.

This is only a summary of the Act and how it relates to beneficiaries. If you are a Beneficiary of a Trust and want to know more about the new Act and its impact on you and your Trust, contact me at Fleur McDonald Legal on 03 365 1595 to make an appointment.

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## PROTECT THE THINGS THAT REALLY MATTER

You've worked hard to secure your retirement, so that you can relax and enjoy the things that really matter to you. The time has now come to think about how you can safeguard your assets for the benefit of future generations.

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## Loburn Red Cross

Loburn Red Cross is continuing to provide an 'all-you-can-eat' afternoon tea and small country sales table during February to November for groups looking for an outing. The venue is the Loburn Reserve Pavilion on the Loburn-Whiterock Road, just before the Karikaas Dutch cheese factory. The cost is \$8.00 per person. All money raised goes directly to the Red Cross.

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

## NZ's best retirement villages and care facilities for 2020 revealed



**Ryman Healthcare Chief Executive Gordon MacLeod and Chief Operations Officer Cheyne Chalmers with Ryman's three awards for Best Group Provider (nationwide).**

The fifth People's Choice Awards for Best Retirement Villages and Care Facilities in NZ have just been announced by AgedAdvisor. Thirty six finalists and winners scattered between Invercargill and Orewa have been awarded from 1100 facilities throughout New Zealand. Almost 6000 in-depth reviews (2000 of them within the past 15 months) with ratings on seven key categories ranging from 'Knowledgeable, Caring Staff', 'Indoor Entertainment' through to 'Enjoyable Food'.

Covid lockdowns added an extra 3 months to the collection of reviews. Aged Advisor's Founder, Nigel Matthews said safety of residents was paramount. "Retirement village and care staff had the huge task of protecting some of our most vulnerable - and we were happy to wait until we were back at level one again before completing the voting."

"The result was that reviews included a lot of feedback about staff and management going above and beyond during this difficult time. There were many very appreciative residents."

Several companies took out multiple awards this year...

- Ryman Healthcare received

8 Awards, including Best Group Provider (Nationwide) - 3 years running.

- Summerset collected 3 Awards, including Best Large Retirement or Lifestyle Village (South Island) by Summerset in Wigram Village, Christchurch.

- CHT Healthcare facilities picked up 3 Finalist Awards for Care in the North Island.

Others had shown consistently high reviewer scores over multiple years...

- Cheviot Rest Home is the only facility to have won a category five years running - Best Small Care Facility (South Island).

- Archer Home, and Diana Isaac Retirement Village in Christchurch and Maygrove Village, Orewa have also picked up winner or finalist awards 5 years running within their respective category.

To view all winners and finalists, visit [www.agedadvisor.nz/awards](http://www.agedadvisor.nz/awards).

**Aged Advisor: A New Zealand based independent review site for retirement & lifestyle villages, rest homes and aged care is the No.1 NZ review site for helping retirees and families make better informed decisions on village and care options.**

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## Voted New Zealand's Best Rest Homes & Retirement Villages.

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SHARING OUR EXPERIENCE

Find out who the winners & finalists were at:  
[www.agedadvisor.co.nz/awards](http://www.agedadvisor.co.nz/awards)



# A Strange World

by Jan Beaumont

Twenty-twenty has been such a terrible year  
And every country has troubles  
So to keep us all safe from this Covid-19  
We invented strange things we called 'bubbles'.  
Now you can have one, two or three in your group  
Or maybe there's just you alone  
And it can be lonely when there's no one else  
Its quite sad if you're there on your own.  
So many new phrases and words have appeared  
'Social distancing', '2 metre rule',  
If we don't 'isolate' we'll not 'flatten the curve'  
And we all know that that isn't cool.  
We round up all those who test positive and  
It seems like a type of a muster  
We put them in quarantine, then comes the news  
Oh no, there's another new 'cluster'!  
When all this is over and health has returned  
And a vaccine has broken the chain  
We will all raise a glass and then sigh with relief  
That the world is no longer insane!

## Who is Jan Beaumont?

I live in Auckland New Zealand and only started writing poetry at the end of March 2020 during NZ's Covid-19 lockdown.

My first poem 'Let's All Drink to Lockdown' went viral within hours and led to interviews with BBC Radio and several Australian and NZ radio stations. That first poem is one of 100 poems from around the world chosen to appear in the book "Poems for a Pandemic" which is being sold online to raise funds for the NHS in the UK. It has also been put to music in Britain by a NZ-born musician.

My poetry is lighthearted, rhyming verse about everyday topics that most people really relate to. There are a few serious or humorous political ones in there as well.

I am available for poetry presentations in NZ and get great pleasure from meeting wonderful people at these readings.



Jan Beaumont

I hope you enjoy my words. Please also check out Jan Beaumont Poetry on Facebook.

## We wish you a Merry Christmas

Ho Ho Ho what a year we've had. I think we all deserve something special for being so well behaved and there is nothing better to give, or to wish for, than a Driving Miss Daisy Gift Voucher.

A Driving Miss Daisy Gift Voucher can be purchased directly from your local Daisy and whether receiving or giving, it makes such a thoughtful gift.

But you don't have to wait for Santa; there is plenty to do with Driving Miss Daisy to fully enjoy the festive season:

- Christmas lights tours
- Festive coffee mornings with friends
- Christmas carol services
- Then there are the Christmas chores that Driving Miss Daisy can take care of with you:
- Christmas Shopping and don't forget they will do the posting
- Shopping for that special Christmas Day outfit
- Airport Transfers
- A companion to end of year functions and events

But you really don't need a reason

to call on Driving Miss Daisy, as just getting out and about and enjoying the company of your Daisy driver is good for the soul by simply having a good time, creating positive memories. So, don't sit inside lonely while the world buzzes along, there are very few reasons not to have a little fun. If needed many of our vehicles are fully equipped with Wheelchair access, to assist with walkers and wheelchairs.

Remember, Driving Miss Daisy accepts the Total Mobility Scheme cards ("half price taxi chits"), providing driving discounts on trips.

To end I wish you all a very Merry Christmas after what has been a most challenging year for all of us. So please help us, help you, by considering buying a Driving Miss Daisy Gift Voucher or dropping the hint to family that it would be an ideal gift for you.

It's as easy as calling your local Driving Miss Daisy Franchise owner.

Looking forward to taking care of you in 2021.

**Melanie**

Co- Founder

(A)

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# Brian launches book on retirement villages

"There's information on the internet, but people prefer paper," Brian Colegate, a resident at Coastal Villas retirement village in Paraparaumu, said about making the important decision to move to a retirement village. "Other than open days and receiving information from sales staff, there wasn't anything else to use to make a judgement," so he wrote and published his brand-new book "Retirement Villages - Residents' Verdict."

Brian launched his book at Coastal Villas Retirement Village on Monday 13 July 2020. It's a very positive story about his decision to move to a village and the many steps on the way to settling in. The focus is to help others to decide whether village life is for them, and walks through the process of selling the family home, de-cluttering, what to look for in the village and settling in.

The book's not just Brian's own view. While researching it, Brian sent out 200 questionnaires to residents in other villages across New Zealand, asking them about their experiences. He got 90 replies, and in response to his question "Do you like it here?", 83 people said "yes", 4 said "I love it" and 3 said "it's OK".

Many residents from across the country wrote about their own journey to the village, and Brian has included a selection in his book. A key message is one we all repeat - "Don't leave it too late; make sure you come in young enough to settle more readily and make social networks which are less easily achieved in older age".

Brian also sent a survey to 80 non-residents in the relevant age group and got 62 replies. He asked whether



Brian Colegate signs his book "Retirement Villages - Residents' Verdict".

Photo courtesy of RVA

they'd given any thought to living in a village, and if so, what they thought of the proposition. 41 said they had considered the idea, and while a number were discouraged by the LTO model, a sizeable minority agreed that they were interested in moving in. The village surroundings, access to health care, being somewhere that's maintenance-free, cost savings and an improvement in the quality of life were the reasons given for making the move.

There's a chapter written by local solicitor Graham Mowbray, pointing out the importance of competent legal advice, and, bringing the book really up to date, there's a chapter on living under lockdown in a village which makes fascinating reading!

At the launch Graham told us that he's advised at least 250 people about moving to a village and of that number, just three changed their minds during the cooling-off period

and, having moved in, only two

people decided that village life wasn't for them.

He noted that, ultimately, "things" aren't important. What really matters, Graham said to nods of encouragement around the room, are "connections, a sense of belonging, family and love", all of which can be found in a village. If you have a positive attitude, Graham noted, then fitting into a village is very easy.

Copies of the book are available directly from Brian at [rbcolegate@gmail.com](mailto:rbcolegate@gmail.com) (\$20) or your local Paper Plus store. Postage and packing extra.

**Don't forget you can find out more about living in a retirement village at [www.retirementlife.co.nz](http://www.retirementlife.co.nz) or via the Facebook site <https://www.facebook.com/retirementlifenz>**



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# Stories and characters from the Buller

by Mike Crean

Driving through Buller you realise its history is full of characters. One such is Pete Mangos, the hero of Lyell.

A substantial gold town with graceful buildings lining well-formed streets; this was Lyell. It sat high above the Upper Buller Gorge in glorious remoteness. The town has gone now but the site, about halfway between Murchison and Inangahua on Highway 66 is once again a busy spot as the southern terminus of the Old Ghost Road. This long-forgotten gold miners' road has been revived as a mountain biking and tramping trail and connects the old dray road in the Lyell to the mighty Mokihinui River in the north. The 85km-long Old Ghost Road crosses native forest, open tussock tops, river flats and forgotten valleys.

Diggers settled at Lyell, followed by merchants and publicans ready to relieve them of their hard-earned wealth. The town's main problem was access. Hills clad in thick bush steeped up from the river's northern bank, making travel by foot or horse difficult. The river was notorious for changing course after storms that shunted massive boulders down the river like marbles. Travel by boat was perilous.

Which is where Pete Mangos comes in. The locals called him "Pete the Greek". As a mere lad he had run away from home in Greece to sail the seas. Sailing into Westport at 17 he jumped ship to evade harsh onboard discipline.

Boats ferried supplies from Westport up the Buller River to Lyell. Many came to grief on the treacherous waters. Their failure to reach Lyell occasionally left the town in severe risk of famine. Pete took on the job of boat skipper and, over many years, he always got through.

Further west is the little township of Inangahua. Cross the Inangahua River here, turn left at the junction and a few minutes up the road towards Reefton you reach Inangahua Landing. This area too was served by boats from Westport in the gold days. In more recent years it performed an emergency role when earthquakes had jolted the region.

I met an Inangahua dairy farmer whose house was wrecked in the massive 1968 quake. He evacuated his young family by tractor to the landing, then returned to his farm so the cows could be milked each day. He slept and ate in a shaky shed, living like a hermit for some weeks. Meanwhile Reefton folk drove to the landing and took carloads of earthquake refugees back to Reefton, where willing citizens took them into their homes. Such is the generosity of Coasters.



From top: the scenic Buller Gorge and historic Lyell which is bustling once more.

Back at the junction you have a 40-minute drive to Westport, through the picturesque Lower Buller Gorge on Highway 6. The road narrows where Hawks Crag hangs overhead. I once drove a tour bus through there. The boss had advised me to drive on the wrong side of the road or jagged rock would rip the roof off the coach. Fortunately, no traffic was coming towards me and I got through. The road is much easier now.

Westport has been through tough times, yet it always rebounds and still looks good. Stroll the main street and be surprised how many people express friendly greetings.

Further up the coast at Millerton an old coalminer showed me around

some deserted mine buildings. Then he told me about the Millerton "All Blacks". Not rugby, this was a soccer team that reached the final of New Zealand's supreme competition, the Chatham Cup. Most of the players were Cornish immigrants who were raised on soccer. They took the name "All Blacks" because of their colour when they emerged from the coal face each working day.

At nearby Stockton (now the site of the entrance to New Zealand's largest opencast mine), I found a retired midwife who had delivered hundreds of Buller babies. She claimed to be descended from Scotland's famous Rob Roy McGregor. This reminded me of a character in TV's "Last of the

Summer Wine" who declared himself "a direct descendant of Robin Hood". The tales the midwife told, in a thick Scottish burr, indicated she was already a Buller legend.

Behind the bar in the Seddonville hotel, inland from Mokihinui. Like Lyell this area has become busy once again as the northern terminus of the Old Ghost Road. The publican at the time of my visit was Dave Watson. He told me he had barely bought the pub when it burned down in 1975. A thousand locals rescued many kegs of beer but could not save the building.

Tough call – licensing laws required the hotel to be trading again within 24 hours or it would be shut down. No trouble. Dave was chairman of the community hall across the street. He set up a bar there and the beer flowed once more. The hall was dull and dowdy. No trouble. Dave was chairman of the entertainment committee. He got members to slap some paint around and brighten it up. A family reunion was booked for the hall. No trouble. Dave was chairman of the reunion committee. He shifted the reunion to the school. But children were still taking lessons there. No trouble. Dave was chairman of the school committee. He cleared a room for the function.

As chairman of 17 Buller committees and organisations, Dave had influence. He "leaned upon" officials. He called in favours. He got his new pub "fast-tracked". It stands proudly still.

Buller has magnificent land vistas and sea views. Characters are spread from Karamea to Charleston. It's only four hours away. Get set – GO!

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# New school history launched

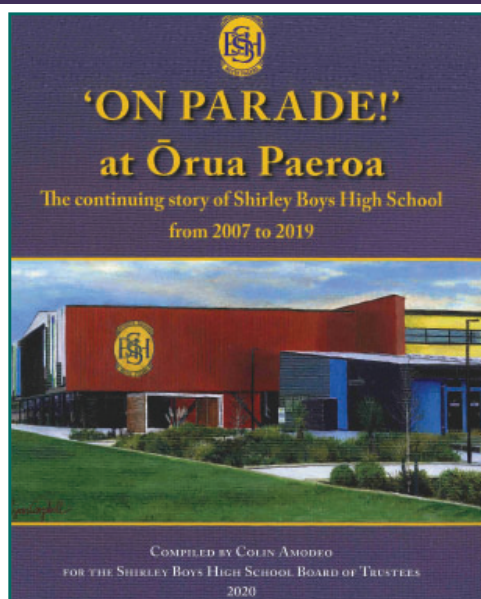
Now that Shirley Boys High School has shifted to North New Brighton and is virtually a new school, a new history has just been launched.

Shirley Boys High Old Boys of the first generations since 1957 have already seen and enjoyed the first volume of the School history "On Parade!", published in 2007 as part of the School's 50th Year Celebration.

Now in 2020, they are able to see the update from 2007 to 2019, a period which includes their younger relatives or grandsons.

The earthquakes of 2010 and 2011, the threat of closure or amalgamation and the uncertainties prefacing the shift from North Parade to Travis Road are part of this new history.

There are still questions about the



suitability of North New Brighton since Banks Avenue Primary School is to be rebuilt on the grounds

formerly occupied by Shirley Boys High School. Why was the former QEII site chosen when it was in an earthquake-damaged, tsunami-prone area? The answer lies in the politics of the Christchurch schools and the role of single-sex education in the second decade of the 21st Century.

By 2012, the Shirley community was demanding to know why parents could be forced to send their sons to a co-ed school when the single-sex option was still available. One of the issues was school zoning and this created considerable concern for parents of teenage boys in the Shirley area and those living out-of-zone.

This second volume "On Parade!" at Ōrua Paeroa is a controversial

history. As Shirley BHS staff member and author Colin Amodeo explains,

"In 2017 Headmaster John Laurenson asked me to capture in print the saga of the School from 2007 to 2019, focusing on the triumphs and tragedies faced by the school staff and its community.

When you are part of contemporary history, developing it day by day, you have a particular perspective. In some ways it's like being the man who came to drain the swamp but was surrounded by crocodiles. For Cantabrians interested in school history, especially this significant eastern rival to Christchurch Boys High School, the new book examines the way the Shirley Boys High School survived intact to begin a new chapter in its career.

After three years of research and writing, I am pleased to have brought 'the Old Shirley' to life now that its presence at North Parade has been expunged. The Caxton Press has done a fine job of creating 224 pages of text with 16 pages of colour from my manuscript.

In a year's time, when Banks Avenue School is commissioned, 'the Old Shirley' will be forgotten. Except that its 63-year history now exists as a printed book and not just in an ephemeral digital form.

"On Parade!" at Ōrua Paeroa also includes the shift to Travis Road in 2019 and the establishment of a 'new place to stand' in a co-location with Avonside Girls High School and Ferndale Satellite School. A new era begins and this book will provide an essential background to a probable third history in 2032 when Shirley celebrates its 75th Anniversary.

For a special Christmas present for your Shirley Old Boy relatives or friends, copies are available from Jane Forster, School Office, 209 Travis Road, Christchurch, PO Box 27 025, or phone (03) 375 7057.

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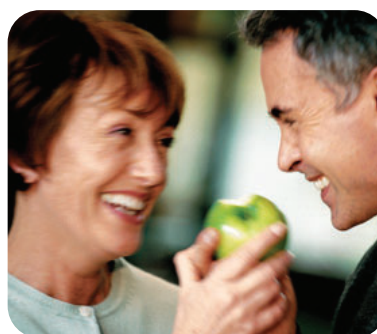
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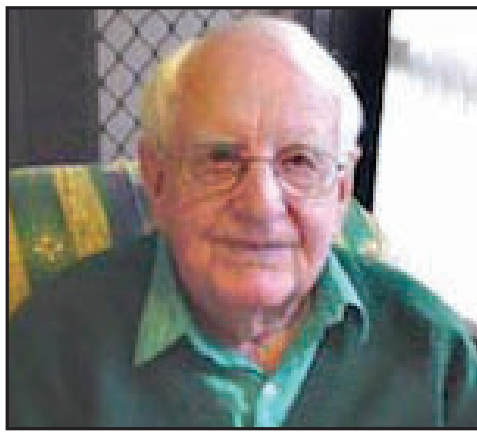
# Peacemaker, padre - Ian Dixon

by Mike Crean

From waging war to building peace – this was the option for New Zealand soldiers 75 years ago. Among the peacemakers was a man who had volunteered to go to war but developed such abhorrence for it that he became a leader in the peace movement. This is the story of Ian Dixon who died in Christchurch in 2006, aged 94.

New Zealand and other Allied troops had fought their way through Italy, defeating the German forces that were based there. Shortly after, Germany surrendered to the Allies on all fronts. A few weeks later, Japan surrendered. World War II was over.

New Zealand soldiers who had been in action the longest were shipped home from Italy. Younger soldiers were offered the chance of a different sort of campaign, in Japan. Their task was to help maintain law and order as Japan dealt with the devastation of their country and began to rebuild the ruins. Dixon sailed with the troops.



Ian Dixon

However, he was not a fighting soldier. Dixon was a padre. He had served in Italy as a confidante and counsellor, comforter and chaplain, to the fighting men. Born in 1912, he gained a Masters degree in philosophy at Victoria University, Wellington. After training at Knox College, Dunedin, he was ordained a Presbyterian Minister in 1938. He married Brenda in the same year.

World War II broke out while Dixon was ministering to his flock in the

South Canterbury town of Pleasant Point. He volunteered for service as an army padre. After working among men preparing to go overseas, he was posted to Italy.

I had the privilege of meeting Dixon in his 80s. He said little of the fighting in Italy but was deeply moved by his recollections of post-war Japan. He told of travelling southward by train and stopping briefly in Hiroshima. There the soldiers were ordered to remain on the train. Dixon, aware that this city had been almost obliterated by one of the two atomic bombs dropped on Japan, quietly stepped down from the train and moved quickly to view the destruction.

The sight seared itself on his brain, he told me, admitting also: "My faith in a Christian God was badly shaken".

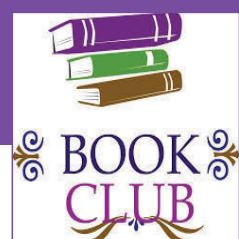
For a long time he found it difficult to preach about a loving, merciful creator. Confronted by the difficulties he faced in helping Kiwi soldiers deal with the horrors they were witnessing, he felt forced to examine

his understanding of Christianity. Only then could he come to terms with the seeming contradictions in his faith.

That he succeeded must be evident in his subsequent ministry. Back in New Zealand Dixon served as a minister in Wellington, Gisborne, Timaru and Dunedin. He was elevated to the position of Professor of Pastoral Theology at Knox College and was a guest professor at an American college of theology. He retired to Christchurch's Maryville Courts after Brenda had died in 1990. The couple had three daughters and a son.

Raised in economic hardship, Dixon retained a strong sense of justice and compassion. He was a feisty supporter of workers' rights and strong opponent of so-called "fundamentalist" sects.

While remembering New Zealand peacemakers in Japan 75 years ago, let's not forget their padre.



## My Book Club recommends

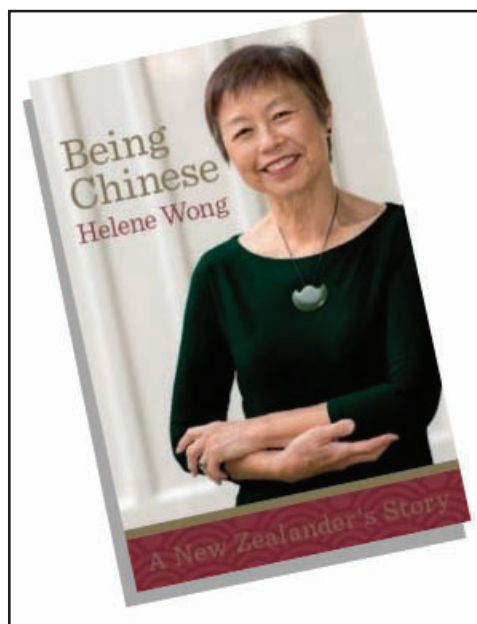
### Being Chinese by Helene Wong

Reviewed by Jeanie Brigham

"You can go anywhere you like," her mother said, "this is your home."

In 1980, at the age of about 30, Helene Wong was in China for the first time in her life. She had accompanied her parents to her father's ancestral village of Sha Tou in Canton. She was surrounded by her relatives and oddly-familiar things. But could she really live here? Was this drab, rural village with appalling sanitation really her home? Surely, New Zealand was home, and yet . . .

Born in New Zealand to Chinese parents, and growing up in the Hutt Valley in the 1950s and 1960s, Helene just wanted to be accepted as a New Zealander. For this reason, she didn't take advantage of her parents' willingness to teach her Cantonese, something she was later to regret. Her parents had a fruit and vegetable shop, and in many ways her childhood was much like that of many other Kiwi children at the time, although she did get to go to many Chinese weddings with her family –



big, elaborate affairs, often held in the Winter Show Buildings or the Majestic Cabaret in Wellington.

She did well at school, and although she was sometimes the target of hurtful racist taunts, she was assertive enough to stick up for herself. As an adult she had a successful career in the Public

Service, culminating in a position in the Prime Minister's Advisory Group under Robert Muldoon. It was in this official capacity that Helene made the trip to China. It was a life-changing experience. In the Prologue, she describes it thus:

"I went to the village as a tourist, and left as a Chinese. A tiny village in China had made me feel more like a citizen of the world than the nation I was born in, and now that nation seems like a village."

The experience jolted her into a quest to explore her identity. She embarked on a journey of discovery, tracing both sides of her family back to the "1st generation" in the 11th century. The histories become more detailed after about the mid 19th century, when her Cantonese ancestors began to emigrate to New Zealand.

I was surprised to read how children were often sent back to China for their Chinese education, and sometimes, as in the case of her mother Dolly, to

be married. The detailed descriptions of this very traditional, arranged marriage are fascinating.

The text is complemented with a good selection of family photos, and family trees for both sides going back to about 1860. She also tackles the issues of racism and multiculturalism, so relevant to all of us living in New Zealand today. We had plenty of good discussion about these issues at our book club meeting, and I would definitely recommend this book to other book clubs.

**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](http://www.bds.org.nz/join).**

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#### About Jeanie

I submitted this review, not because I consider myself to be a good judge of books, or an expert, but simply because I love not only reading, but also writing.

I was born in England but spent five years of my childhood in the jungle of North Queensland. We moved to New Zealand when I was ten years old. We lived in Wellington

for a couple of years before moving to Hawke's Bay.

I trained as an English teacher, worked in the Public Service for a number of years, and spent the latter part of my working life as an ESOL teacher. I've been lucky enough to have travelled quite a lot, including spending 3 years living in Iran.

Our Book Club was formed over 20 years ago and is an important part of

my life. I love reading and discussing the books with the others in our Club!

Apart from reading, I also enjoy horse-riding, not-too-strenuous hiking, a bit of sailing, as well as the old perennial favourite, gardening.

I live in Napier with my husband Duncan and Lucky the cat. We have two grown-up children, and two young grandchildren.



# What is the Human Library? - Sonia Zhuravylova

*Don't judge a human book by its cover.*

At the Human Library in Copenhagen, you don't borrow books; you borrow real people.

It all started on a sunny June day in 2000. On a small patch of grass at a local music festival, participants were invited to borrow a person as an 'open book'. More than 50 people – among them a journalist, fans of rival football clubs Brøndby and FC Copenhagen, a policeman, a parking officer and Bente Moren, a woman from Freetown Christiania in Copenhagen – were 'published'.

The Danish idea was – and still is – to challenge prejudice and stereotypes. Volunteers sign up to be a 'human book' and offer topics that they are happy to talk about with honesty. People can then borrow a human book from the library for half an hour or more. The human book tells its story, presents its points of view and answers questions.

The Human Library has grown from presenting 'books' at local Danish events to appearances all over the world. Ronni Abergel, the founder of the library, has seen how it has evolved from a pop-up to a movement in more than 80 countries.

'The idea is fairly simple. We arrange for people to meet and talk



in a safe and secure environment. That has proven to be a useful and effective method for allowing people to get to know about each other through conversation,' he says.

And the range of titles has also grown. The Human Library now includes topics such as ethnicity, mental health, disabilities, social status, occupation and religion. Human Library events take place in schools, universities, libraries, community centres and workplaces, too.

'All people judge, and we are not here to change your mind or to tell you not to judge,' says Ronni. 'We are here to make information available in a safe setting so you can make your own decisions, but hopefully better-informed decisions. Based not on a quick judgement, but after more careful consideration and after meeting someone who knows about it. It gives you a chance to unjudge someone.'

The Human Library recently celebrated its 20th birthday. 'Sharing

stories is what binds people together, and you can see the effect straight away. People walk away with a broader perspective and a more open mind,' says Rianneke Tjisse Klaseen, who has gone on loan to talk about often stigmatised issues, such as abortion and polyamory.

'The Human Library attracts really incredible people, people with big hearts and a drive to make the world a better place,' says Ben Caron, who manages the Human Library outpost in Los Angeles. 'I believe that what the world needs most now are compassion and empathy, and this seems to me one of the most effective projects to help build those.'

Bente from Christiania – a bohemian commune in Copenhagen – has met many different people through the Human Library over the years. She recalls schoolchildren who visited shortly after the library first got going. 'Some of the children saw people from Christiania as thieves and addicts, and I realised, "Wow, what a difference we could make as books."'

Twenty years later, she still occasionally takes part. 'It is still as important now as ever to challenge prejudice, to demystify and to talk to one another.'

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

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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.

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[info@florentinegold.co.nz](mailto:info@florentinegold.co.nz).

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

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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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# Ronnie Gardiner Method comes to Christchurch

RGM stands for the Ronnie Gardiner Method, an innovative, multi-sensory exercise session for the brain in which rhythm, music, verbalisation and movement are used to stimulate both cognitive and motor skills. The creator (Ronnie Gardiner) is an energetic 88-year-old Afro-American Jazz drummer who hails from Rhode Is in the US but who has lived in Sweden since the 60s.

## So how the heck did RGM get from Sweden to New Zealand?

The credit goes to Professor Ngaire Kerse who is acknowledged as an international expert in the area of maximising health for older people. She has led various studies and research projects in NZ and deservedly in the 2020 New Year's honours list was awarded a member of the New Zealand Order of Merit for services to seniors and health.

Her introduction to RGM came in 2014 when she attended a training course in the Netherlands, whilst on sabbatical leave, and immediately saw the potential of bringing such a programme to New Zealand. "The combination of having fun whilst improving cognition and balance appealed to me instantly" commented Kerse "All I had to do was figure out a way to get Ronnie and his trainers to New Zealand".

Supported by a research paper into the efficacy of RGM in older adults with mild cognitive impairment by Auckland University PhD student Kristina Zawaly, the Hope Foundation came to the party five years later and funded a series of training courses



A Ronnie Gardiner Method session class in action.

with Ronnie and two master trainers at locations around the country. As a result 32 New Zealanders became accredited RGM practitioners, four of whom are based here in Christchurch.

"We are super excited to be finally getting this up and running after the COVID delays earlier in the year" said Kris Tynan, one of the accredited practitioners and Programme Director of Exercise as Medicine NZ. "Everyone who experiences RGM enjoys it and as practitioners we see the benefit it brings to cognition and increased engagement as well as improved co-ordination and balance for our participants. The beauty of the programme is that it can be done either seated or standing and doesn't require any special musical background" adds Tynan.

## Courses in Christchurch

The first eight-week course is already underway and more are

planned for 2021. They are held at the Age Concern Canterbury Office, 24 Main North Rd, Papanui. The cost for the total course is \$30 and the only criteria is that participants be over 65 and able to follow instructions. Each

session lasts an hour with a cup of tea afterwards.

Registration is required and can be done by emailing Kris on kris@eamnz.com or if you want to know more you may call her on 021 262 8886.

Testimonials from class participants: "RGM is great fun. Not only is it stimulating but I'm sure it has improved my cognition and co-ordination". TB (aged 75)

"I'm not particularly musical but that doesn't matter with RGM. No matter where you start from you'll get better. Just give it a go and enjoy it. My balance has benefited from the programme that's for sure." NF (aged 84)

"They say learning something new is good for the old grey matter. RGM is totally original and certainly a fun way of forging new neural pathways." NT (aged 72)

## 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.

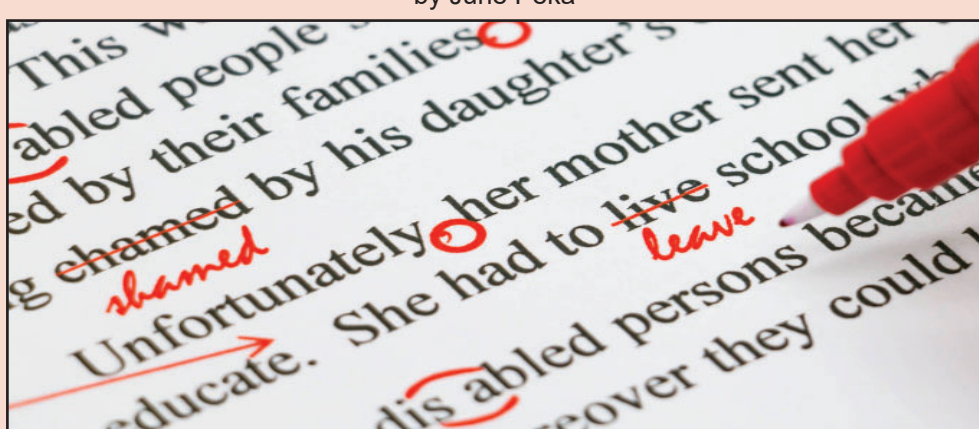
A visit and consultation is free of charge, with no obligation to use their services. However, if you feel they may be of assistance a quotation can be provided for your consideration.

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)

## Corrections and clarifications

by June Peka



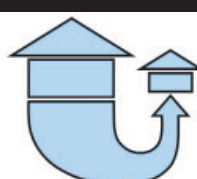
Not so long ago, copy hot off the reporter's typewriter was red-pencilled by a sub-editor before being carried by a copy-boy/girl to the proof-readers' section of our big daily newspapers. From there it went over the desk of the editor him/herself, to be scrutinised again before going to print. And then the reporter would receive it back to decipher the scribbles and squiggles and learn how he/she (not "they") in those times could do better next day. Talking with a retired journalist over coffee recently he recalled the shame ("it was like being in purgatory") attached to having to

print an apology when something remiss slipped through all those checks. How quaint it all seems now.

Wouldn't it have been so much less complicated and of course a great deal cheaper just to print a regular corrections and clarifications column? And we could've asked the readership to fork out to train the reporters too; to support their professional standards of accuracy, fairness and balance by making a contribution from as little as \$1 to help sustain trustworthy independent journalism.

Seems it is not fake news we need to be concerned about?

## Are you thinking of moving? Could you use some help?



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- Declutter
- Pack Up
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Email: [info@maturemoves.co.nz](mailto:info@maturemoves.co.nz)  
[www.maturemoves.co.nz](http://www.maturemoves.co.nz)

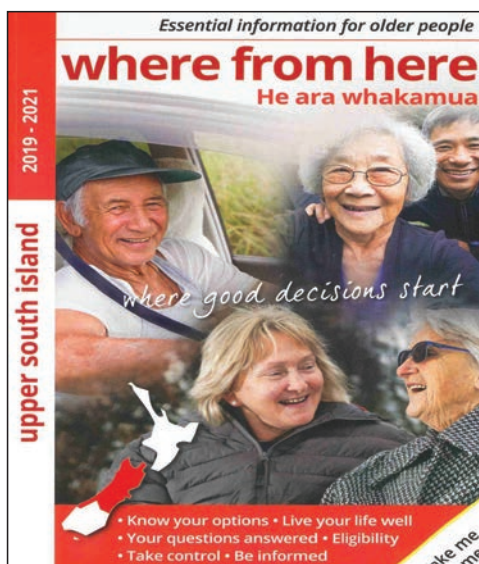


# Eldernet key ally in Age Concern Canterbury's work

Age Concern is committed to providing expert information and support services in response to older people's needs. An ally in this important work is Eldernet, New Zealand's leading provider of information to older people, their family, whānau and friends.

Each day Eldernet updates its nationwide online database of vacancies in retirement villages and care homes, making it the most accurate source of data for those serious about buying or moving in. It also shares this data with district health boards to inform their planning and, in time of emergency such as earthquake, fire or flood, to tell health officials where there are empty aged care beds to rehouse evacuees.

Eldernet, in tandem with sibling company Care Publications, is committed to ensuring older people in New Zealand can access comprehensive information on issues concerning them. Eldernet does not own or operate any facilities; rather, it provides independent advice to those



considering moving into a retirement village or care home, or just wanting some help to keep living well at home. With this impartial information, older people, their families and professionals who work in the sector can access comprehensive data that enables them to make more informed decisions.

As well as its main site, [eldernet.co.nz](http://eldernet.co.nz), Eldernet has launched another site, [retirementvillages.co.nz](http://retirementvillages.co.nz). This

explains what retirement villages are and how they work, and its directory lists all villages in New Zealand. If you are in the market to buy, you can look up village open days and/or view properties on the market right now. There's also a handy checklist to help you work through the options and possible pitfalls.

Using the site, potential residents or their families can easily look not just at villages as a whole – what amenities they offer and services they provide – but also information on homes in the village available for purchase, including price. Photo slideshows and videos bring the listing to life, and there's lots of detail on key features.

While recognising the value of the internet for getting information out to those who need it, Eldernet is very aware that not all older people want or are able to access the web. That is why it remains committed to providing its information in print as well. Regularly updated, the book "Where From Here" is considered

'the bible' of information for older New Zealanders.

"Where From Here" is available free from Age Concern branches as well as selected social and health agencies or direct from [www.carepublications.co.nz](http://www.carepublications.co.nz). It's full of detail on issues ranging from your rights as an older person to maintaining your physical and emotional wellbeing, eligibility criteria for government and other financial assistance, Enduring Powers of Attorney, Advance Directives, your options for getting support to live at home and how to access it, and what is involved in moving to a village or into a care facility.

The book's comprehensive listings cover retirement and lifestyle villages, care apartments, rest homes, aged care hospitals and specialist dementia units. The book also explains the different levels of care offered in each of these facilities.

For further information from Mark Wilson, Eldernet, [markw@eldernet.co.nz](mailto:markw@eldernet.co.nz) or 027 448 0258.

# Cathy and Ian, with you every step of the way

If you're considering selling, give Cathy and Ian a call. The market is very strong at the moment and we're seeing our clients achieve great results.

We're practical, down-to-earth Cantabs and we'll be with you every step of the way.

When it comes to finding your next home, we'd rather talk about right-sizing than down-sizing! No matter your stage in life, moving to a new property should be an exciting

process, and an experienced real estate team can help you find the right home for your lifestyle.

Selling can definitely feel like a daunting task, especially when your home is treasured and full of happy memories.

If you think a move might be on the horizon but you aren't quite ready, we've got a couple of no-pressure suggestions to get the ball rolling. It's never too early to start decluttering and tidying; as well as the feel-good

factor of repurposing, selling, or donating your unused items, you'll have a much smaller job on your hands at moving time!

We can also get you started with a free no-obligation appraisal. While you don't have to sell immediately, it's great to know what your property is worth so you can start thinking about your next steps. When it comes time to sell, we'll help you find the right buyers (and the right price, of course). There are plenty of first

home buyers on the lookout for well-maintained properties, and it's a nice thought that the home you've loved for years can now become the first step in another family's journey.

As well as having plenty of contacts to help the move process be stress free, we're attentive, communicative and treat you and your property with respect. Try us - you'll like us!

Freephone 0800 888 426. It costs nothing to chat. A

**Call us today to arrange a no obligation chat about your Real Estate plans**



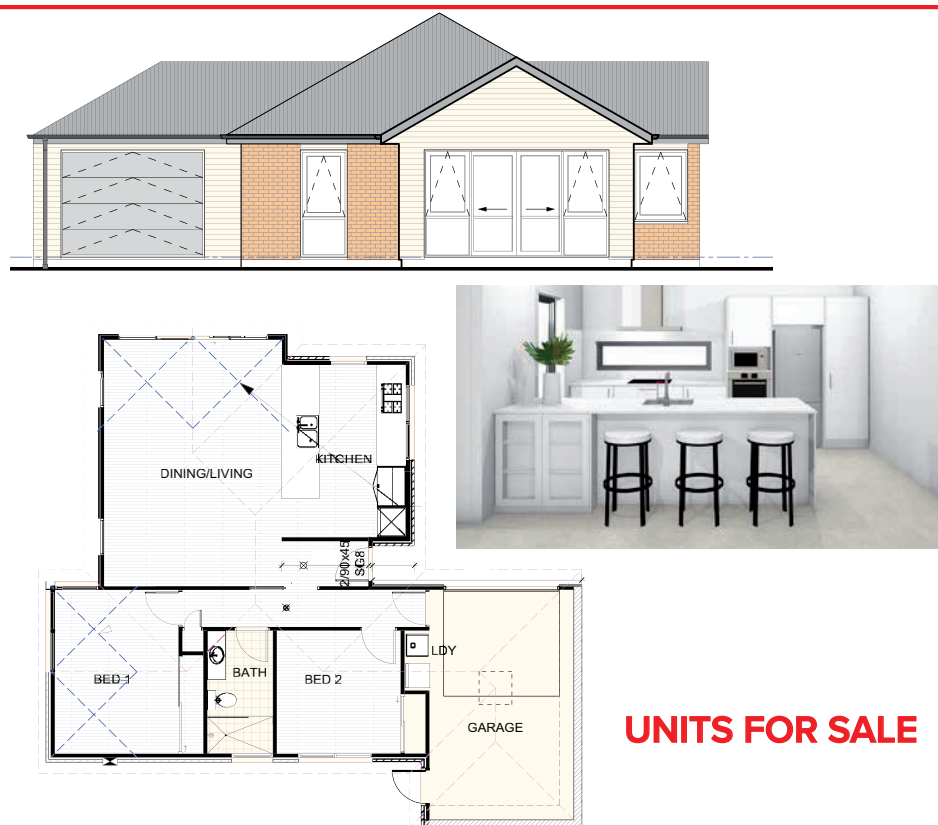
**Cathy Falconer**  
Franchise Owner  
027 660 1920

**Ian Falconer**  
Franchise Owner  
027 849 0404

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# 50s Up Brass Band still going strong

Founded 27 years ago the 50s Up Brass Band is a 40 strong group of musicians who range in age from 50s to 101! The Band has gone from strength to strength under the baton of the Principal Bass Trombonist for the Christchurch Symphony Orchestra Pablo Ruiz Henao. More recently the band has been directed by Mr Phil Johnston, a conductor for the New Zealand Army Band, who while on a break from his army duties, is filling in for Pablo on a temporary basis.

The 50s Up Brass Band members come from all walks of life. Some are ex NZ Army Band, some are ex NZ National Band, and some are from the award winning Woolston Brass Band.

A former member of the Woolston band is 101-year-old Mel Smith. Mel has been in the band since its start and he attributes his longevity to luck and a strong immune system. He believes the band creates an obligation for him to get out of bed early Wednesday mornings to attend practice. Mel also plays in the Risingholme Orchestra, and believes this interest and activity helps to keep him young.



*A former member of the Woolston band is 101 year old Mel Smith.*

Mel began playing music in the West Coast coal mining town of Granity when he was only 8 years old. His older brother was in the school band and Mel was determined to follow in his footsteps. Ninety-three years later the determination is still evident.



*The 50s Up Brass Band still going strong after 27 years.*

While the 50s Up Band plays a variety of music, Mel prefers classical and "great overtures" he remembers from his childhood.

All the band members are appreciative of the fellowship and the opportunity to play in a quality active brass band in their retirement. Prior to the earthquakes in 2010/2011 50s Up Brass traditionally had an annual community concert which was a full house at the Christchurch Town Hall and the hope is that they can perform there once again.

At the moment the audiences range from Retirement Villages to the wider public in City Concerts. Repertoire includes Brass Classics, favourites from the Shows, Standard Jazz

tunes and music from the Classical Masters.

During November each year the band plays a series of Christmas concerts and this year they will be at the Papanui Club on November 18, Kaiapoi Club on November 20, Woolston Club on November 25 and Cashmere Club on November 27. All concerts begin at 2pm and entry is just \$5 per person.

As with most voluntary organisations funding is a struggle, but the band is committed to community service, doing charitable concerts, and meeting the entertainment needs of the elderly by raising funds to support local non-profit organisations.

## 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.

While 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)**

## Transport you can trust



### Do you need a reliable friendly driving service?

- \* Extra care for seniors
- \* Medical appointments
- \* Business appointments
- \* Social & sightseeing
- \* Shopping trips
- \* Airport transfers
- \* Pets to the vet



**Total Mobility Provider**

**Dean Stewart on  
03 352-1599  
or 027 364 6877**



## Come and enjoy social interaction with other seniors...

### MONDAYS

9.00 am Board Games  
10.00 am Morning Tea  
10.30 am Arts and Crafts  
12.00 noon BYO Lunch / Socialise  
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

*Gold coin donation for non-residents*

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442 Durham Street North, St Albans, Christchurch 8014 Telephone 372 9224

Website [www.lcmchristchurch.org.nz](http://www.lcmchristchurch.org.nz) Email [nzadmin@lcm.org.au](mailto:nzadmin@lcm.org.au)

*Gold coin donation for non-residents*



# What's the connection between strokes and seizures

No two strokes are exactly the same and each person's experience and recovery can vary widely. Post stroke seizures can occur following a stroke: while they are frightening, they can be controlled with medication and lifestyle changes.

## What is a Stroke?

A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is damaged. A stroke can be due to a blockage caused by a clot: this is called an Ischemic Stroke. Another type of stroke occurs when a blood vessel ruptures: this is called a Haemorrhagic Stroke. There is also TIA (Transient Ischemic Attack) often called a mini-stroke; this is a major warning and should be followed up.

When a stroke occurs and a clot or rupture happens, part of the brain cannot get the blood (and oxygen) it needs, so brain cells die as a result.

## Is there a connection between having a stroke and seizures?

A stroke causes an injury to your brain, leaving you at an increased risk of having a seizure. The stroke may leave behind scar tissue on the brain, which is a permanent injury. This scarring of the brain could disrupt the normal electrical activity of the brain, which could cause a seizure.

## Can seizures be predicted after a stroke?

It is very difficult to predict who is likely to develop a seizure after the stroke. However, there are some known risk factors associated with a higher incidence of post-stroke seizures.

Those most at risk of seizures are people:

- \* who have had a haemorrhagic stroke
- \* who have had a severe stroke
- \* who had the stroke in the cerebral cortex of the brain

## Is it common to have a seizure after a Stroke?

It is not very common to develop seizures after a stroke. In a 2018 study it was found approximately 10% of patients with stroke develop

seizures within a decade. (\*www.ahajournals.org/doi/full/10.1161/STROKEAHA.117.020178).

A risk of a post stroke seizure is at its highest in the first 30 days after the seizure. About 5% of people will have a seizure within 2 weeks of having a stroke (\*National Stroke Association).

It's important to note that if a single seizure happened soon after a stroke, it does not necessarily mean the person has epilepsy, or will develop epilepsy. There are rare occasions when a person continues to have seizures a month after a stroke. This is when he/she is at a much higher risk of a diagnosis of epilepsy and the doctor may prescribe anti-seizure medication to control the seizures.

## How do I know if I'm having a seizure?

There are a wide variety of seizures with over 40 different types. \* For Post-stroke seizures one third of cases present with tonic-clonic (generalised) seizures and the remaining two thirds usually present with localised or focal onset either with or without awareness.

If someone observes something 'out of the ordinary', or you experience something that doesn't feel right, go and see your doctor.

Types of things that may be an indication of a seizure

- \* Muscle spasms or jerks
- \* Stiffening of the muscles
- \* Sudden drops of either part of the body (e.g. head drop) or the whole body drop
- \* Unconsciousness or altered state of awareness
- \* Tingling
- \* Strange sensory experiences e.g. sound in the ears, strange smells that don't exist, strange tastes even when not eating
- \* Confusion and absent wandering
- \* Blank moments

## Can I control Post Stroke Seizures?

If you are diagnosed with post stroke seizures you may not completely

control your seizures but you can do things to minimize the reoccurrence of them.

- \* Avoid smoking
- \* Avoid alcohol
- \* Avoid stress
- \* Get enough regular sleep
- \* Adhere to taking regular anti-seizure medication (if prescribed)
- \* Maintain a healthy diet and weight
- \* Stay hydrated
- \* Work within your physical limits and don't rush or over exert yourself as you heal

## Contacts for ongoing support

**For Epilepsy support** contact the Canterbury branch of Epilepsy New Zealand on 027 270 6689 or 022 367 7895 or email canterbury.

westcoast@epilepsy.org.nz

**For Stroke support** contact the Stroke Foundation on: 03 381 8500 or email: southern@stroke.org.nz

**This article is for generic information around strokes and seizures. It is not a replacement or substitute for a medical diagnosis.**



## 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.

(A)

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**Medical Alarm**

**Free Phone 0800 380 280**  
[www.freedomalarms.co.nz](http://www.freedomalarms.co.nz)

**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.



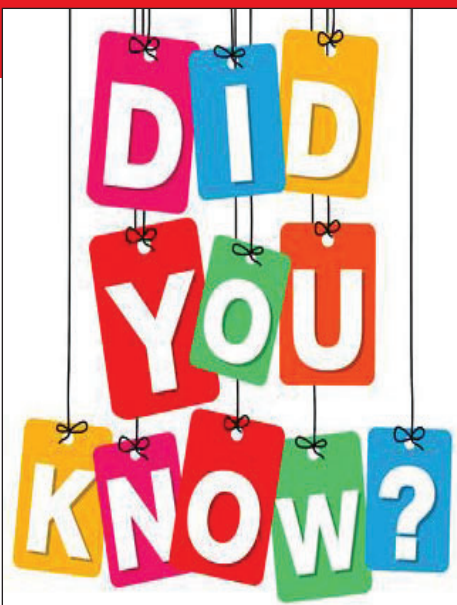


# NOBODY HAS TO SETTLE FOR A HALF-BAKED RETIREMENT!

Arvida has reinvented retirement living in Canterbury with a range of innovative communities that are designed to support a more fulfilling life, whatever stage you're at.

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[arvida.co.nz/christchurch](https://arvida.co.nz/christchurch)





## Waipapa, new name for Christchurch Hospital Hagley

The Canterbury DHB Board Chair, Sir John Hansen recently announced that the new name gifted for Christchurch Hospital Hagley is **Waipapa**. Ngai Tuahuriri (local iwi) and the Ūpoko (head) Dr Maire Tau has named the building Waipapa. It means surface water and denotes the many springs that were in the area. **Waipapa** is also the original name for the area near or around Hagley Park.

The name **Waipapa** has been warmly welcomed and endorsed by health partners, Manawhenua Ki Waitaha. The District Health



Board has been working towards the opening of **Waipapa** for some time now and the first inpatients were due

to be moving in from 16th November.

He toka tū moana – As durable as a rock pounded by the surf.

## Feeling breathless? It could be your heart

Daryl had just thought he was getting older when he was diagnosed with severe Aortic Stenosis.

Daryl is an active farmer with a busy lifestyle. He loves the outdoors and playing golf but had started to notice that he was getting increasingly breathless trying to carry out his normal farm activities and even walking across the paddocks was becoming an effort.

He initially put his tiredness and breathlessness down to aging or lack of fitness but when he finally went to see his doctor he was diagnosed with



*Daryl, an active farmer with a busy lifestyle*  
Aortic Stenosis.

Aortic Stenosis is one of the most

common and serious heart valve diseases caused when the aortic valve narrows, restricting blood flow from the heart to the rest of the body.

In around 50% of people with aortic stenosis, breathlessness is the first sign but as the symptoms tend to come on gradually people don't always recognize them or just think they are naturally slowing down as they are getting older.

It is a progressive disease, which means it will get worse over time and this can be life-threatening.

Other common symptoms are fatigue, dizziness or chest pain.

It is very important to ask your GP to listen to your heart and see if there is a heart murmur present which can be a sign that further investigations need to be made.

The sooner Aortic Stenosis is picked up the sooner your doctor can help you find the best treatment options.

To learn more about Aortic Stenosis and Daryl's story go to <http://newheartvalve.co.nz>



## Struggling to keep up with your friends?

1 in 8 people over 75 suffer from a heart valve disease called Aortic Stenosis\*. One of the first symptom of aortic stenosis is a little shortness of breath during activity. For example, you might notice that it's a little harder to walk up a flight of stairs or carry groceries or you can't seem to walk as far as your friends. As the symptoms tend to come on gradually people don't always recognize them or just think they are naturally slowing down as they are getting older. The earlier heart valve problems are picked up the sooner your doctor can help you find the best treatment option.

Ask your doctor to listen to your heart

 [NewHeartValve.co.nz](http://NewHeartValve.co.nz)



# Frustrated by digital devices and technology? These teenagers would love to help!

by Isaac Mander, Founder of DigiKiwis

We live in an increasingly digital world. It is essential to be able to use digital devices to communicate, for shopping, to get information, or for entertainment. The internet can be a great tool, but it also comes with the risks of hackers and fraudsters, which can put you at greater risk if you're not sure how to protect yourself.

You have probably seen many changes in technology throughout your lifetime. But it gets more and more difficult to keep up with the pace of change and plethora of new gadgets and "apps". In fact, you may not be too bothered with the "latest and greatest" but are frustrated when things don't work as they should.

For example, can you get email to work on your phone? Do you know which device is the best for your needs? How do you tell if a website is keeping your information safe? Are you able to watch TV programmes "on demand" with your device?

The trend towards digital-first, or even digital-only services risks a degree of "digital exclusion" and social isolation for many.

We are establishing a social enterprise that will connect tech-savvy teenagers with senior kiwis who need help with their digital devices. We are pleased to introduce DigiKiwis.

## How will DigiKiwis work?

Kiwi teenagers have grown-up in the online age, learning to use digital devices from their early years. They have had plenty of practice, a mindset that is open to exploration, and usually, the ability to find a solution when an unfamiliar problem is encountered.

DigiKiwis is offering regular small group sessions where tech-savvy teenagers will help you with



your technology frustrations. Our focus will be on portable devices such as phones, iPads and laptops.

Unlike other services, our programme is not a course or classroom based. You don't need to go back to school! This means that you can come when it suits you to get the help you need now.

Each session will focus on fixing as many of the attendees problems as possible. If something can't be fixed on the day it will be investigated further so that it can be sorted next time. The tech-savvy teenagers will also share some great tips to make things easier for you.

We believe that establishing ongoing relationships is important. So whenever possible you will get help from the same teenagers. This also means you won't need to explain things over and over again! The small group format allows you

to learn from other attendees too.

Teenagers will gain an appreciation of a different generation and also skills and the confidence that comes from paid work experience. Teenagers can always use some pocket money!

"I developed the DigiKiwis concept with my Dad after research associated with a school project showed there was a way to better support senior kiwis with their technology frustrations."

"Being able to help people in my local community is very rewarding too."

Our goal is for DigiKiwis to be responsive to your needs, low-cost and fun. If successful, we would like to see DigiKiwis become available in communities throughout New Zealand.

## The DigiKiwis pilot programme

We are launching a pilot programme with the generous support of Age Concern Canterbury who will be hosting our sessions at their offices 24 Main North Road, Papanui, Christchurch.

DigiKiwis is expected to have a small cost in the future, however, the pilot programme is completely free. We would just be grateful for feedback about our service to allow us to fine tune our programme to be as effective and easy as possible.

Would you like to know more, or register for the free DigiKiwis pilot programme? Please let us know your **name, contact details, types of technology frustrations.**

**Email:** isaac@digikiwis.com

**Website:** www.digikiwis.com/pilot-study. Text message: 028 430 2313

**Post:** DigiKiwis, 31 Chepstow Avenue, Christchurch 8052

## Get in early: make sure your next winter's firewood is 'good'

We know it may seem counter-intuitive to look forward to the freezing temperatures of winter as we emerge into a glorious spring, but if you are planning on using a wood burner to heat your home in Winter 2021, Spring 2020 is a perfect time to buy your firewood and beat the rush.

Judith Earl-Goulet, Environment Canterbury's operations manager in Timaru, has some tips on what to look out for and what to avoid, to ensure your wood is 'good'.

### Earlier is better

Buying wood early allows time to dry your wood before using it and is usually cheaper. Generally, it takes 1-3 years for wood to dry properly, so if you're buying wood to use next winter it needs to be pre-dried or seasoned. Burning wet wood is not an option as it won't get hot enough to produce efficient warmth and it leads to smoky chimneys and air pollution.

### Buy from a reputable source

We recommend buying from a wood merchant which is part of our Trusted Good Wood Merchant programme. Merchants are audited annually and testing the moisture content of their wood supply is part of this process.

They usually have a good supply of dry, seasoned wood. If not, they will ensure their customers know how 'green' the wood is and when it

should be ready for use.

### Choose a 'better burning' wood

Do you know what wood burns hottest and with the least amount of smoke? Plantation Pine, Douglas Fir and Blue Gum are the best woods to use and mix to get your fire just right.

Old Man Pine tends to smoke a lot, so we recommend you use this only for kindling and burn it with other wood. Finally...

- Store your wood under cover and allow air flow. A small woodshed is great, or under some eaves or along a fence line.
- Keep your wood burner well-maintained and look after your chimney and flue to remove build-up of soot. Again, now is a great time to get your chimney/flue cleaned and beat the Autumn 2021 rush!
- If you're thinking about replacing your existing wood burner, now would be a good time to make enquiries with local suppliers and fitters.

For more advice on choosing good wood and burning better, check out warmercheaper.co.nz, to help you burn smoke-free, including demonstration videos and a step-by-step guide, along with a list of Trusted Good Wood Merchants. You can also get in touch with us for personalised help and support by calling 0800 329 276.

(A)

## Now's good for wood!

Buy your good wood now, so it's dry for a smoke-free winter.

Get yours from Canterbury's Trusted Good Wood Merchants.

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Kaunihera Taiao ki Waitaha







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space in the February 2021  
issue of Keeping On.**

**The deadline is  
Friday, 29th January 2021.**

**Please contact  
Anna-Marie on 331-7804.**

## 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:

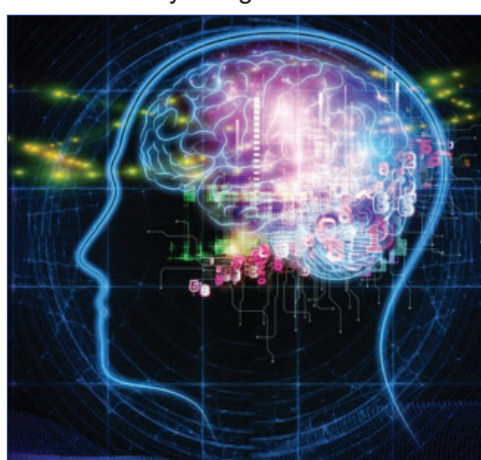
[www.bartonfieldsvillas.co.nz](http://www.bartonfieldsvillas.co.nz) or

[www.marybrittinvillas.co.nz](http://www.marybrittinvillas.co.nz).

**See our ad on the next page. (A)**

## Getting older and more creative

by Doug Wilson



The relationship between creativity and age has long been questioned. Academics conclude that the average peak of creativity is in our 20s, reaching a peak in early 40s, before declining.

However, this represents an average figure, assessed by measurable output in science and art. There are a wealth of exceptions.

Many older people happily trundle along, comfortable in how it's always been.

But others ignore their age, diving into new projects, living a busy creative life.

Despite creativity fading on average with age, at 80 many individuals have exhibited they can create new stuff.

If you've got enough to start you will still have tons left as age rolls on.

Frank Lloyd Wright finished the Guggenheim Museum, age 92, Verdi was 70 when he released his masterpiece Falstaff opera, Michelangelo sculpted till his death at 88 and Grandma Moses began painting after 70.

Perhaps creativity is fading in today's world as screens and headphones create isolation bubbles, limiting the flow of ideas between individuals.

A friend, a past international political journalist, now in her mid-70s, takes every conversation into her unique world. She sees frailty in the self-confident, excitement in the banal, hope for the underprivileged. Most of us see two sides to many questions, she sees five or six sides. Take your pick.

That is dazzling creativity.

George Washington University conducted a formal study of creativity in older people. A group of 150 people with an average age of 80 met regularly with creative individuals

in the arts and humanities. A control group of 150 enjoyed their cups of tea and their usual life, and the two groups were compared.

After two years the study revealed the first group who pushed to exercise their creative skills gained immeasurably in confidence and independence. Pursuing the creative was not only a pleasant diversion but resulted in a positive gain in good living. Creativity improved wellbeing.

I was born in 1937, and I grew up in Auckland.

We had no TV, and minimal radio for kids. Classic Comics and books were my stimulation.

I had a vivid imagination, but my spelling dyslexia made it difficult to convert my ideas into stories that others could read.

So I pursued a medical career in New Zealand, London, Oxford, Melbourne, Saudi Arabia, and eventually as a pharmaceutical executive in the United States and Germany.

My wish to be a writer, remained as powerful as ever, but my writing and spelling incompetence continued the barrier. Spellcheck, and the dictating Dragon Speak, broke me through to the creative universe of writing.

I published my first kid's story aged 76. My hero Tom Hassler, arrived,

firstly to battle the Rats of Droolmoan Cave. A series of kids' books have followed to fair acceptance.

I've written 11 books for kids in seven years. Publishing gives me an outlet for my pent-up wish to produce stories for others. I needed a creative outlet, and technology helped me find it. I've also published a guide for older individuals: Ageing for Beginners and have almost completed a successor book.

### How did it come together?

Stories were no problem for my imagination, but I had no experience of the technique of writing fiction.

So various rewrites were needed to escape from the language being ponderous, and even archaic.

My friend Spellcheck was there to overcome my dyslexia.

A writing course with Tessa Duder followed and the task became increasingly easy, as the characters took on their own life and drove part of the script.

At 83 I'm still enthusiastic. I'm writing for kids, as well as translating complex medical and scientific information into useful communications.

I'm a regular on Radio New Zealand with Kim Hill talking about ageing and my Ageing for Beginners podcasts have found fans around the world.

In Kim's words, I am reporting from 'the frontline of ageing'.

Live radio and podcasts force me to be more deliberate about selecting and marshalling of facts, all the time defaulting to make complex scientific communications simple.

And in my spare time my imagination conjures up books like Zeke Battle: Earthquake Boy.

### Is creativity possible after the age of 70?

It sure is. You gain, but so do others.

## 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.



## Need Advice?

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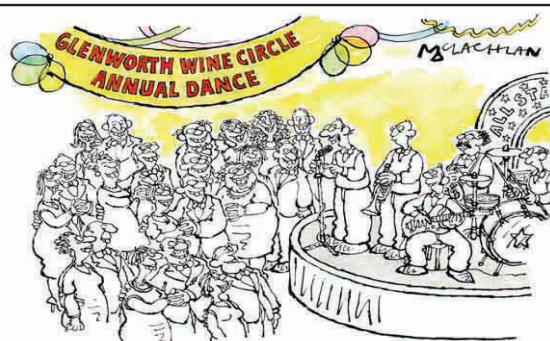
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'For our next number, you'll be getting a zesty hint of Cole Porter, with the sumptuous essence of Prokofiev, underpinned by the delicate and persistent, velvety notes of Scott Joplin and Mozart with the well-rounded and refreshing finish of Purcell and the bright, crisp tones of Wagner'

## Selling your property well

If you are planning to sell your home and want to fetch as high a price as possible, a key consideration is the condition of your property and making sure it is in top shape to attract buyers.

But who are the buyers looking at your property? When I work to sell a home, I take care to understand who the property will appeal and how to approach these buyers. First home buyers are keenly driven by budget and the banks criteria. There are the investors looking for low maintenance rentals. Downsizers and retirees. The movers – families selling one home to buy another and perhaps keen on school zones. And recently ex-pat's driven by Covid19, returning to New Zealand with their own expectations. The motivation to buy a home has many variables, and I approach this comprehensively to ensure we market each property correctly.


I recently had the privilege of listing their family home, where the owners went to such an extent with presentation, those attending open homes asked if the family was still living there. Yes, it was immaculate with updated dishwasher and heat pump, beautifully painted, double



**Annette Pendergast and Mike Pero**

glazed, decluttered, depersonalised, the grounds impressively landscaped and the home spotlessly clean. We attracted a good number of very keen buyers and sold this property for well over the rateable value.

The best approach is to realise your home, no matter how wonderful it may seem, will have competition. I suggest you check online advertising and visit open homes to see how others are presenting for sale. With my experience, I can also guide you through the presentation process and ultimately ensure your property not only sells - but sells well.

Annette Pendergast is an experienced, licensed salesperson with Mike Pero Real Estate (REAA 2008). Phone: 022 090 2627. Email: [annette.pendergast@mikepero.com](mailto:annette.pendergast@mikepero.com) 

## Selling Well.

*"I would like to thank you for the wonderful job you did in selling Dads house. It's hard to believe that we had it sorted within hours of the first open home. You were on the money in regard to its value and it was awesome to get such a quick sale under the circumstances."*

**Paul Herring and Family**

**ANNETTE PENDERGAST**

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# Think F.A.S.T

AT ANY SIGN OF STROKE  
**CALL 111**



**FACE**  
DROOPING



**ARM**  
WEAKNESS



**SPEECH**  
DIFFICULTY



**TAKE ACTION**  
CALL 111

The Stroke Foundation is encouraging New Zealanders to familiarise themselves with the F.A.S.T. message. It's important to learn the key signs of stroke and to think F.A.S.T., act fast and look out for each other by calling 111 if they suspect a stroke. Prompt action can save lives as well as improve recovery.

A stroke is a brain attack – it's very serious. The symptoms might show on the face, arm or in speech, but it's the brain that's being damaged.

Recognise the signs of a stroke:

• **F...Face...**Is their/your face drooping on one side?

• **A...Arm...**Is one arm weak?

• **S...Speech...**Is it mixed up, slurred or lost?

• **T...Take Action...**Stroke is always an emergency. Call 111 immediately.

If any of the signs of stroke are recognised, don't wait, call 111 straight away. Don't call your doctor, or drive yourself – get help immediately. Ambulance staff want to hear from you if you recognise the F.A.S.T. signs – call 111 and tell them it's a stroke.

## Gentle but effective exercise while sitting


Joint pain and circulation problems like cramps, restless legs and fluid retention can be eased and often disappear with the help of an Aircycle exerciser. For 12 years Allen from Beachlands has been unable to drive and found walking difficult due to numbness in his feet. He advises *"I'm now walking 2 kms per day. My wife is using it too with great results. We're excited about the months ahead"*.

A lady from Te Horo devised Aircycle to help her husband's severe arthritic pain, stiff joints and swollen ankles. The simple, inflatable cushion allowed her husband to exercise his ankle, knee and hip joints, lower back, wrists, fingers, arms and shoulders while he was watching TV. It was so effective an arthritis educator asked more be made for other sufferers. Now it's used by thousands of people here and overseas.

Sandra, Waikanae advised *"I've found Aircycle really effective for fluid retention, neuropathy pain and circulation – it really works"*.

Aircycle allows gentle exercise without weight-bearing or strenuous activity. It's simple to use, soft on hands and feet and easily deflated for carrying in a pocket or purse. Use it from the comfort of your chair while sitting with a cup of tea, reading, watching TV or travelling.

Mrs Cooksley from Wellington advised *"I'm diabetic and had an ulcer on my leg which wouldn't heal. After 7 weeks using my Aircycle it was gone! My Doctor is recommending it to other patients. The pumping motion is quite addictive and comforting"*.

Aircycle carries a lifetime warranty and is listed with Medsafe. See it demonstrated at [www.aircycle.co.nz](http://www.aircycle.co.nz) and ad below for more information. 



**Gentle exercise while watching TV or reading**



## Arthritis aid and circulation booster

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- \* Diabetic foot care
- \* Aiding prevention of DVT
- \* Reducing swollen ankles
- \* Cramps & restless legs
- \* Building muscle/preventing falls
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View at [www.aircycle.co.nz](http://www.aircycle.co.nz) or call 0800 141415 or post \$44.90 (P&P included) to 106 Kawi Road, Levin 5510.



# Have you lost your appetite?

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

Maybe it's because you are recovering from an illness, or you just don't feel hungry, or don't feel like cooking, or don't know what to cook. There are many reasons why you may be eating less and having less variety in what you are eating.

It's good to mention this to your GP, particularly if your poor appetite is coupled with unexplained weight loss. Your GP can check to make sure there is no underlying reason for your lack of interest in food. They may check for iron and B12 deficiency, as both can cause a poor appetite and lack of energy.

Many people report eating less as they get older, but we still need to make sure we are eating enough to maintain a healthy weight and get the nutrients our body needs. Being underweight and eating a limited variety of foods can increase our risk of catching an infection, falling and breaking bones, taking longer to recover from an illness or surgery and poor wound healing.

Here's a checklist to help with a poor appetite:

☐ Do I eat small meals or snacks every two to three hours? Aim for breakfast, lunch and dinner and small snacks in-between.

☐ Do I make my snacks count? Rather than black tea and a biscuit

try some of our snack ideas listed.

☐ Do I have some quick and easy meals on hand for days that cooking is too much? Age Concern Canterbury has a list of meal providers. These meals are delivered fresh or frozen to you. Contact Age Concern for more information on 366 0903 or check out their website: [ageconcerncan.org.nz](http://ageconcerncan.org.nz)

☐ Do I eat fruit and vegetables every day? There are many convenient options e.g. frozen vegetables and berries, canned fruit, pre-packaged salads and soups.

☐ Do I have some protein at each meal and snack? E.g. egg or milk/ yoghurt for breakfast, and for snacks and other meals: canned fish, meat, chicken, eggs, peanut butter, hummus, beans, yoghurt, custard or ice-cream.

☐ Do I go for a short walk and do some activity before meals to help improve my appetite?

☐ Do I give myself plenty of time to eat my food?

☐ Do I try to make eating enjoyable by setting the table, playing music, inviting a friend around?

☐ If living alone, do I try and eat with others a couple of times a week?

☐ Do I try and get my cooking mojo back by trying a new recipe or learning how to cook? Senior Chef is a great way to learn more about cooking and looking after your health. Give us a call to find out more **0800 333 405**.

## Choose snacks that pack a punch!

\* A sandwich, toast or crackers topped with a protein-rich food like cheese, egg, cold meat, canned fish, hummus or peanut butter

\* A small muffin, scone, pikelets or fruit loaf topped with spread

\* Fresh, stewed or canned fruit with custard, yoghurt or ice-cream

\* A milk-based drink such as a milky Milo, milkshake or fruit smoothie (try our recipe next to this article).

## Fruit Smoothie for One



### Ingredients

100ml Milk

¼ cup Yoghurt, plain or flavoured

¼ cup Fruit, banana, fresh or frozen berries, canned or stewed fruit

### Method

Blend all ingredients together using a blender\* or food processor. Serve chilled.

\*Using a stick blender with a bowl attachment is ideal. It's easier to clean than a large blender or food processor, but still does a great job making a smoothie for one.

## SENIOR CHEF

Senior Chef is a free 8-week cooking class focused on cooking for one or two people. It's all about improving your cooking skills, inspiring you in the kitchen, using nutritious meal ideas and easy to make recipes, and meeting new people.

For further information or to go on our waiting list call us on 0800 333 405

## The WEA: a strong community with exciting plans

After a tumultuous year, the Canterbury WEA is finishing on a high note with over 700 registrations to date for 50 courses in Term 4, which runs until 19th December. From book groups to craft workshops, lectures in the latest scientific discoveries to local history – its busy programme runs until mid-December.

Renovations and strengthening of the CWEA heritage building in Gloucester Street are in the pipe line. These will include a front garden and fitting a commercial kitchen to bring the very popular cooking demonstrations and classes up to a whole new level.

Term 1 will begin in February 2021. The programme will be available from the WEA before closedown in mid-December and online bookings will continue while the building and office are closed over the summer break.

The WEA has been involved in the exciting collaborative project, Together Through Bread, setup between A Communal Loaf, Plains FM and CWEA, co-created with a diverse range of Ōtautahi-Christchurch ethnic communities, and generously supported by the Office of Ethnic Communities. Each workshop focusses on celebrating a different



culture and traditions associated with bread and food, as well as providing a place for conversation, discussion, learning, developing understanding, and connection. The workshops are recorded as part of a podcast series to be broadcast by Plains FM. The WEA is looking forward to more of these workshops in the new year.

To find out more about how you can be part of the Canterbury WEA community, become a member, attend a lecture or register for courses, visit its website - [www.cwea.org.nz](http://www.cwea.org.nz) - find it on Facebook – canterburywea – or visit the office at 59 Gloucester Street.



The Canterbury WEA working bringing communities together through the bread project.



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# Don't leave it too late to clear the cupboards

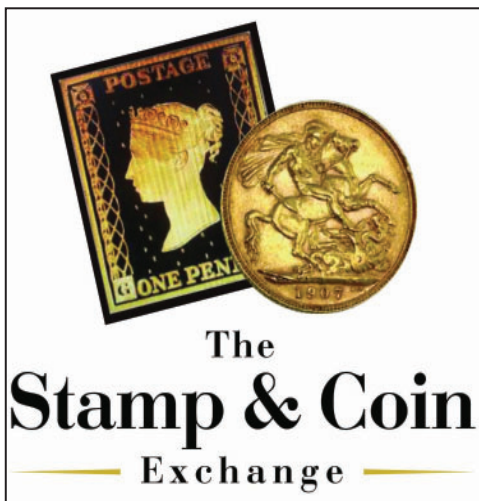
Matt Power is the Owner of the Stamp and Coin Exchange on Riccarton Road.

We asked him what the main reasons are that people come to him to sell their collections.

Many people come to me to get the best price for their collectables and Gold Items in their final years. The reason is simple. Families are most often not as interested in these items as you are and of course it is one more thing that they need to worry about when that time comes.

However, "The greatest thing about collecting, is the people and the fun. At some stage it is time to move on and sell. Especially if the family has no interest in those things. There are still lots of passionate collectors out there who will love the work you have put in. So, why not get in touch and pass those items to people who really care?"

The other main reason people contact me is that they are downsizing and it is simply time to clear out those



collections that for many have been years in storage. There is great value in Stamps, Coins, Postcards, Militaria and other collectables. No collection is too small or too big. I can come to you if you are unable to travel or the collection is large. Otherwise, simply pop on in to the shop across the road from Westfield on Riccarton Road, or give me a call. Matt Power 0800 39 24 26 (Exchange).

Stamps, Coins, Old Jewellery, Watches, Postcards, Military History, Toys, Collectable Cards and more. **(A)**

## ELDER ABUSE HITS CLOSE TO HOME



### 10 TIPS to promote respect, and prevent abuse

1. Love and cherish your older relatives/whānau.
2. Speak respectfully to older people/kaumātua.
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.



**Phone (03) 366-0903**

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# Cash for Stamps, Coins and Gold



**Matt Power**

**The best place to sell your stamps, coins, banknotes and scrap gold in Christchurch.**

The Stamp and Coin Exchange on Riccarton Road, next to Westfields Mall, has been looking after Cantabrian Collectors for many years. The Owner, Matt Power. Is a born and bred Cantabrian and has over 40 years of experience.

My whole focus is to look after the client and make sure they get the best result for their Stamps, Coins, Banknotes and Gold. It has been my passion since I was 6 years old. I was milking cows to pay for my regular trips to the Stamp and Coin events in Christchurch, on the bus from Rangiora, even at that early age.

With me, you will get genuine and honest advice on the value of your collections and holdings.

Gold and Silver are at ALL TIME highs. And the Stamp and Coin market is actually stronger now than ever, ! in no small part due to Covid 19, as people stay home and re discover their hobbies. So, now is a great time to sell!

I am a Licensed 2nd Hand Dealer and have hundreds of happy customers and suppliers. References on request.

**GET IN TOUCH FOR A FREE APPRAISAL!**

If you have a large collection, or are unable to travel, no worries! I can come to you.

It is SIMPLE. Just give me a call. Matt Power. 0800 39 24 26. 0800 Exchange. Email. Matt@thestampexchange.co.nz, or just pop on in to the shop.

134a Riccarton Road. Directly opposite Riccarton Mall, 2 doors down from Mike Pero Real Estate.

I look forward to hearing from you!

**Matt Power, Owner.**

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and stamps. New and old.



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**Two doors down from Mike Pero.**

*For large collections, or if you can't travel, we can come to you South Island wide.*

**www.thestampexchange.co.nz**



# Shirley Recreation Walkers upcoming walks



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). 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.

Some walks could be subject to change due to road, footpath, walkway and track conditions. Also

due to availability of cars on the day.

**Monday, 30th November 2020**  
**BECKENHAM WALK** (1½ hours approx.) This walk features The Heathcote River and Beckenham Park. It will be followed by lunch at 12 noon at Protocol (2 Colombo Street). Please let Sue know by Thursday 26th November if you wish to come (for numbers). Start from Remuera Avenue (off Colombo Street), near

the playground.

**Thursday, 26th November 2020**  
**SIGN OF THE KIWI-WORSLEY RESERVE** (2 hours approx.) This walk takes you along The Crater Rim on the Lyttelton side of Coronation Hill. This will be followed by coffee at The Sign of the Kiwi for those who wish. Park cars at the far end of Coronation Hill off Summit Road (car parking area here).



## UPDATE FROM THE CLUBS



**Amberley Welcome Club** members enjoyed trips to Mandeville, Kaikoura and Akaroa. **Meet:** Every Monday at 12.00 midday at Amberley Church Hall. **Contact:** A McVienie on 03 3149943.

**Christchurch Senior Citizen Club** members enjoy Cards on Mondays at 12.30 to 3.00pm and Indoor Bowls on Tuesdays from 12.45 to 3.00pm. There is an old time dance on the 3rd Saturday of the month from 1.30 to 4.00pm where there is a live band. **Meet:** At the Scottish Hall on the corner of Edgeware and Caledonian Roads. **Contact:** Veronica on 383 4682 or Beth on 388 2375 for further information.

**Lincoln Area Senior Citizens** members have had to postpone their meetings in September and October due to Covid restrictions. They are now meeting again and Geoff Hantz spoke on Bee Keeping recently. The Club's Christmas Lunch will take place on 1st December at the Lincoln Events Centre with catering by The Lions. There is no meeting in January 2021 but a bus trip is planned to Oxford on 2nd February 2021. **Meet:** Tuesdays at 1.30pm Lincoln Events Centre. New members welcome. **Contact:** Theresa on 325 2449 or email redroses1113@xtra.co.nz.

**Papanui Senior Citizens Welcome Club** members enjoyed entertainment from Alan's Men, Dave Petrie and Neville Barry. Future entertainment includes Phil Chapman, Libby and Myra and Pat Hanaha. **Meet:** Tuesday at 1.30pm, Papanui RSA, Harewood Road, Papanui. **Contact:** Colleen Smither on 022 6230945.

**Somerfield Garden Club** members enjoyed a very interesting talk on how to keep lawns looking good. In September members had a visit from Dave Adams to tell us about daffodils and how to keep them looking, and growing, the best. In October a florist came to show how to arrange flowers. 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** members enjoyed a visit to Broadfield, a special garden near Rolleston which featured many New Zealand plants and trees. In October members also visited Cedar Park Gardens followed by lunch. **Meet:** 2nd and 4th Wednesday at 1.30pm, Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.



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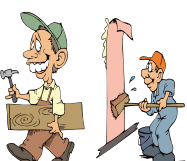
Call us on (03) 941 7923

or visit [christchurchcitylibraries.com](http://christchurchcitylibraries.com)



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Email: [riccauto@xtra.co.nz](mailto:riccauto@xtra.co.nz)

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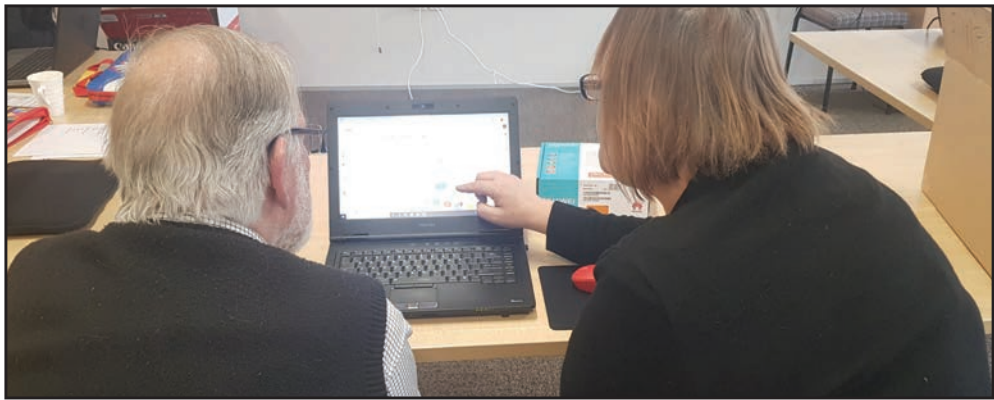


# 65 Alive at Odyssey House tackle technology

65 Alive at Odyssey House Community Services is the only remaining specialist service in New Zealand that works specifically with people aged 65 and over, who are affected by alcohol, and other drug issues. It has become clearly apparent one of the main reasons for elderly starting to drink, or drink more, is loneliness and lack of purpose.

The team at Odyssey House found their vulnerability drastically increased during the COVID lockdown period. During that period, they discovered regular phone calls were the only assistance they could give. Zoom meetings were set up, however only a very small number of clients had computer access or computer literacy. *"We all know that social connection is extremely important as people get older and we wanted to do all we could to ensure that our clients were connected,"* said former Nurse specialist at 65 Alive, Diane Matthews. *"There were all sorts of amazing services available during the lock-down, but the majority relied heavily on people having computer access and internet connectivity for such things as banking."*

A real need was identified, and The Odyssey team sourced a Charity that repurposes computers donated to them from the commercial sector: "Re-cycling for Charity".



Frank is helped in a digital technology class.

65 Alive gained the opportunity to purchase 1st Generation Intel Laptops @ \$20 each, or 2nd Generation Laptops @ \$50 each, plus shipping. The charity really came onboard as their technicians volunteered their time and skills so that the clients were able to buy dependable laptops cheaply set up with Windows 10, and Classic Shell.

"Re-cycling for Charity" also steered the team towards the "Spark Foundation" to get some viable internet connection for the older client group. They in turn steered them towards 'Skinny Jump' to implement low-cost connectivity. The remaining issue from the plan was user training. Some of the group members did not own a smart phone, or had any idea of how to even turn a computer on.

A fabulous opportunity to work on a Pilot Scheme with the Student

Volunteer Army at Canterbury University became available. Their representatives Sam and Hannah and the Odyssey team jointly worked out a plan for the volunteers to work side-by-side with the clients individually.

After the initial training Age Concern Canterbury has extended this with placements on the "Better Digital Futures for Seniors" sessions run at Age Concern Canterbury over eight weeks. It is a work in progress but the group is delighted with the support it has received from Age Concern Canterbury, Better Digital Futures for Seniors, 65 Alive Odyssey House, Student Volunteer Army, Re-cycling for Charity, Skinny Jump, and of course our Volunteer Driver Barry Sergeant.

So, what did some of the client group experience:

*"It has been a challenging experience." "One day I wanted to find out the difference between crocodiles and alligators, and I could!"* Sue

*"I looked up How to Tie a Cravat"*  
*"Today's demands in Society forces us to be acquainted with technology and I feel left out. It's like I'm a Learner skier and all I can see is this huge avalanche coming towards me. I am grateful for this fantastic offer."* Frank

For anyone struggling with an Alcohol and Drug problem and wishing to learn more about 65 Alive contact CCS on 03 338 4437 and they will assist with connecting you with 65 Alive.

65 Alive staff provided a home-based approach to individual intervention along with Group based support meetings in the community. It offers older persons assistance with the changes they want to make regarding the use of alcohol and drugs. For a variety of age-related health reasons, some people want to stop or may want to cut back. Alcohol impacts greatly on health as people age. Individual goals will differ – abstinence or reduction. The professional, well-trained staff at 65 Alive will support people with the changes they wish to make.

*(RIP Greg Smith, Digital Tutor, who passed away suddenly recently).*

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This is their home, where they enjoy a sense of meaning, purpose and dignity. They deserve no less. To learn more about the hospital-level residential and respite care we provide contact us today.

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*Caring for the people of Canterbury since 1896*





## Steady As You Go (SAYGo)

Falls Prevention – Exercise Classes  
in Canterbury (November 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	St Albans	Abberley Park Hall, Abberley Crescent
Mon 10.00am	Redcliffs (in recess)	Port Hills Uniting Church, Augusta St
Mon 10.00am	Parklands (Waitlist)	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) (Waitlist)	St James Church Hall, Harewood Rd
Mon 1.00pm	Harewood (2) (Waitlist)	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	Sydenham	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 (Waitlist)	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 9.30am	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 (Full)	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

# Christchurch artist: Graham Bennett

For internationally-recognised, Christchurch-based artist Graham Bennett, sculpture is a meeting point between time, place and energy. A captivating new exhibition at Christchurch Art Gallery, selected from across his five-decade career, reveals a dynamic and engaging practice powered by curiosity and an instinct for connection. Born in 1947, near the geographical centre of Aotearoa New Zealand in Nelson, Bennett grew up in a landscape that was dominated by the Pacific Ocean. Perhaps as a result, his art has always been strongly connected to the natural world.



**Graham Bennett Poles Apart 2007. Wood (tōtara, tawai, rimu), brass, aluminium.**

Courtesy of the artist and Milford Galleries, Dunedin

Some of his first forays into sculpture were huge environmental projects like Sea/Sky/Stone, a 40 metre-long installation on the Nelson Boulder Bank. It took 60 days to install, battling all kinds of weather, and was timed so that its large metal and glass frames lined up with the rising sun of the 1991 Winter Solstice. Several of Bennett's early, temporary works are represented in the exhibition through immersive, large-scale projection sequences while his later sculptures, finely crafted in native timbers, stone and stainless steel are carefully displayed so that their delicate curves and subtle patterns can be fully appreciated by viewers.

Since 1979, Bennett has participated in more than 100 solo and numerous group exhibitions here and internationally. His sculptures and drawings often use the imagery of mapping, measurement and navigation to consider identity, exchange, and how we might connect with the land and its history to find a sense of place. They invite the kinds of questions Bennett says he is always asking of himself: "Who am I? Where am I standing? What do I stand for?" His latest works are environmentally-motivated, sounding a series of progressively more urgent warnings about a potentially precarious future. Seeking a Balance coincides with the publication of "Around Every Circle", a significant, richly illustrated new book on Bennett's art. (A)

**Graham Bennett: Seeking a Balance**  
**31 October 2020 to 21 February 2021**  
**Christchurch Art Gallery Te Puna o Waiwhetū**

**CHRISTCHURCH  
ART GALLERY  
TE PUNA O  
WAIWHETŪ**

# ALL ART ALL SUMMER

**Exhibitions, music, films, performances, family days,  
workshops, shopping. Make us your local this summer!**

Image: Graham Bennett Uphold (detail) 2007. Painted wood (tawai, rimu), stainless steel.  
Private collection, Christchurch

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## 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.**



**DESIGNED FOR MEN  
AND WOMEN**

**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.**



# How will your estate be administered?

It is always a difficult topic to approach, but obtaining Probate or Letters of Administration when you die is a necessary first step. Without the necessary legal documentation, your assets cannot be accessed by your loved ones, unless the total worth of your assets is under \$15,000. So, what are these two documents, and which document will be needed by your friends and relatives to help them with administering your estate?

## **Probate – A Validation of your Will**

A Grant of Probate can only be applied for if you have a valid Will at the time of your death. Obtaining a grant of Probate involves the High Court validating your Will so your executor (who is appointed in your Will) can deal with your assets in accordance with your wishes specified in your Will.

## **What if I do not have a Will?**

An application for Letters of

Administration will need to be sought from the High Court if you do not have a valid will at the date of your death. Your assets will be divided in accordance with the Administration Act 1969, as the lack of a Will means you have not specified your wishes on how your assets are to be dealt with.

Regardless of whether Probate or Letters of Administration is applied for, your assets will need to be held in your estate for six months in case of a claim being made against your estate

At Pier Law, we can prepare a Will to reflect how you wish your estate to be divided among your chosen beneficiaries. We can also help your loved ones handle the estate administration process once you have passed away. Please feel free to contact us on (03) 366 5540 or visit any of our three convenient branches. A

## PROTECTING YOU AND YOUR FAMILY INTO THE FUTURE

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

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

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

### **OUR AREAS OF PRACTICE INCLUDE:**

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- Rest Home Subsidies
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- Funeral Trusts
- Estate Planning
- Trusteeship and Trust Administration
- Probate and Estate Administration



Make an appointment to talk to Caroline Davey or Bill Herbison at one of our three convenient branches or request a home visit if you prefer.

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

**PIER LAW**

## VOLUNTEER VISITORS NEEDED



**Could you spare a little time to become a volunteer visitor?**

*Many older people in your community are lonely and isolated as they receive few or no regular visitors. Age Concern Canterbury's Accredited Visiting Service helps reduce the loneliness by providing friendship and companionship through a volunteer visitor.*

**We currently need volunteers particularly from Linwood, New Brighton, Lyttelton and other Eastern Suburbs.**



**We provide full training and support and ask that you commit for at least 12 months, one hour per week.**

**If you'd like to make a real difference to an older person's life please contact Rebecca or Peter at Age Concern Canterbury on 366 0903.**

## Over 40 years in the antique business

Steve Purcell is a licensed antique dealer trading as Antiques International Limited, with over 40 years experience in the business. Steve started frequenting antique shops and restoring antique furniture when he was 15 and developed a passion for Kauri furniture in particular. After "doing up" a number of pieces it soon became apparent that some would have to be sold to make room for more projects.

Developing associations with a number of dealers, it was a natural progression into general antiques, art and jewellery. In the 80s the hobby became a business selling items at antique fairs, on behalf in established shops and converting an old Bedford bus into a mobile antique shop.

In the 90s the first official shop "Circa 1900" was formed with a partner in Merivale and a second shop in Riccarton called "Finders".

With the dawn of the new millenium internet communication was now a well established medium for selling,



**Steve Purcell, licensed antique dealer**



opening the door to a world wide customer base. Circa 1900 was closed and the company Antiques International was formed. A

## STEVE PURCELL ANTIQUES

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### BUYING NOW



*Old jewellery and scrap gold \* Old coins & banknotes \* Old New Zealand items \* Paintings and old prints \* Old silver and pewter \* Medals & badges \* Collectables \* Old China porcelain & pottery \* Old watches & clocks*

**If you have any of the above items you wish to sell please contact today for a consultation or to arrange an appointment.**

**0800 4 BUYER - 0274 327 514 - 03 351 9139**

**[stevepurcellantiques@gmail.com](mailto:stevepurcellantiques@gmail.com)**

**[WWW.STEVEPURCELLANTIQUES.COM](http://WWW.STEVEPURCELLANTIQUES.COM)**



# 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**

**Come in and meet the new Team**



*From left to right: Rebecca Hopgood, Katie Faithful, Peter McGrath and Debbie Garraway.*

You may have noticed that our Social Connection Team has undergone a few changes in the past few months. We bade Farewell and happy travels to Liz Reese who worked as our Team Leader and AVS Coordinator for 9 years. Good luck Liz, we miss you already! Our AVS Coordinator, Emma Parker, has ventured into motherhood and is now on maternity leave after welcoming a gorgeous baby boy. Congratulations Emma!

We have some new faces on the team for you to say hi to when visiting our office. Rebecca Hopgood has joined our team replacing Liz Reese in an AVS Coordinator role. Welcome Becs! Peter McGrath has joined the team to cover Emma's maternity leave. Welcome Peter!

We still have some old faces wandering around. Katie has moved into the Team Leader role while continuing her much enjoyed role as the Host Outings Connection Advisor. Debbie continues her excellent job as Café Outings Connection Advisor. We also have 3 fantastic team members out of Christchurch: Margaret Lilley in Westport, Lucy Waller in Hokitika and Sonia King in Timaru.

Please feel free to come and meet the new Team when passing.



# 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 a 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 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, birthday or Christmas gift. We are offering gift certificates for Christmas this year.

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](http://www.inmyownwords.co.nz).



**For an obligation free discussion  
please phone Jess on 027 261 4427  
or email [smileandpod@outlook.com](mailto:smileandpod@outlook.com)**

**"IN MY OWN WORDS"**  
RECORD YOUR OWN JOURNEY AND MEMORIES

FIND OUT HOW YOU OR YOUR LOVED ONES CAN RECORD YOUR OWN  
AUDIO STORY AS A PERSONAL KEEPSAKE.

TELL YOUR STORY. IN YOUR OWN WORDS.

# 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.*



# 2020 - a year of change



From right: Trina Panasiuk, Di Matthews, Peter McGrath, Rebecca Hopgood, Liz Sugrue and Annie Hunt.

This year has been a year of change for many. The lockdowns of March and April gave many people the opportunity to reassess, consider what is important to them, and make decisions on how and where they will live their lives. This opportunity to reflect and make life changes is especially evident among the staff at Age Concern Canterbury.

Just before the March lockdown our Accounts Administrator, Samantha Robb and her family, made the brave decision to emigrate to Canada. The move was originally planned for June, but the Covid 19 situation throughout the world saw the move brought forward. So while we were working remotely from our homes, Sam took that to the extreme and continued to work for us (very remotely) from Alberta for a few months.

Sam's replacement, Trina Panasiuk, joined Age Concern Canterbury in mid-June and has quickly settled in to working in an office environment after three years of working from home as an Accounts Administrator for Playcentre Aotearoa. Trina has a background in accounts, banking and finance and is the busy mother of three teenage children. She has

also taken on the role as an assessor of the Total Mobility Scheme (TMS -discounted taxi card) and fills in for the Home Support Services as required.

We have also said goodbye in recent months to the "cover girl" of our last edition, Yvonne Palmer. Yvonne was the founder and facilitator for the popular Staying Safe with Age driving courses. She also delivered Home and Personal Safety, and Life Without A Car courses and promoted the services of Age Concern Canterbury to many groups and organisations. Yvonne was the instigator and, until 2019, the driving force behind the Positive Ageing Expo. This annual event attracts over 150 exhibitors and more than 3,000 attendees to celebrate the International Day of the Older Person. After 14 busy years with Age Concern Canterbury Yvonne has had health issues and has decided to concentrate on getting well. She continues to be an activist for older people in her community roles.

Yvonne's replacement for the Staying Safe with Age Driving Courses is Wendy Fox. Wendy has an extensive background in adult

education and although only starting with Age Concern Canterbury in October is already up and running with the Staying Safe with Age courses. Outside of work Wendy enjoys yoga, walking and water based sports.

A new addition to our Community Health team is Diane Matthews. Di came to Age Concern Canterbury from Odyssey House and has been a registered nurse for thirty years. Originally from the Far North, Di has been in Christchurch for about seven years, but tries to make frequent visits to the North Island to catch up with her two children and four grandchildren. Di is replacing the "almost" retired Lynne Gibbons.

Two staff have both left temporarily on maternity leave. Emma Parker (Social Connection Advisor - AVS) and Emma Stratton (Social Worker) have each recently welcomed a son into the world. We wish them all the best in their new roles and hope we will see them back in the office in the future.

Emma Parker's maternity leave position is being temporarily filled by Peter McGrath, who has given up time on the golf course to join us,

while Emma Stratton's Community Health role is being covered by Lynne (see above) as she eases in and out of retirement.

Social Connection Advisor, Liz Reese made a big decision to move to Wellington in September and her role has been filled by Rebecca Hopgood. Until recently Rebecca filled the role of receptionist and TMS assessor and is relishing her new role in the Accredited Visiting Service. Our new receptionist, Liz Sugrue, came to us from a retail background but has had a variety of roles in hospitality, and community services. She has also taken on the role as a TMS assessor and is enjoying the variety of her new role. Outside of work Liz is kept busy with teenage daughters and enjoys cooking, art, and water-based sports.

In addition to all the changes in the Christchurch office, we have also appointed an Elder Abuse Response clinician to cover the Ashburton area. Annie Hunt is a Registered Social Worker with a special interest in clinical, therapy and abuse work. Further details of about her location and hours of work can be found on this page.

## 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.

## Age Concern Mid-Canterbury



Age Concern Canterbury is pleased to be able to introduce our new Elder Abuse Response Clinician in Mid-Canterbury.

### Anika Hunt (Annie)

Born and bred in Rural Mid Canterbury. Annie is a mother and grandmother. She is a Registered Social Worker with a special interest in clinical, therapy and abuse work.

Annie has a range of experience in the Social Work field both working for organisations and private practice. Some of the roles Annie has held include running stopping violence programmes both in the community and prisons, working in the mental health field, general hospital (palliative care, dementia) providing supervision and tutoring.

From a personal and recreational point of view, Annie is committed to health and fitness, a yoga teacher, a massage therapist, endurance runner and tramping, enjoying what the area has to offer so far as trails, mountains and the outdoors.

**Annie will be working from 47-49 Tancred Street, Ashburton on Monday, Tuesday and Thursday**  
**Ph: 027 231 4439 or**

**email: Annie.Hunt@ageconcerncan.org.nz**  
**Referrals can also be made via our webpage:**  
**www.ageconcerncan.org.nz**





# My two cents

by June Peka

## Look after the hedgehogs, your garden helpers

After a heads-up from Bradley on television's *The Chase* ("In 2016, Suffolk Wildlife Trust advertised what job?" A: Squirrel supervisor, B: Hedgehog Officer, C: Beaver Wrangler) I searched the internet to find the best job in the world had been snapped up by one Ali North, ahead of 150 other applicants. Oh, if only I were half this doddery age, and still fearless of the perils of travel I'd've given her a run for her money, I would! Who wouldn't want to be a hedgehog officer?

Ms North has since blogged and bragged about the successes of her appointment. In the past four years hedgies have been the subject of numerous TV shows, more than 60 print and online articles, over 20 radio interviews and at least three books. Six thousand people in her county alone have been directly involved in evening talks, night walks, workshops, ecology lessons and the setting up of hog cams. Schools and youth organisations make hedgehog houses, sow wildflower strips, set up safe feeding stations, sell stickers and key rings to raise money for hedgehog protection and awareness. Whole neighbourhoods share in surveys, and gardens are connected by the construction of tiny hog-highways complete with tunnels through fences and walls.

Isn't it ironic? Statistics tell us there are now more hedgehogs in New Zealand than in the UK. And here they're on the hit list. Love'em or loathe'em, we're stuck with them it seems, despite their bad press and the murderous efforts of conservationists and councils. Some conservationists in England are calling for their wholesale capture and return.

With my great grandfather, James Smith, a naturalist (today he'd be vilified as an evil animal trader) my interest is inevitable. Although there's nothing to suggest James was in the party responsible for the introduction of the spiky ones to Christchurch and Dunedin in 1885, I am enthralled by an 1876 hand-written request to him (then resident in Australia) from one A H Jamrach ("Dealer in all kinds of Live & Dead Foreign Birds,



Quadrupeds & Reptiles") of 218 East India Rd, London.

"Next shipment please. Let the platypus be as large as possible, and by no means take the insides out or break the skull – likewise porcupines. Bring me a few red kangaroos, males and females at 16 pounds per pair. Also shell parrots and zebra finches, and any very large beetles. Put them in spirits in wide-necked pickle bottles. And 100 turtles from the Murray, alive."

James marked the relevant sections of his 1856 *Physical Atlas of Natural Phenomena*, for which he paid 15 shillings new. Weighing seven kilos and measuring 57 x 40 x 6 centimetres, one would guess he didn't cart this reference tome around the wop-wops of Australia and New Zealand with all the trapping paraphernalia, unless perhaps it doubled as a weapon. It would certainly flatten a hedgehog.

We've always had a large hedgehog population here in St Albans, encouraged by an abundance of cover and supplementary feeding. One year, with the aid of spray paint and stencils, we identified 17. We've made nesting boxes under milk crates and bales of pea straw and a few years ago I was privy to the whole reproduction business, right from the noisy, huffing, puffing two-hour long mating performance under my bedroom window, at 3am.

Pottering in the yard some time later I observed a female hedgehog, scurrying high – her undercarriage at least three or four centimetres from the ground – with a mouthful of large brittle, semi-mulched loquat leaves. Making around ten trips, she squeezed through the door of the old storage shed, clambered up a sack of sawdust and into a black plastic bag containing a smaller sack of sphagnum moss. There she made her nest, and a few weeks later I took my first careful peek at four thimble-sized, spineless, pink babies. Had she known or been anxious about my observation, she might've eaten her babies, I've read.

In Autumn just gone I spotted a small pair scoffing bees at the hive entrance, impervious to stings. Light for their size they fell like vultures on tinned cat food I tossed on the grass. Each day around 3.30pm they came back to vie with the hens for meat and cheese scraps, cooked rice, honey and egg, and leftover fish and chips. They quickly put on 50gms each and I was able to identify their home site, and add a little protection. With luck, these litt'uns might manage at least a short period of hibernation and emerge any day to perform their pest control duties in the vegie garden.

Many NZ regional councils have a destruction plan in place for hedgehogs. They're up there on the kill-list with feral cats, stoats, ferrets, possums and rats. Ruud Kleinpaste agrees there is no reliable evidence to suggest town/suburban hedgehogs are an ecological problem – in fact they are predated themselves by cats, dogs, seagulls, hawks and people – in cars or otherwise. If you'd like to look after your garden helpers:

- \* Provide them with good foraging so they don't need to cross roads.
- \* Leave out cover for nesting material.
- \* Make a shelter. Don't disturb it.
- \* Don't use slug pellets or leave loose netting lying about.
- \* Provide drinking water.
- \* Cover deep water.

## I love the idea of a Tui corridor for Christchurch

I love the idea of a Tui Corridor for Christchurch. The partnership of Meridian Energy and the Christchurch Foundation has a vision to "build a city at the forefront of New Zealand's transition towards a greener, more liveable and sustainable future". To achieve this they'll plant "tui tucker", and cover trees for native birds from the Port Hills into the city. What a grand aim.

I hope they get the Christchurch City Council on board too, otherwise they could be pissing in the wind. Our council does not have a good record of looking after its heritage and notable trees let alone dime-a-dozen natives.

Nearly 40 years ago when we shifted from the eastside to leafy St Albans I took to "collecting" magnificent trees, in the guise of walking the dog. We wandered far afield, to Strowan and Fendalton

and Abberley Park too, where I took photos and hugged trees and the dog cocked his leg frequently. But by far and away my favourite tree was the imposing weeping elm ( *ulmus glabra horizontalis* ) at 52 Innes Rd. I yearned to hug it's trunk and the dog was keen to get closer too, but we weren't confident about leaping the creek. The tree was cool and dark and mysterious in summer and a bit creepy in winter, waving it's black scarecrow arms about. In spring it was a picture in pale green. It had been host to weddings and fetes.

After the earthquakes razed the grand old house, built in the late 1800s by Ballantynes director James Triggs and originally known as Waititi, the dog and I heard a gum-booted bloke say the tree was going to be a "bloody nuisance". The section could be subdivided but the tree would be in the way.

With much relief I discovered it had been on the council list of notables since 1977. At about 120 years old it was 40 years younger than the beauty known as the Stanmore Elm, next to the New World supermarket. A younger cousin grows near the Brighton Museum in the Royal Pavilion Gardens in England, where it is revered as "one of the finest" in a country of more than 30,000 elms.

A chap from the council thanked me for my interest.

He said "Nothing is 100% safe, but this (status) generally keeps them ( trees ) safe. However for \$700 a developer can apply for dispensation. We don't grant dispensation lightly. But we could negotiate. Council would almost certainly ( in this case ) prefer a boundary adjustment to the destruction of the tree. I've always been a bit worried about notable trees. We've had a few poisoned and

ring-barked. We just have to trust people to play fair."

Well these people didn't. The tree was felled recently and we are blessed with another concrete townhouse in it's place. An arborist's report supported it's destruction, citing root damage from vehicular traffic and excavations within the drip line of the crown, and multiple pruning wounds with rips and tears, which indicated poor pruning methods. There was visible "mechanical damage" to several large low branches, along with damage to the bark and cambium layer. The report cited in conclusion... "a decade ago this tree would have been a majestic specimen. One of the largest of its kind in Christchurch, it would have given a high amenity value not only to the property owners but to Christchurch city as a whole."

Nobody has been held responsible for this destruction.