

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 109: Autumn 2021



*Keeping On with
Antonio Yuge,
Page 3*

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Charities Commission Number: CCC29446

FROM THE CHIEF EXECUTIVE



Welcome to 2021 – and a very Happy New Year to you all.

I hope you had an enjoyable Christmas season with family and friends. I certainly felt very lucky,

and privileged, that we were able to socialise with others and have a 'normal' Christmas and New Year, after the year we had, and the issues we saw on the news every night from around the world.

There are still a lot of unknowns about 2021, so we must remain vigilant and follow the advice of health professionals.

It may seem too early to mention Flu vaccines - but by the time the next Keeping On is to print the flu season will nearly be upon us. As research shows, having a Flu vaccine is a more important factor in living longer than exercise or being lean or overweight! (the most important factor being staying socially connected), and it is even more important this year because of Covid-19.

So I recommend that you all get the vaccination as soon as it is available – and talk to your family about being vaccinated – to protect them - and you also.

The end of 2020 saw Wendy Fox join our team. Wendy will be delivering the NZTA-funded Staying Safer driving courses. I would strongly encourage every person over the age of 65 to do one of these courses. They are half a day, classroom based and will give a refresher on road rules, changes to rules and information on how ageing affects driving. You have probably not had any further upskilling from when you were 15! Its time you did (none of us are as good drivers as we think we are). Ring the office and book in for the next course near you – they are running weekly.

Remember – we are here to help. Some of the reasons to call might be related to loneliness, elder abuse, the need for a gardener, house cleaner or a trades or handy person, the need to attend one of our health promotion activities (driving courses or falls prevention classes) or it may be seeking some information related to older people. Our Vision is to be the lead organisation in Canterbury that connects, supports, empowers, celebrates and respects all older people in an inclusive society – so whatever your question or query relates to – call us first.

Ngā mihi nui
Simon Templeton
Chief Executive

A WORD FROM THE PRESIDENT



Welcome to another year of **Keeping On**. As I write this the weather is very hot and we need to be mindful of how important it is to keep well hydrated

with plenty of water to drink through the day. If you are out in the sun remember to slip on a hat, slop on some sun screen (uv can penetrate cloud cover and still cause sunburn) and cover up.

Our gardens need water too, but as the City Council reminds us, do not waste water. Use hand held sprinklers or watering cans and train the water on to the roots of your precious plants. Be very careful with sparks from lawn mowers and other garden equipment as fires are so easily started in these dry conditions.

We all hope that we are going to

be clear of lockdown conditions this year. We all need to play our part in preventing spread of the Corona virus by vigilantly recording where we have been either by phone or writing on the paper forms that businesses are displaying.

We need to protect ourselves by regularly washing our hands and drying them well, use hand gel where it is provided. Combating the virus is our responsibility.

Be careful when you go out that you lock your house, don't leave valuables in sight in your car and keep you handbag and wallet close at hand.

Age Concern Canterbury's office in Papanui is now back to full staff and ready to answer all your questions and give help where needed.

Look out for each other and keep safe.

Trish Adams
President

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Keeping On

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Keeping on with Antonio Yuge

by Roy Sinclair

Antonio Yuge, at age 74, is a man of many hats. He wears them with style. Antonio is a dapper dresser. He is Japanese. But 'Antonio' as he is known is curiously not a Japanese name.

When he came, from Osaka, to live in New Zealand, 25 years ago he thought the locals would not cope with his Japanese name, Ryoza. After some thought, and his interest in Spanish Flamenco art, he took on 'Antonio' as a moniker he considered would be suitable in a Western-style culture. It certainly caught on. As with many Japanese, he had a yearning to live in a foreign country. He had travelled widely with his family, preferring countries of cultural interest rather than well-trodden tourist spots.

He decided to leave Japan partly for the benefit of his children's higher education. Japanese universities, he says, are all about pressure of passing exams.

"It has little to do with what students really want to learn. I thought that was nonsense."

But where to go? Several countries appealed but New Zealand won out owing to the adoption, in 1987, of a strict anti-nuclear foreign policy.

Christchurch and New Zealand certainly suited him. He became a popular restaurateur and bar proprietor. Christchurch was convenient for his one-time passion, snowboarding. As a long-time peace activist, he discovered Christchurch was the host city for the New Zealand World Peace Bell. He became an accomplished musician having taken on piano lessons when aged 57.

In Japan he had studied English to an extent.

"I could read a letter in English, and write a letter. Conversational English came later.

"My parents had a Japanese Okonomiyaki (vegetable pancake) restaurant. It was not comprehensive Japanese food as such. Just one kind. Okonomiyaki is very popular in Osaka.

Antonio has his quirky streak. He chuckles when recalling being fired from a trading company. Losing his job did have a silver lining.

"My brother asked me to manage his restaurant."

"That and seven years working in my own Japanese-style pub was good experience for starting a restaurant anywhere."

"When I arrived in New Zealand I did not know what I wanted to do."

He began working as a manager at the English Business Training Institute in Christchurch.

"It got a little boring for me. And the students were always complaining so



Antonion began piano lessons at 57 becoming an accomplished musician.

I gave it up."

In the meantime he had welcomed friends to okonomiyaki and fried noodle parties at his home. He wanted to add more options.

He set up his popular Osaka restaurant in Christchurch which expanded to include Bar Antonio. Both closed following the Canterbury earthquakes of 2010 and 2011.

He had an opportunity for a new start with former interests. He had been a supplier of snowboarding and surfing gear in Japan, even becoming a snowboarding instructor.

"I wasn't very good at instructing," he laughs. "And it was a great distance to travel to snow resort mountains."

Mount Hutt can be reached after a 90-minute drive from his Christchurch home. During the 2020 winter he made 27 trips to Mt Hutt. He was likely the oldest serious snowboarder on the mountain. He had taken up snowboarding again in 2017 at the age of 70. That year he made 30 trips to Mt Hutt.

In 2019 he fractured a collarbone when snowboarding. That might have signalled the end of it but early the following year he purchased his season's pass.

On the rare occasion when Antonio might appear gloomy, the mere mention of snowboarding is an instant returner of smiles.

"I might become the Legend of Mt Hutt," he chuckles.

Music parties at his hillside home are a regular delight. He dresses to appear the perfect host. They are sort of 'pot luck' events so there are typically nibbles and wine bottles in abundance. Most of the visiting musicians are Japanese.

Antonio's front room is home for a Japanese Shigeru Kawai grand piano. One of his stories has it, some years ago he was partying and a participant was a piano teacher

from South Africa. Antonio said he had likely had too much to drink and casually said he would one day learn the piano.

He thought that would be the last of it but a few days later when at the petrol station, the music teacher coincidentally arrived in the next bay.

"Hi Antonio," she said. "What about those piano lessons?"

Put on the spot, Antonio replied, "how about next Thursday?"

And it all progressed brilliantly from that brief meeting.

I have attended several of Antonio's music parties. The most recent was in the spring of 2020. As always the raw talent was amazing. An early performer was a young cello player. She is known as 'Little Princess.' Her real name is Keina Rollison. Her mother, Mitsue, accompanied on the piano. Other young musicians were nimble-fingered pianists. A middle aged trombone player, Akiya Hirasawa, has performed in professional orchestras. Satoko Nakamura was a soul-rendering pianist. Antonio told me Satoko is a music teacher and frequently visits to play his grand piano.

Several children accompanied their parents. If children are cute, Japanese

children are especially so. Not for the first time I reminisced about being brought up anti-Japanese. I was born soon before the conclusion of WWII. My parents expressed ill feelings towards Germans, and Japanese in particular. Luckily times have changed. I ended up enthralled by Japanese people, their country and their culture.

In 2004 I was likely the first Kiwi to cycle the length of Japan. It was part of a process to have a World Peace Bell gifted to New Zealand from Japan.

Recalling cycling the length of Japan had me thinking I had achieved quite a lot during my almost 77 years. If I had a regret, it is that I have not achieved anything musical. I once mentioned as much to a former newspaper colleague, Jenny Setchell. Her husband is a renowned concert organist. Jenny said, "don't worry Roy that can be something for another lifetime."

I can delightfully ponder arriving at a next lifetime Antonio's music party with a set of Sottish bagpipes.

And what has Antonio got in mind for his **Keeping On**?

Much of the same adding in some travel to visit friends in many countries. He also dreams of opening a small Japanese restaurant business using Spanish language, somewhere in South America.

When aged 80, he plans to take Flamenco lessons, again, in Granada, Spain.

And he might once more change his name.

He recalls, in 2006, meeting Paco, the owner of a small Flamenco Bar in the downtown of Granada, Spain. "When I asked him, 'how old are you?' he told me, 'I have no age'.

"I thought that was a very good answer, so I would like to change my name to 'Paco.'"

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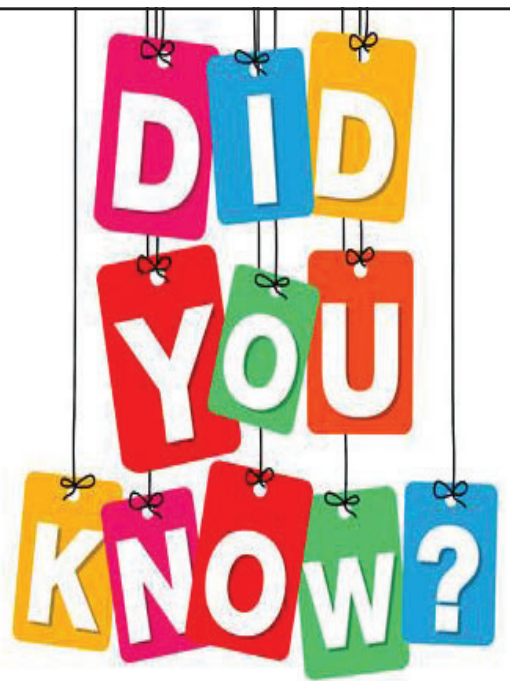
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New Zealand is also addressing the needs of our ageing population with the Better Later Life Strategy, which sets out a plan for how we will support the needs of older people over the next 15 years.

The strategy's vision is 'Older New Zealanders lead valued, connected and fulfilling lives' and considers issues such as savings, housing, employment, health, attitudes, technology, care services and social connection.

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Living in the new COVID-19 world

by Dr Doug Wilson

Nothing in our last 100-year history has quite had the global impact of the COVID-19 onslaught on the world.

Never have lives been so disrupted and tragedies of loss been so widespread.

The tricky virus, likely spread from bats, has found a welcome home in the human population. Infection has been worldwide. Patients may be asymptomatic, right through to dying from the infection.

Populations have been profoundly disrupted with the implementation of public health policies such as lockdown, social distancing, hand washing, and eventually masks for almost everybody.

Older people, and those with pre-existing conditions like diabetes, high blood pressure and obesity, have been particularly vulnerable to the lethal ravages of the virus. Protecting the vulnerable has been a losing battle in most communities.

At present over 108 million people have been infected worldwide, more than 2.3 million people have died, and to date almost all the world's communities have been disrupted by efforts to contain the virus and save lives.

Work from home, closed schools and workplaces, hospitals as war-time clearing stations of the dead and dying, desperate health care workers as saviours but also victims of the infection. Such has been our world till now. Time Magazine has called 2020 the worst year ever.

New Zealand has been an isolated community with highly effective antiviral responses, including lockdown and wide public health measures. Almost no other community has responded so effectively with such a dramatic avoidance of this social disruption and terrible health outcomes from the infection. Nonetheless jobs have been lost, people have died, communities

disrupted and the country is relatively isolated from most international travel.

The hope has been that a vaccine might arrive in a couple of years, to abort the progression of the pandemic, allowing people to return to normal lives, and look back at 2020 as a horrible year from which many people will carry the scars for the rest of their lives.

But now the sudden arrival of effective and safe vaccines is almost a miracle. This has been achieved following early identification of the virus in January 2020 through to first rollout of the vaccine in the UK in December, 10 months from beginning to end. This has been years ahead of all historic vaccine developments. Previous multilevel, spectacular scientific advances have enabled new, but pre-existing, methodologies to be hijacked for the vaccine development. Viral sequencing in the US was completed in almost 48 hours after the initial genetic information arrived from China, a task in decades before, taking months or even years. Clinical protection by the first vaccines in preventing infection, and particularly a serious infection, has been achieved in 95% of subjects, including elderly, in the major clinical studies that have been completed for the first vaccines. It had been the hope of most scientists that 50% or more reduction would be welcomed, but 95% is almost beyond expectation. This is a particularly wondrous outcome. It remains unclear how well vaccinated subjects are prevented from transmitting the virus, but they are definitely protected.

Where to now? It takes many months to roll out a countrywide vaccination programme. Countries must find a balance between the fastest possible implementation of

vaccine-induced protective immunity, and cautiously, when safe, loosening continued public health measures, and opening borders.

New Zealand will need to unpick this conundrum with care, as it begins from a viral-free status and has to open to a largely infected world, with a few exceptions from which to select viral-free bubble partners of like mind. This is not an overnight, nor a comfortable task. But vigilance is mandatory. One or two errant infected subjects can explode our complacency in a flash.

We are not yet in safe territory and to hell with Covid 19; but soon, after a successful vaccination programme, our lives will revert back close to normality and hello world. But drop our guard, throw caution away in a joyous celebration of complacency, and the viral devil will be here to assault us.

It seems likely countries, including New Zealand, which can pay for the vaccine should be largely able to eliminate the virus over the course of the next 18 to 24 months.

Sounds simple, but delivering the vaccine and getting folk to take it and return for jab two is a clear challenge, with close to 40% of some communities wary of vaccination. It requires global generosity to vaccinate communities in poorer countries; but to ensure free international travel, they must be included in the global vaccination program.

Above all, we can praise the tough political decisions that have been made to contain the virus and enable our country to live in an isolated harmony as the rest of the world burns. But so easily it can be us too, were the virus to escape our existing controls. But the end is coming, hold on.



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Help for those in care

The Residential Care Subsidy was introduced to assist people assessed as needing long-term residential care, in a hospital or rest home, with the financial costs of their care. The Subsidy is financially means assessed, and you qualify if you have both assets and income under certain thresholds.

Asset thresholds have increased each year since 2005. As at July 2020, you must have assets below \$236,336 (including your house and car) if you are single or if you and your partner are both in care. If you are a couple with one partner in care and one still living in your family home, you can choose between the \$236,336 threshold or a threshold of \$129,423 excluding your family home and car. You are also entitled to have an amount of up to \$10,000 each set aside in a prepaid funeral or in a funeral trust which is not included in your asset assessment.

If you are under the asset threshold then an income assessment is applied. Any income you and your partner receive will be assessed. Income received from your assets is also included except for the first \$1,027 for a single person, \$2,054 for a couple where both partners are in care or \$3,081 for a couple where one partner is in care. Income received from paid employment of the partner who continues to live in

the community is also excluded.

Gifting

You are still presently able to make gifts in the period leading up to your application for a subsidy but the assessment will include “excess” gifts as part of your assets. Gifting of up to \$6,500.00 per couple per year made in the five years before you apply for a subsidy is not counted in the financial means assessment. Any gifts made above this total of \$32,500 per couple over the five years will be considered “excess” gifts and will be included. However if you and your partner are both assessed as requiring long term residential care and are applying for a subsidy at the same time, this limit doubles to \$65,000.

Any gifts of more than \$27,000 per couple, per year, made before the five year period are considered “excess” gifts and are included in the financial means assessment.

If you are looking at making a gift to a family member or settling assets into a Trust, or winding your Trust up, Harmans have a team which understands the implications of these decisions and how they may impact on you. We can also assist with the completion of an application for a residential care subsidy and to set up a funeral trust if required. Give Phillipa Shaw a call on 352-2293 to arrange an appointment to discuss your situation.



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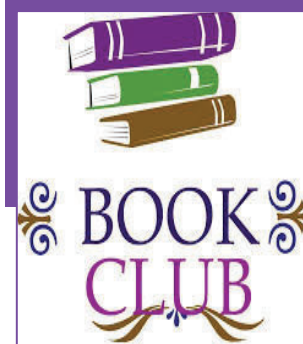
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My Book Club recommends

News of the World

Recommended by Barbara Brown

In a few words

Set in Texas after the American Civil War, Captain Kidd, a travelling newsreader, accepts the dangerous task of escorting a young girl back to her relatives after being kidnapped by Kiowa Indians.

Great for

Those who enjoy historical novels, especially character-driven stories.

Why I love this book

News of the World is a delightful story with endearing characters.

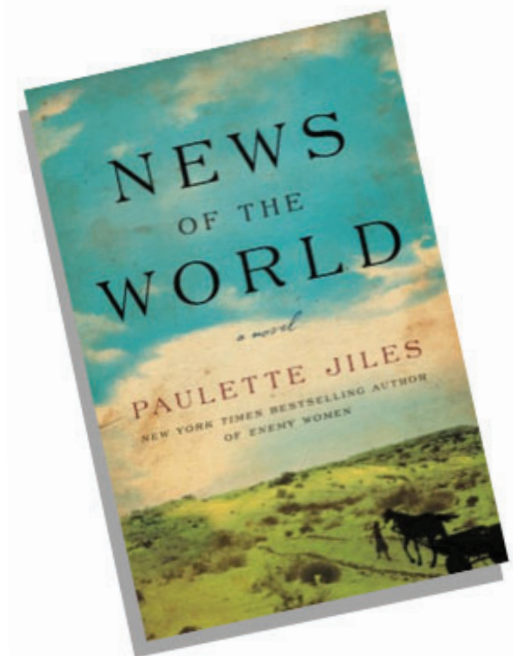
Captain Jefferson Kidd, an aging widower, earns his living travelling from town to town in 1870 Texas giving selected readings from the latest newspapers. Historically it's very interesting, as many of the citizens at that time were either illiterate or unable to buy newspapers and this was their only way of hearing what was going on in the world around them.

The captain is offered \$50 to return a young girl to her relatives some 400 miles away. Johanna, a hostile 10-year-old, speaks no English and has no memory of her relatives. She considers herself to be a Kiowa and is distraught at leaving the only family she knows. After reading the book, I heard an interview with the author, Paulette Jiles, where she explained that children were very much revered and indulged in Indian culture — it must have been a truly world-bending transition for Johanna.

Captain Kidd buys a wagon and they set off together battling rough terrain, bad weather, bandits and Comanches. Even when they reach Johanna's relatives, the adventure is not over. There is more to come!

The author is a poet and this comes

as no surprise as her prose is beautiful. She has clearly researched the time



and place well and we're there with them as they make the dangerous journey south. Through the dangers they encounter, they come to trust each other and eventually become close friends.

Book clubs may find parallels between the way news travelled during this time and the way today's media operates, as well contrasts in the way we view the value of human life through Captain Kidd, who is somewhat hardened by his experiences during the war.

It's a fascinating journey and is very well written. I highly recommend the book. There is also a movie adaptation coming soon, with Tom Hanks as Captain Kidd — a great outing for a club that's read the book!

My one criticism would be that the last chapter is a little unusual and perhaps rushed, but really my only criticism is that the story finished!

Residential Care Subsidies

Hear Harmans' Lawyers discuss the issue here at Age Concern Canterbury, 24 Main North Road, Papanui on Tuesday, 30th March 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.



Phasing out of cheques affecting seniors

Although some banks still accept cheques, NZ banks and government organisations are slowly phasing them out. By end of March 2020 Kiwibank, NZ Post, ACC and Inland Revenue no longer issued or accepted cheques. In May 2020, BNZ announced they aimed to phase-out cheques by July 2021. In July 2020, ANZ announced they will also discontinue the use of cheques by the end of May 2021, Westpac will no longer accept cheques after 25 June 2021 and ASB and have also said they will stop cheques but haven't announced a date yet. The Co-operative Bank are still accepting cheques (and issuing chequebooks to current customers), but this is under review. SBS appears to still

issue and accept cheques.

Seniors do use a variety of payment methods, but cheques are used by this age group more than any other and phasing out will have a major impact on older people and for many it will be a difficult transition.

If you want to pay someone and you have a computer then you can use internet banking, and many seniors have embraced this new technology successfully. There are several options available for you to learn how to do your banking through the internet. If you don't have access to a computer then phone banking is another option. It's easiest to set these up in your branch or you can set it up by ringing your bank and setting it up over the phone. Ring the

banks' for further information:

ANZ	0800 269 296
ASB	0800 803 804
BNZ	0800 275 269
Kiwibank	0800 113 355
Westpac	0800 172 172

Once internet banking is set-up, to make a payment you will need to ask for the person you wish to pay's bank account number, or if you make regular payments to the same person or organisation for the same amount, you can set up an automatic payment (ring your bank if unsure). You can also set up a direct debit from your account to pay your utility bills.

To receive a payment, you will need to provide your bank account number to the person paying you.

Another option is to enlist the

help of a trusted family member to operate your accounts on your behalf. Do this by either giving them an Authority to Operate (this will need to be done at the bank to verify their ID and that you are doing so freely), or by appointing them as a Power of Attorney. **Remember that you should never give out your passwords to anyone, including the bank.**

If you are unsure of how to proceed, the first thing to do is to contact your bank or the organisation you wish to pay but which no longer accepts cheques and let them know you're going to need help.

The information in this article is believed to be up to date on 18th February 2021. Please check with your bank to confirm.

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 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> [Ⓐ]



Feeling breathless?

Often, 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 walk the dog as far as you used to be able to. 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

High temperatures and dehydration

A long spell of hot summer weather can take its toll on most of us, as it saps away the moisture from our bodies. For those of us who are ageing or disabled hot weather could be deadly, especially if we are relying on others to give us drinks.

In such weather we need to drink more water than the usual recommendation of 6-8 standard glasses a day.

Dehydration is a problem because our bodies are 60% water and it is for:

- digestion
- circulation
- saliva
- transporting nutrients and wastes to and from our cells
- maintaining our body temperature (sweat helps to cool us down)

Our bodies are continuously losing moisture though:

- urinating
- our bowels
- breathing
- sweating

We may lose fluids because of:

- an underlying medical problem e.g heart failure, kidney disease or electrolyte imbalance

- diarrhoea
- vomiting
- large blood loss
- high fever

Dehydration can occur quickly in hot or humid temperatures as our body sweats to try and cool us.

Here are some early signs of dehydration:

- tired and grumpy
- struggling to concentrate
- experiencing a dry mouth
- headachy



- unusually constipated
- unusually hungry
- dry skin
- cramp in the arms or legs
- urinating less than normal
- dizziness

If you have any of these signs, the first simple solution is to drink more fluids. If this isn't making things better seek medical help.

How do you know you're dehydrated?

You may feel thirsty or hungry, however the best sign is urinating less frequently, with very dark urine.

Remember dehydration is life threatening. If you have any of the signs mentioned, drink more water than you would normally do.

If you need more advice on how to keep hydrated just contact us at Therapy Professionals our friendly dietitians can help.

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Meet Age Concern Canterbury's new Community Connector

Age Concern Canterbury is very pleased to announce a new role within our service.

Jo Ironside has begun work as a Community Connector, a newly established role funded by the Ministry of Social Development.

Originally from Perthshire in Scotland, Jo came to New Zealand in 2002 and has been a registered nurse for 28 years with an extensive background in age care.

The Community Connector role is to provide support to older people who are at risk of missing out on access to services. She will offer advice and support to clients, their families/whanau, and carers to enable them to make decisions that maintain their safety and autonomy.

The Community Connector may be able to assist with accessing information about, superannuation,



Jo Ironside, Community Connector

housing, employment and health.

Jo will be based in our Christchurch office at 24 Main North Road Papanui. For enquiries, please phone reception on 03 366 0903.



Total Mobility Agency

Age Concern Canterbury is now an approved agency for the Total Mobility Scheme. Eligible individuals are entitled to discounts that give them 50% off transport fares with approved operators - up to a maximum of \$35.00 per trip. Individuals wishing to access the scheme must meet the eligibility criteria set by the NZ Transport Agency and adopted by Environment Canterbury.

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Kilmarnock: enabling changes in life

by Mike Crean

School days are a sad memory for Mark James. He struggled with reading and writing. He fell behind the other students. He believed he was illiterate. He felt he was marginalised from society.

Leaving school did not make living easier. But, 26 years ago, Mark met a miracle in the form of Kilmarnock, a Christchurch social enterprise based at Wigram.

You could say Kilmarnock turned Mark's life around. Staff at Kilmarnock would put it another way. Kilmarnock enabled and encouraged Mark to turn his own life around. Today Mark is an expert worker and a leader with qualifications and awards to decorate his walls.

He is an invaluable member of the 60-strong staff, says chief executive officer Michael Toothill. His colleagues look up to him. He has quietly adopted roles as mentor and coach in his naturally humble, supportive way.

"Due to his humble and unassuming nature, he automatically assumes the role of a leader, which comes naturally to him," Michael says.

He is always ready to offer help to anyone. He took on increased responsibility in the food department. He became a right-hand man to his supervisor. His object in work is perfection.

Kilmarnock, so named as it began on Kilmarnock Street in Riccarton, is a partially government-funded organisation that helps people with intellectual disabilities by providing work that allows them to live on their own earnings. This boosts their self esteem.

A broad range of jobs is undertaken on contract to firms of all sorts. For instance, Kilmarnock staff cleaned and re-packed Air New Zealand's passenger audio headsets, until the covid-19 pandemic almost shut down international flights. The agreement with the airline ended the dumping of once-used headsets in landfills.

Projects range widely. On one hand is the dismantling of obsolete electronic gear, such as computers, phones and video sets, which people drop off for them, to enable recovery and recycling of the metals they contain. On another hand is the measuring and packing of herbs and spices, in a sterile setting, ready for stocking Foodstuffs' supermarket shelves.

The high standards set by management and staff have led to many workers being offered jobs in private companies where they can continue to build on their work and life skills. Kilmarnock management is proud of this form of recognition. To this outsider, though, it would seem the friendly and sociable, yet



Mark dismantling electronic recycling at Kilmarnock Enterprises.

dedicated, atmosphere at Kilmarnock would be difficult to match at any private firm.

Education and training are offered to all staff members so they can improve and update their skills. Once his confidence level improved, Mark James was keen to avail himself of these services. Working in conjunction with the Tertiary Education Commission and Hagley College he has achieved 44 NZ Qualifications Authority credits and graduated from the Authority's supported learning Workplace Skills and Communications course.

Michael Toothill says that after overcoming the many obstacles in his life, Mark's progress is "remarkable". In December, 2019, Mark received a highly commended Champion Learner award at the Skills Highway Awards, held in Auckland.

Kilmarnock places great stress on

caring for the environment. As well as airline audio headphones, many other plastic goods are saved from landfill. This focus has appealed to conservation-minded people and companies. Several of them are now contracting work to Kilmarnock or donating money to boost its efforts. Michael Toothill urges the public to look at Kilmarnock's webpage for ways people can help. For example, online purchases of a variety of cleaning agents can save householders money and strengthen the social enterprise.

Kilmarnock is not a profit-making business. There are no shareholders. Revenue from contract work is important but the enterprise's charity status is also necessary. While much of the work is manual, a considerable amount is semi-mechanised, with competent workers operating modern machinery.



Mark with his Skills Highway certificate.

Kilmarnock is one of nine such social enterprises operating in New Zealand. Their loyal customer base also includes Trade Aid which imports goods from village producers in poor countries.

This outsider felt a glow throughout the large building on Lodestar Avenue, near the former Air Force base at Wigram. It was the glow of friendly, warm-hearted people working as a team, practising with precision, attaining with satisfaction, responding to their visitor with wide smiles and pride in their occupation.

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Historic agreement between retirement village industry and residents' association

The Retirement Villages Association (RVA) and the Retirement Villages Residents' Association of New Zealand (RVRANZ) have committed to closer collaboration and co-operation with the signing of a Memorandum of Understanding (MoU).

"The interests of our village residents are at the heart of everything we do so it's great news that the RVA and RVRANZ will be working together to support the provision of a quality living environment for older New Zealanders," Graham Wilkinson, president of the RVA, said.

"More than 45,000 New Zealanders choose to live in retirement villages and independent research commissioned by agencies such as the Commission for Financial Capability have reported overwhelming general satisfaction among residents.

"New Zealand's retirement villages are also subject to a regulatory framework with safeguards and consumer protection for residents, which is often referred to as 'world



From left to right: Graham Wilkinson, Bill McDonald, Michelle Burke, John Collyns (RVA), Chair Troy Churton (CFFC), Peter Carr, Anton Coetzee, Dick Williams and Nigel Matthews (RVRANZ).

leading' by countries where villages are prevalent.

"However, we are always looking to make improvements and this agreement with the RVRANZ will provide an opportunity to gain valuable input and insights in a range of areas."

As part of the MoU, the associations have agreed to develop a structure and process for a Resident Advisory Group (RAG) including members from both associations, which will meet

regularly. The RVA also undertook to remind members that residents have the right to form a village Residents' Committee if they so wish.

The MoU also has a focus on effective training so that village staff continue to provide emotionally-intelligent care and support for their residents. Peter Carr, President of the RVRANZ, welcomed the signing of the MoU.

"The overwhelming majority of residents in villages are satisfied and

glad they moved to their village, but like any area where there are many personalities involved, sometimes an issue can arise. The Residents' Association looks forward to working with the RVA in developing best practice in a range of areas as well as encouraging debate about the industry model and potential options."

The RVRANZ will also work with the Commission for Financial Capability to finalise a short Resident Handbook for forming and conducting a resident committee, and will continue their work in monitoring the effectiveness of the current legislation.

The Retirement Villages Association of New Zealand (RVA) is a voluntary industry association that represents the interests of the owners, developers and managers of 96% of registered retirement village units across New Zealand. The RVRANZ is a voluntary organisation that represents the interests of many thousands of residents at retirement villages in New Zealand.

A friendly face and helping hand

2020 was a year of reflection for many of us. So many people around the world were isolated from family and friends and consequently felt deep loneliness. It reminds us of the importance of staying connected with our communities, making time to visit friends and family, and just getting out and about to do the things we love.

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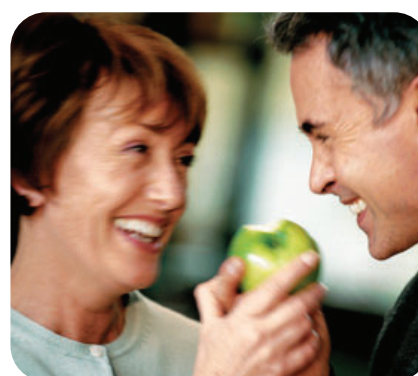
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Back-country man; Mervyn Harris

by Mike Crean



Mervyn Harris

The re-birth of Molesworth was “all about rabbits”. This is the view of back-country man Mervyn Harris. Mervyn worked for six years developing New Zealand’s largest farm, Molesworth Station, under the management of legendary boss Bill Chisholm. Molesworth had been ravaged by rabbits before the Government bought it in 1938. Chisholm was lured from Southland to run the giant Marlborough property. One of his first actions was to hire Mervyn, who was just 14 at the time.

Chisholm had seen the lad fencing on a neighbouring station and had witnessed his honesty. He offered him a job, to which Mervyn replied: “But I don’t have any dogs.”

Chisholm’s response was: “Don’t worry about that; you can use mine”. Mervyn accepted the job – and the boss’s dogs accepted him. Not that he needed dogs all the time. His work entailed all sorts of jobs. One of them was shooting rabbits.

Rabbits had eaten so much grass that “the land was just dirt”, says Mervyn. He was a “reasonable” shot at first and improved with practice at the Cheviot Gun Club. Shooting for real on the barren Molesworth slopes and flats sharpened his eye further. When winter came, Chisholm “lent” Mervyn to the Government as a

professional deer and goat culler.

Armed with a Lee-Enfield .303 rifle, Mervyn shot 1000 goats, 300 deer and 100 pigs in one blitz.

Rabbits remained the worst pest. Mervyn shot them in countless numbers. He also turned a bit of railway iron into a single-furrow plough that he towed behind the station’s ex-Army quad truck. He fed poisoned carrots into the trench this created. Thousands of rabbits died from eating the carrots.

At the same time, Mervyn says, pilots returning from World War II dropped tonnes of poisoned carrots from Tiger Moth aircraft on the more difficult terrain. Mervyn’s work ethic impressed the boss and he was promoted to Head Stockman. He got on well with Chisholm but knew some station hands didn’t share the feeling.

He becomes nostalgic when speaking of the overland cattle drives

he was involved in. These were three-day treks with the stockmen leading their horses and driving cattle from Molesworth, through Hanmer, to the railway station at Culverden. There they loaded them onto wagons destined for the Addington saleyards in Christchurch. These drives became famous through television coverage.

Asked about anxious moments, Mervyn tells of giving Chisholm’s seven-year-old son a ride in the quad truck. The truck became stuck in a swiftly flowing stream. Water was halfway up the door. Mervyn knew he could swim to safety but feared the boy would perish. Trying to drive forward only bogged the truck deeper. Using the current, he managed to turn the truck enough for it to be washed down stream. At last he found solid footing and drove the truck onto the bank.

“There were always river crossings, wherever you went, always a river to cross,” Mervyn says.

Weather often presented challenges. He once saved a mate’s life as the two battled a freezing rain storm that blew up suddenly. His mate was blue with hypothermia but Mervyn got him to a hut and revived him. Such storms could last 10 days up there, he says.

Another challenge was snow. It

sometimes lay 2-metres deep when the stockmen set out to rescue sheep and cattle. This snow would lie all winter long. Mervyn remembers large snow mounds in which animals died from suffocation and hunger. Digging into these mounds the men found starving sheep that had been eating the wool off one another’s backs. He found a group of dead horses in a snow mound. The horses had been eating the hair off one another’s manes and tails.

Mervyn is lyrical about life on Molesworth but not about life in his home towns of Rangiora, Balcairn and Cheviot, where his father was a council grader driver and overseer. He barely mentions his jobs in a limeworks, as a council labourer, in panel-beating. He could talk for hours about the back country.

“I thoroughly enjoyed the work, the friendship,” he says. His only mishap was a broken ankle caused by falling from his horse. It was beautiful, beautiful. There’s something about the back country that hangs onto you. I still love to go out there.”

But going out there does not happen any more. At 94, Mervyn seldom gets far from his Amberley home and his wife, Joy, nearly 90. If he does, his three daughters know where to look for him.

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A diagnosis of dementia? Dealing with your reactions

by Donna Jemmett, Educator, Dementia Canterbury

Reactions to a diagnosis of dementia can be many and varied. Some people can be in a state of disbelief or shock; some can experience anger, or profound sadness and grief; yet others can feel relieved that there is a reason for what has been going on for them or their family member. It is likely that you will react differently from one day to the next, or that some family members react differently to the diagnosis than others. While it is true that there is, currently, no cure for dementia – it does not mean that a diagnosis heralds the end of your life, or that you are powerless to do anything to help yourself. There is no escaping that it will take time to work through and adjust to the changes this diagnosis will bring, but there are several things you can do to help adjust to this new pathway, so that you can live well with a diagnosis of dementia.

Be kind to yourself.

You are not to blame for your condition. Give yourself the time that you need to work through the shock of your diagnosis and prepare yourself

for the new challenges ahead.

Be yourself.

The essence of who you are is still the same. In other words, you are still the same person you were before your diagnosis. Strive to keep roles that help you maintain your sense of who you are. e.g. husband/wife, grandparent, gardener, baker, friend.

Resist the urge to avoid social contact.

Once you receive the news of a life changing condition, such as dementia, it is easy to avoid contact with others and isolate yourself. It feels like self-protection, but the opposite is true. Socialisation is one of the best things you can do to help yourself as it helps to keep your brain active.

Be real about the emotions that you experience.

You will experience some uncomfortable emotions. Allowing yourself to be real about these emotions is extremely helpful as you work towards finding a way forward. It is helpful to write them down or to talk to someone about how you are

feeling. Acknowledging emotions as they come up is the first step in dealing with them and moving beyond them.

Learn as much as you can about your condition.

Knowledge is power! The more you can learn about your condition, the better you will be able to manage symptoms and maybe slow down their progression. Dementia Canterbury has a very comprehensive education programme.

Seek help as soon as possible.

One of the difficult things about diagnosing dementia is that the tell-tale signs are often mirrored by symptoms that are associated with other conditions such as depression, infection, and vitamin or thyroid deficiency.

Early diagnosis is critical in helping to manage symptoms or even differentiate early symptoms of dementia from physical or psychological conditions that can easily be treated.

Organisations such as Dementia Canterbury offer a significant range of

therapeutic and social programmes encouraging social connection and social cognitive stimulation. They are designed to maximise your ability to live well with dementia, so the sooner you can hook into that help the better it is for you.

Maintain your wellbeing and safety.

Do what it takes to maintain your health and wellbeing by taking some simple precautions around the home to make life easier:

- * Remove slipping and tripping hazards.
- * Reduce clutter on floors and surfaces.
- * Ensure you have adequate lighting.
- * Develop good daily routines.
- * Leave yourself notes as reminders in one appropriate, often looked at place.
- * Create a folder with simple instructions regarding the use of different appliances.
- * Use diaries, calendars, phone apps and alarms and notebooks to help you stay organised.
- * Keep often used items in easy to remember places.

While facing a diagnosis of dementia is not something on anyone's wish list, once you know what you are facing you can start to take steps to ensure you live well. Remember that you are not alone. Organisations such as Dementia Canterbury are well placed to offer practical help and support and provide the context for maintaining social connection.

(Acknowledgements & useful links:
www.dementiacanterbury.org.nz
<https://www.helpguide.org/articles/alzheimers-dementia-aging/coping-with-an-alzheimers-or-dementia-diagnosis.htm>

<https://www.scie.org.uk/dementia/after-diagnosis/support/accepting-diagnosis.asp>)

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For 30 years I have tried all sorts of things to no avail. I bought a bottle of the Florentine Gold All Natural Harmony Body & Joint Rub over 2 years ago from a stall at the New Brighton Market. Initially there was no notable effect THEN amazing results. I rediscovered it again in the **Keeping On** magazine. I now just use it once per day and have full use of my hands." **(A)**
 Christchurch, November 2020



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Wendy says, waste not want not

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

According to the website Love Food Hate Waste, 86% of Kiwis think wasting food is wrong. I suspect 90 years ago, during the Great Depression, 100% of New Zealanders knew the value of making the most of what they had. New Zealand households throw away 157,389 tonnes of food a year. That's enough food to feed the population of Dunedin for three years!

In my role at Senior Chef, I chat with many people who live by themselves and wasting food can be an issue. We all want to minimise waste, save some money and look after the environment.

Here are our ten tips for keeping your waste down, particularly if you live by yourself:

1. Plan your meals for the week and make a shopping list. Make yourself a cuppa and find a spot in the sun each week to do some planning. This will cut down on waste and save time and energy.

2. Don't be sucked in by tantalising specials at the supermarket. It's better to buy a few potatoes than watch a big bag of potatoes slowly go bad. Did you know potatoes should be stored in a cool, dry, and dark place, like a cupboard? They should be stored away from onions, as they both release moisture which causes them to sprout faster. Unwashed potatoes last longer than clean potatoes.

3. Include frozen and canned vegetables in your repertoire. The evidence is clear – eating vegetables is great for our health. Do you find that you put off buying fresh vegetables because they go limp or mouldy? Frozen and canned vegetables provide all the benefits of fresh, so stock up your pantry and freezer with these options.

4. Get the most out of your vegetables through correct storage. When you do buy fresh vegetables follow the advice of Love Food Hate Waste:

* Store carrots in an airtight container lined with a paper towel to stop them going limp and black. The research shows they will last ten times longer!

* The best way to store cut pumpkin is to wrap it tightly in cling wrap and place it in the fridge. It doesn't matter if you leave the seeds in or take them out.

* Store broccoli in a plastic bag in the fridge if you are going to eat it within a couple of days. If you need your broccoli to last longer, sprinkle the head of the broccoli with water,

wrap it in paper towels and place it in a sealed zip lock bag in the fridge.

* If you buy bagged salad greens, remove them from their bag and store them in an airtight container. The worst way to store your salad greens is to leave them in the opened bag that you bought them in.

* Wrap Iceberg lettuce in a paper towel and store in a zip lock bag.

5. Give fresh fruit a longer life by storing in the fridge and taking out a few pieces for your fruit bowl each day. The exception is bananas, which should be kept at room temperature in a separate bowl!

6. Store your bread in the freezer. Each year we throw out 15,000 tonnes of bread. It's the number one food that we waste. The humid climate in New Zealand means that bread often goes mouldy faster than it goes stale. Storing bread in the freezer will stop this from happening and keep your bread fresh. You can toast bread straight from the freezer.

7. Love your freezer. Leftovers, fresh produce nearing its best-before date and raw meat are all perfect for your freezer. Portion them in reusable containers – remember to name and date your bounty!

8. Play it safe and avoid foodborne illness. The 2:2:2 rule is one to remember: make sure you cool leftovers, cover them, and get them

into your fridge within two hours of cooking. Eat your leftovers within two days. Frozen leftovers will keep well for up to two months.

9. Scan your fridge for any little bits and pieces that need to be used up. There are endless possibilities: a batch of muffins, soup, or our very own Senior Chef Mini Quiches.

10. Learn to cook! This will give you the confidence to try new recipes and become more adventurous in the kitchen. Give us a call on 0800 333 405 for more information about Senior Chef, so you can get in the kitchen and cook up a storm!

(Source: www.lovefoodhatewaste.co.nz).

Easy mini quiches

This is a great recipe for using up little bits and pieces. Instead of creamed corn it could be chilli beans or canned salmon and instead of red pepper you could add some peas or baby spinach leaves.

Ingredients

Oil spray OR oil for greasing tins
3 x Wholemeal sliced bread with crusts removed

Thinly spread Marmite, Vegemite, or chutney

¼ cup Cheese, grated

1 Eggs, lightly beaten

1 tbslp Parsley, chives, or Spring onions, finely chopped

¼ can Canned creamed corn

¼ Red or green pepper, finely chopped

Method

Preheat oven to 190°C.

Lightly grease muffin tins with oil and a pastry brush, or oil spray. If pans are non-stick, no oil is necessary.

Flatten bread slices individually



with a rolling pin and press in the muffin pan to create a bread case. Using the back of a teaspoon spread Marmite, Vegemite, or chutney in the base of each.

Combine remaining ingredients in a bowl and spoon into bread cases.

Bake for 15 – 20 minutes.

Serving suggestion: Serve with salad for lunch or a light meal. Refrigerate any leftover quiches for the following day or freeze. These can be eaten straight from the fridge or reheated in the oven until they are piping hot.

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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.

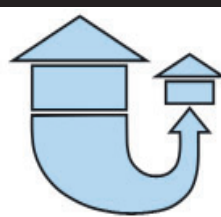
A visit and consultation is free of charge, with no obligation to use their

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The hidden comedians on the New York Subway



Located near the Meat Packing District, 14St on 8th Avenue, is served by the A, C, E and L trains. Destinations include JFK airport and Harlem. The New York subway has express trains which only stop at major stations - flying through many of the smaller ones, as well as London Underground style services which stop at every station.

An amusing feature of this station are the sculptures by sculptor Tom Otterness placed in 2000, which are very popular with travellers. There are 100 different pieces whimsically placed all round the station - by gates, on girders in the ceiling, on benches, hidden in corners. There's even a sculpture of a crocodile pushing his way out of a manhole cover.

(Source: www.theoldie.co.uk)



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.

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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

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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)**

Aircycle offers 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".

Ross, Auckland wrote "I've had such success with this in reducing cramps, swollen ankles and sore legs. I've bought two more as gifts for friends".

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 and ad below for more information. **(A)**



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Tarras, Exploring the Upper Clutha

by Mike Crean

Willie Wong must be turning in his grave, as the saying goes.

The legendary character, whose real name was Bill Cowie, would have been devastated by news that an international airport is planned for the Upper Clutha township of Tarras. To locals Willie is a character of legend, an accident-prone figure of local history.

I interviewed Willie in 1991. He impressed me as a generous man who loved his image as a hard-case shearer, deer culler, farmer, fencer, storyteller and collector of junk almost as much as he loved Tarras and its people. He explained that everyone called him Willie Wong because as a primary school pupil he dressed as a Chinese gold miner for a school concert. His appearance “brought the house down”.

Willie died nearly 10 years ago, all alone in his rundown cottage crammed with memorabilia. His loss was felt by people all over Central Otago. If you make the trip south through the Lindis Pass to Tarras, you may feel his vibe even now.

I first drove the Lindis in 1967. The road, if you could call it that, was a rutted gravel track with steep climbs and sharp bends. Many drivers preferred the much longer route south, via Palmerston, Ranfurly and Alexandra. Not now, though, as the Lindis has been upgraded to highway status. It is still a scenic wonder, so if you haven't been there, it's time to go. You will find tiny Tarras at the southern end of the pass.

The region is hard country for farming. But, as another legendary character, Bill Gibson, told me: “Farming here is more than a



Relics of the past at Bendigo.

business; it's a way of life”.

Perhaps an airport in the Tarras valley will change all that. Thinking about this reminded me of chatting to an old-timer at Twizel who was worried about the new buildings going up in his MacKenzie Country town. He hated Queenstown's development from a village to a teeming tourist metropolis. He claimed that Wanaka was heading the same way. He wondered how long it would be before Lake Hawea village was similarly spoiled. And what town was lying next in line? Twizel – oh no!

The Upper Clutha area extends from the Lindis Pass to Cromwell. The mighty Clutha River flows out of Lake Wanaka and down the valley to Lake Dunstan, which was created by damming the river at Clyde for electricity generation. Joined by

other rivers, such as the Kawarau at Cromwell and the Manaherikia at Alexandra, it produces more electricity at Roxburgh, before forging on to the Pacific Ocean past Balclutha.

Gold mining features in Upper Clutha history. At the Bendigo diggings, a little south of Tarras, are remnants of old stone cottages where diggers once lived. Much of this land is now covered in grape vines.

Turn right just out of Tarras and you can drive across the valley to Wanaka. Intensive housing has sprung up in this area, virtually turning the previously stand-alone townships of Luggate and Albert Town into dormitory suburbs of the ever-growing Wanaka town.

Drive north from Albert Town and soon you will reach picturesque Lake Hawea village. It is perched

prettily above the southern end of the lake. Water from here also adds to the Clutha River's flow. The road continues beside the lake, heading for the Haast Pass and South Westland.

Lake Hawea village has not entirely escaped an influx of new residents. Village stalwart Edna Capell told me people began to discover the majestic mountain views in the 1950s, as cars and roads were improving. Soon the best vantage spots were gobbled up with baches and houses. More people have moved in since but many of the new houses stand on a former Ministry of Works camp site on the south side of the terminal moraine formed by an ancient glacier. The views there are not so great, she said.

So, will Lake Hawea go the same way as Wanaka and Queenstown? Will Tarras? Could that shudder I feel be Willie Wong's answer?

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New personal driving service for Christchurch

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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)

Enduring Powers of Attorney

There are three documents every adult should have in their "legal tool-box". A legally valid Will, an Enduring Power of Attorney in relation to Property and an Enduring Power of Attorney in relation to Personal Care and Welfare.

Other documents will come in and out of your legal tool-box, but these three documents should always be there.

Enduring Powers of Attorney are important because they do exactly what their name suggests. They endure, or have effect, even if you lose mental capacity.

There are two types of Enduring Power of Attorney.

Property

In this instance, property doesn't just mean your home but includes anything in your name, such as bank accounts, insurances, utilities or any other assets you own.

Your Attorney will make decisions for you regarding your assets, always making sure they keep firmly in mind what you would do, if you were able to make the decision for yourself.

You can decide when this Enduring Power of Attorney comes into effect.

Personal Care and Welfare

Your Attorney will make decisions for you regarding your living arrangements, medical treatment and anything else relating to your personal care. Again, they should ensure they are making the decisions you would make for yourself, if you were able to.

This Enduring Power of Attorney only comes into effect if you are diagnosed by a doctor as having lost

the capacity to make decisions for yourself.

The most critical factor in appointing any Attorney, whether for Property or Personal Care & Welfare, is to appoint people who have the skill set for the tasks you are asking them to do and whose judgment and abilities you trust implicitly.

Process of Appointment of Welfare Guardian

If you have lost mental capacity and you don't have Enduring Powers of Attorney your family have the ability to apply to the Family Court to have someone appointed as your welfare guardian and / or property administrator or property manager.

The difference, of course, is that this is a court process which will almost certainly take longer to complete and will cost much more.

For all of those reasons, Enduring Powers of Attorney, along with a valid Will, are incredibly important documents. They are like personal insurance as you are ensuring that people that you know, love and trust have the ability to make decisions for you if you cannot make decisions for yourself.

When you are making a decision about your Enduring Powers of Attorney, it is important you get good advice from a team who understand how your decisions may impact on you and your legal requirements in later years. Please contact Fleur McDonald on 03 365 1595. Together we can explore how we can help you find the best solution to meet your legal needs. A



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New Minister for Seniors

Following October's election, Hon Dr Ayesha Verrall was appointed as the new Minister for Seniors.

Hon Dr Verrall sits inside cabinet and holds a range of other portfolios including, Minister for Food Safety, Associate Minister of Health and Associate Minister of Research Science and Innovation.

Hon Dr Verrall is an infectious diseases doctor. She is passionate about preventing illness so that every New Zealander can enjoy good health and live a free and full life. She is an expert on vaccines, tuberculosis and COVID-19. During the COVID-19 pandemic response, she was instrumental in efforts to improve New Zealand's contact tracing.

Ayesha grew up in Te Anau. She attended medical school at the University of Otago and worked as a junior doctor at Wellington Hospital.



Dr Ayesha Verrall

Ayesha completed her specialist training in Singapore and researched tuberculosis in Indonesia.

In 2019 Ayesha was elected to the Capital and Coast District Health Board on a Labour ticket.

Ayesha lives in Wellington with her partner Alice and their daughter.

RGM courses in 2021

RGM stands for the Ronnie Gardiner Method. It's 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 Island in the US but who has lived in Sweden since the 60s.

Aucklander Professor Ngaire Kerse, acknowledged as an international expert in the area of maximising health for older people, was introduced to the method in 2014 when she attended a training course in the Netherlands, 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 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.

Courses in Christchurch

Eight-week courses run out of the Age Concern Office, 24 Main North Rd, Papanui on Wednesdays at 3pm. The cost for the total course is \$30 and the only criteria is that participants be over 65 and able to follow instructions. The programme can be done seated or standing.

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

RGM AT AGE CONCERN

RGM stimulates brain and body to keep cognitively sharp.



8 week course dates for 2021
COURSE 1 starts February 10th. COURSE 2 starts April 21st.

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Coping as a caregiver

by Epilepsy New Zealand Canterbury Branch

Being a caregiver can be an emotional ride, with many ups and downs. Caring shows your love and commitment and can be a rewarding experience but it can also lead to exhaustion and the ongoing demands of the role can be quite stressful.

At some stage in our lives, most of us will care for, or be supported by, someone. This role may be something that you gradually take on, as a person's ability to care for themselves decreases. Sometimes the role may be thrust upon you immediately, for example: after an accident or health crisis like a stroke, heart attack or perhaps the onset of seizures and/or epilepsy. It may be a role that you do not feel adequately trained for or even very good at, but it is often a job from which you cannot retire or quit.

What can I do to train up for the care role?

Do your homework and seek out support and advice from a service that can offer you tips about what to do in an emergency and how to cope with day-to-day challenges. There are many 'Not for profit' organisations and government agencies that can help. To find them either go online, ask a librarian to help you search online in Christchurch CINCH, ask your GP or go to the local Citizen Advice Bureau or Age Concern.

Why has the person I am caring for changed so much?

Often, we hear the caregiver say, "My wife/husband has really changed, they used to be so easy going." Anger, denial, and disbelief may be at the



centre of their frustration. This once independent person must suddenly rely on someone else. Uncertainty surrounds them, they may be thinking; "Will I get better, improve, or always need to rely on help?" You are their nearest and dearest and unfortunately it is you that will take the brunt of these bubbling raw emotions. Acceptance is a phase that may be a little way off, but it will happen. Once everyone can accept the changes, life can move on, even if it is in a slightly alternative direction or at a much slower pace.

What problems may I face?

Being a carer can be physically and emotionally draining, it can be difficult to switch off from your responsibilities. Often caregivers report problems about attending to their own health needs and well-being.

For example:

Sleep deprivation.

Keep on going when they are ill.

Missing meals or grabbing 'easy fast food'.

Lacking in exercise, motivation, and socialisation.

Missing or having to postpone their own appointments or breaks.

Feeling low, moody, or depressed (Studies have shown that an estimated 46 percent to 59 percent of caregivers are clinically depressed).

How can I try to make things easier?

Reduce personal stress by recognising the warning signs (irritability, sleep problems). Act on this early and seek help. Make a list of ways that others could help you. When someone asks, "How can I help?" don't reply, "I am fine I can do it"; instead, give them a task.

Talk to someone if things get tough; a friend a neighbour or carer support groups visit www.carers.net.nz for

resource or support groups or call 0800 777797.

If you want support with seizures e.g., first aid, personal alarms, bed alarms or someone to talk to about coping with the seizures, ring Epilepsy New Zealand on 0800 374537.

For more support services go to your local library and ask a librarian to help you search on CINCH or go to the Citizens Advice Bureau, Christchurch CAB 03 366 6490.

If your thoughts and emotions are overwhelming speak to your GP about support or counselling or call the depression helpline on 0800 111 757.

See if you are eligible for respite care or home help. Go to www.health.govt.nz and search for respite support and services and/or carer support.

Keep a diary of issues, difficulties, or problems. This can help you keep track and serve as a reminder for discussions when you are having family meetings, medical meetings, or support service meetings.

If you cannot change your caregiver role, change how you deal with it; do not suffer in silence.

For advice and support around seizures and epilepsy call **027 270 6689 or 022 367 7895**.

Email canterbury.westcoast@epilepsy.org.nz or canterbury.nm@epilepsy.org.nz

This article is for generic local information only and does not replace any professional or medical advice.



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Help is at hand in the digital world

by Isaac Mander

DigiKiwis is a new service offering regular sessions where tech-savvy teenagers help you with your technology frustrations. Our focus is on portable devices such as phones, iPads and laptops.

Findings from the successful pilot programme

In December 2020, we ran a pilot programme with the generous support of Age Concern Canterbury. Attendees came from all over Christchurch with a really broad range of issues:

- * Using internet banking for payments – especially now that many banks are no longer accepting cheques.

- * Booking or purchasing things on the internet.

- * Learning the basics of how to use new digital devices such as smartphones and tablets.

- * Knowing how to find your way on the internet to the part of a website you need.

- * Understanding how to save things on the internet (using cloud storage).

- * Learning how to access and use online entertainment.

- * Changing notifications (alert sounds) on devices.

“While problems varied a lot, the pilot highlighted that digital devices bring frustrations for pretty much



Alex working with Peter and Justine.

everyone – so no one should feel out-of-place, or in any way embarrassed.”

The pilot also showed that tech-savvy teenagers were able to solve nine out of ten issues on the spot. Pilot programme attendee Jackie reported “I got so much from it...I came home enthusiastic and have tried out heaps of things. I will definitely be back for more next week!”

One special feature of DigiKiwis is the large generational difference between teenagers and senior kiwis – in some cases an age gap of over 75 years. Interestingly the pilot showed that this age difference was no barrier at all. Teenagers gained empathy and confidence

from taking on the responsibility to help others. DigiKiwis team member Alex commented, “Everyone was so lovely and great fun to work with. I was really proud that I could help them with technology issues that had been both frustrating and preventing them using things properly.”

Given the success of the pilot and the great need for help, our goal is for DigiKiwis to be responsive to your needs, low-cost and fun. Over time, we would like to see DigiKiwis become available in communities throughout New Zealand.

Regular DigiKiwis sessions now available

DigiKiwis is now offering regular

sessions where tech-savvy teenagers help you one-on-one and in small groups with your technology frustrations. Unlike other services, this is not 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 your top two problems. 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!

Thanks to support from Age Concern Canterbury, regular DigiKiwis sessions are available at their office 24 Main North Road on Tuesdays at 4:00pm. Further sessions are hosted at Bellbird Hearing 240 Ilam Road on Thursdays at 6:30pm. Bookings are essential. Casual sessions cost \$15. A \$20 monthly membership option is also available. This includes up to 5 sessions a month and tech support via email. To find out more or to book your DigiKiwis session:

Email: isaac@digikiwis.com

Website: www.digikiwis.com

Text message: 028 430 2313

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Larence Shustak's portrait and street photography

The vivid portrait and street photography of Larence Shustak – gritty images depicting New York City in the 1960s and a Christchurch that no longer exists but will be familiar to many – is coming to Christchurch Art Gallery Te Puna o Waiwhetū from Saturday February 20th.

The new exhibition *Air gun?* showcases more than 40 of Shustak's works from a career that spanned the late 1950s to the 1990s. Shustak moved from the United States to Christchurch in the 1970s and brought with him his eye for

the urban landscape, as well as his portraits of famous jazz musicians.

Air gun? is a mixture of black and white and colour photographs. Portraits on show include Thelonious Monk and John Lee Hooker for the Riverside Records label.

"*Air gun?* features significant portraits of major musical figures, and a street-level view of the New York they inhabited at that time, and it's an unique experience to be able to see them alongside snapshots of Christchurch in the 1990s – two very different worlds captured by

the same eye and giving them the same flavour," says Christchurch Art Gallery curator Peter Vangioni.

"Shustak made Christchurch his home. The images he captured here include street scenes from the central city and the suburbs, with close-up details of graffiti and advertising, and shots of the city's inhabitants going about their daily lives.

"Shustak had tried to get a job in Hawaii, but ended up getting one in a different kind of South Pacific. When he arrived in Christchurch in 1973 he found a city full of eccentrics, and for that reason, he felt quite at home here, and established the photography department at University of Canterbury's School of Fine Arts," Mr Vangioni says.

Air gun? has been co-curated with Stuart Page, one of Shustak's students and producer/director of the award-winning 2009 documentary Shustak. The documentary is screening at the Gallery at 3pm on Saturday March 20th. *Air gun?* is one of several exhibitions in the



Image: Larence Shustak Thelonious Monk at the United Nations, New York 1962. Photograph. © Estate of L N Shustak

Gallery's All Art All Summer season, designed to make everyone feel welcome this summer – with more Kiwi families exploring their own back yard, Christchurch Art Gallery is opening its doors to visitors of all ages and tastes.

Helping the whole family keep in touch

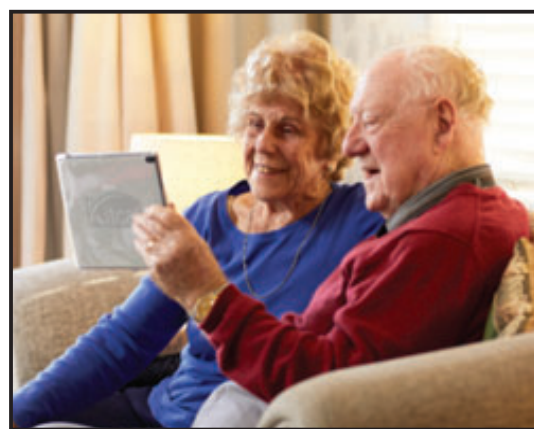
Kitcal® is a specially designed tablet that helps our senior generation stay socially connected to their whānau and friends. It offers Kiwi seniors the direct personal communication that younger generations take for granted and use every day to chat and send photos and messages.

Every feature has been carefully considered to incorporate the essential elements for our senior generation, while keeping the tablet simple and easy to use. Kitcal receives messages, photos and videos, can request voice and video calls, has a handy check-in feature for peace of mind and a calendar that can be remote-managed by family.

"The key is Kitcal's simplicity" founder Julie Caldwell says. "We worked with experts to ensure we were using the right fonts, colours and symbols for senior family members".

Kitcal has a large screen so it's easy to read and uses pre-set emojis instead of a keyboard to reply to messages.

"We specifically wanted to make Kitcal ready to use straight out of the



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For more information visit www.kitcal.nz

The freedom of freehold at Barton Fields and Mary Brittan

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

Designed specifically for mature residents, our Lifestyle Villages are certainly not your average 'retirement village'. In fact, it's an exclusive enclave of quality homes surrounded by communal gardens and sprawling reserves; a vibrant community where people over the age of 55 can enjoy an invigorating lifestyle without the stress of maintaining a large home and its accompanying grounds.

Unlike most traditional 'retirement villages' in this country, there is no Licence to Occupy policy in our Lifestyle Villages. Instead, our Villages were created under the Unit Titles Act, allowing residents to purchase their own villas just as one would a normal home.

The villa becomes their own in every respect; an asset they can borrow against or sell whenever they want. Because there is no Deferred Management Fee (i.e. in our Village model you do not lose a percentage of the sale price on the sale), the owner

of each villa will reap the rewards of any increase in value.

It's a model that's been praised by investment experts including Paul Rickerby, Director of Christchurch Accountants and Financial Advisors Moore Stephens and Markhams.

"The freehold title ownership model is far more transparent than the licence to occupy model," he says. "Freehold ownership gives the owner more options and means any capital gain is theirs, and theirs alone."

Built by the award-winning Mike Greer Homes, the villas are highly customisable, with unique floor plans and a range of colour palettes.

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

To find out more, simply call 0800 325 523 or visit:

www.bartonfieldsvillas.co.nz or
www.marybrittanvillas.co.nz

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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

Connect with loved ones through Gran Skills

Three young women are trying to close the digital divide between the generations as they provide a service which helps older New Zealanders master their daunting technology so they can connect with loved ones and carry out tasks online.


It all began when Amelia, Emily and Phoebe, struggled to contact their grandparents during lockdown and noticed that this was not an isolated issue. After lockdown, they continued the conversation with their community and found that there are no options available for older New Zealanders to learn technology on their terms and in a comfortable environment.

That's why they created GranSkills which matches an older New Zealander with a trusted tutor. The tutor can come to your home for 60-minute sessions to provide one-on-one guidance on how to use your device for everyday use and teaches

to your pace. Whether it is navigating your device, emailing a friend or online shopping, GranSkills will show you the way.

A client of theirs, Richard has found his time with GranSkills to help him unlock a whole new world of technology including emailing, games, streaming movies and shopping online. He even learnt to facetime his brother in the UK, being the first time he saw him since 1993!

Alongside helping older New Zealanders master their technology, they also have a focus on the issue of cyber security and can educate you, so you can feel confident to use your device.

So, if you want to learn about the wonderful world of technology whether it be the basics of texting to exchanging photos with friends or video chatting loved ones, give GranSkills a call at 0800 288 772. 

GRANSKILLS

Let us be your instruction book for your phone and computer...



Just \$49

60-minutes tuition at home

- Taught in the comfort of your home
- Learn at your own pace
- All your technology questions answered
- Build confidence to connect and use your devices

Find more about us at:
www.granskills.com

Freephone:
0800 288 772

Volunteers are needed for Age Concern Canterbury's Accredited Visiting Service

With 14,000 clients already in the database and this number steadily increasing, Age Concern Canterbury needs more volunteers for our Accredited Visiting Service.

Social connections are important for people of all ages, but especially the elderly who are more susceptible to loneliness as they grow older.

The Accredited Visiting Service requires someone to visit one of Age Concern Canterbury's clients for a minimum of one hour each week to simply spend time with them and be there to talk.

Pieter, a client with the visiting services said the service has helped him through the grief of his wife passing away.

"I was engaged with Age Concern after my wife died. They asked me if I would like to have companionship

and talk and I said, 'yes that's a great idea, I love that'."

Volunteer, Anna said, *"the service is a great way to form a friendship and engage with people in your community."*

It's quite flexible but just generally enjoyable because you don't even think about it like something formal... you just think of it like you're going to see family, or you're going to see a friend."

To apply to be a volunteer, simply contact Rebecca Hopgood on 331 7816 or Peter McGrath on 331 7809.

For more information on what is required to become a volunteer, simply visit the Age Concern website - <https://ageconcerncan.org.nz/>

An hour of your time each week can make a real difference in an older person's life.



HOSTS AND DRIVERS WANTED FOR SOCIAL OUTINGS

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

Drivers transport clients in our minivans to a morning or afternoon tea in and around Christchurch, supporting them to make new friends.

No special licence required. Casual basis.

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

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

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Stay Connected

The Social Connection team at Age Concern Canterbury, with the support of over 500 volunteers, can help you stay connected in your community.

Let us help you stay connected

“Age Concern Canterbury’s Social Outings and Visiting Service enjoyed a variety of pre-Christmas events and visits. We celebrated the season with fun and flair and have many more fabulous adventures planned for the New Year. Next stop 2021, so come and join us!”



How do blended families provide for children in wills?

In today's modern times, "Blended Families" have become the norm, rather than the exception. "Blended Family" is a term used to describe a family comprising two spouses, each or either of whom have been in an earlier relationship and have a child/children from that earlier relationship. Therefore, Spouse A has their children, and Spouse B has their own separate children.

With good legal advice, the estate planning challenges this presents can be well-managed to achieve a protection for all concerned.

A commonly used tool in such scenarios is that of "Life Interest Wills". This concept involves the separation of the legal ownership of the family home into two separate parts; one half for Spouse A and one half for Spouse B. This then allows each Spouse to deal with their half as they wish in their Will and overrides the joint ownership rules that would otherwise have applied.

In their Will, each spouse can then leave their half share of the property to their own children. The advantage of structuring your affairs this way, is that you can have certainty knowing

that your asset will go to your nominated beneficiaries whether you pass away before or after your spouse.

The other spouse is also looked after through the use of a "Life Interest" provision in the Will. This recognises that when Spouse A Dies, they need certainty of occupancy in the home, despite the fact that they only own a half share and the estate of Spouse B owns the other half share. The worry is that the children of Spouse B may want to move quickly, sell the home and receive their share of the sale proceeds. To protect the surviving spouse, a Life Interest provision is used in the Wills, to say that the surviving spouse can reside in the home for the rest of their life. It is only once the life interest has ended, which is generally on the passing of the surviving spouse, that the children would expect to receive their inheritance of the family home or sale proceeds.

If you would like practical, helpful legal advice on how to structure your assets as a blended family, please contact our office on 03 366 5540 to make an appointment. ^(A)

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PIER LAW

Help available to keep you warm and healthy



CEA Charitable Trust's assessors can check the insulation.

Community Energy Action (CEA) provides advice and services to homeowners that improve the health and energy efficiency of homes throughout Canterbury and the West Coast. We are a charitable trust and place the wellbeing of our customers and our community at the heart of all we do. Here are some ways we can help you.

Free home advice

Book a Home Energy Check and our friendly and qualified advisers will visit your home and provide you with detailed verbal advice about the health and energy efficiency of your home. You will also receive a written report prioritising the best ways to cut energy bills and improve the health of your home. In Christchurch this service is free for all homeowners. Tenants will need permission from landlords.

Insulation and heating subsidies

The government's Warmer Kiwi Homes programme is now offering some great deals. Eligible home owners can receive a 90% subsidy for a home heating appliance, (such as a heat pump or log burner, to a maximum of \$3,000 incl. GST) and

FREE ceiling and underfloor insulation and an on-ground moisture barrier. CEA can help you access this financial support and provide quotes for installation for homes that do not qualify. Our installation services get booked up over winter so be in quick.

Free curtains

Good curtains are important to shut out the cold and keep in the heat. CEA collects good quality second hand curtains and makes them available to households. Our Curtain Bank is a free service, however a contribution helps with running costs and is greatly appreciated. We suggest a gold coin donation from low income households and a \$20 donation from landlords.

For more information and to book your free Home Energy Check visit www.cea.co.nz or call 0800 GETWARM.



AGE CONCERN CANTERBURY IS LOOKING FOR

ENERGETIC AND RELIABLE CLEANERS



to clean houses for older adults living in the community.

Needed in Sumner, St Martin, Halswell and North Canterbury areas.

Casual work only.

Payment is on an hourly rate.

Drivers licence and an appropriate level of fitness is required.

For more information please phone Deb on 366-0903

Panama hats, gloves and garters

by Colin Amodeo

When Age Concern Canterbury moved from Barrington Street to Papanui, it occupied the former Bank of New Zealand site. As editor of Mollie Chalklin's history of Papanui High School, 'The School at the Terminus', I recall, "in the 1960s, the bank was well-known to staff from Papanui who often cashed their salary cheques there. Incidentally, the Terminus was at the junction of the Main North and Harewood Roads where the trams turned in a large circle to return to Cathedral Square."

Joining the English Department in 1967, he recalls "this was a time when the wooden main building featured the architecture of the 1930s, with prefabs along the railway boundary. My classroom was one such and rattled each time the Picton goods train thundered past. The lesson would stop while junior classes counted the number of wagons with sixpences changing hands when the figure went above thirty-five. Before Kaiapoi High School was built, Kaiapoi pupils came to Papanui by train with regular high-jinks reported by the railway guard to the Deputy Headmaster. One excuse for homework not done was that it had been thrown over the Waimak bridge. School caps sometimes went the same way."

The smell of Weetbix wafting over from the Sanitarium factory was pervasive, especially during hot nor'westers when the windows were open. There could also be the odour of rubber emanating from the tyre factory on the other side of the railway line. By comparison, in mid-winter the pot-belly stove ramped up the heat with condensation dribbling down the frost-covered glass like perspiration.

The Papanui Library now occupies part of the old Papanui Timber



The front of the Papanui High School main entrance is no longer visible from the street but the old main building of the 1930s has a definite charm.

Company site. From here, sawdust could drift across the road from the extractor fans. The suburb formerly contained the 'Papanui Bush' hence, 'Sawyers Arms Road' and the local pub. After it burned down and was renamed 'The Phoenix', senior pupils in uniform had to be removed from the public bar.

A year or two later, after transferring to the Plimsoll Wing, he found this was a more solid building but the metal water heaters could not be turned off in winter.

"I was in the front ground floor classroom. As my pupils grew more red-faced and sweaty, we would open the windows then receive complaints from other teachers that the temperature in their rooms had dropped. It was a relief when the bell sounded and the heat departed into the corridor before the next class arrived, often cold!"

Cricket was played on a good pitch facing Langdons Road, a green sward now landscaped and built over. With the background of the old main building, this was a pleasant reminder of village cricket from a

bygone age. Not far from the school baths - a mecca in hot weather - the Johns Wing off the Assembly Hall was later truncated when the road was built and further separated the school from Northlands Mall.

Assemblies were five mornings-a-week affairs. Teachers wore academic gowns on stage, often glowering down on the front row of naughty pupils rendering alternative versions of standard lyrics in their song books. The orchestra or brass band could not always obliterate certain forbidden words. This was a happy way to lead in to Period One.

On one occasion, the Progressive Youth Movement mounted guard at the front gate and used a megaphone to persuade pupils to join a protest and refuse to go to class. Our annoyed HOD Geography turned up the Hall sound system with the booming thunder of the '1812 Overture', severally repeated. The Progressive Youths could not compete and faded away.

The HOD Woodwork had flown a damaged RAF Spitfire out of a Norwegian fiord and brought it back

to England. He handled his classes in much the same way. It was customary to see his boys sweeping the quad and collecting rubbish from the playing fields in the public humiliation of an 'emu parade' [Bend down, pick up, bend down, pick up.]

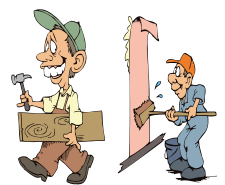
Papanui High School was co-ed but some boundaries still existed. There were separate girls and boys junior classes. The sexes, senior and junior, were not supposed to meet across the yellow line painted on the quad-cum-tennis court between the Science Wing and the Main Block. Prefects were entrusted to patrol the barrier. This rarely worked. Boys held hands with girls, their arms held out over no-man's land. Prefect popularity decreased in proportion to the number of detentions for missing gloves and Panama hats (girls), garterless socks and dirty shoes (boys).

Headmaster Ted Fancy who followed Lester Newton, was turning Papanui from an offshoot of Christchurch Technical College into an institution with a wider curriculum. Most of the previous separations were relaxed, proving that co-ed actually worked. This was certainly so in English classes. With girls, it was possible to hear Juliet sigh for her Romeo or Lady Macbeth announce her ambitions in a pleasant female voice; much better than the squeaky strangulations of a boy with changing vocal chords.

Papanui was big on annual major productions. One year, it would be light opera and music; the next year, full-blown drama. Unfortunately, with seasons lasting two or three nights, the set had to be broken down ready for morning assembly then reconstructed for the next performance. Frustrating, but that's the way it was!

School Certificate and University Entrance were great. You could have fun with classes for seven months then hound them for several weeks prior to November exams. Huge relief for everyone when December prizegiving arrived, and the final results were announced in the New Year.

Three school terms not four, yet the pressures seemed less than today. With good classes, you could teach three Shakespeare plays, several novels and short stories, many poems as well as improve skills with 'the weekly essay'. The 'Sixties were a satisfying time to be an English teacher and as the subject was compulsory, most seniors gained good qualifications. "I'd like to think that there's still a generation out there with a well-rounded education!"



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Sixty Five ALIVE improve quality of life

The programme Sixty Five ALIVE aims to aid people aged 65 year and over, who are concerned about their use of alcohol and other drugs, to regain an improved quality of life.

Services offered:

- * Consultation for other services.
- * Education-training to other services on working with older people experiencing alcohol or other drug concerns.
- * Facilitation into specialist services.
- * Development of groups in partnership with other services.
- * Specialist Case Management and Treatment.
- * Co-Existing problems treatment.

Currently there are 3 staff members, Lynne, Murray and Char. We work for Odyssey House, but part of our service is to visit people in their homes where they feel most comfortable.

We have two groups running: one on Wednesday mornings at Age Concern Canterbury, Papanui and the other at the South Library, top of Columbo Street, on Thursday morning.

If you are interested in joining one of our groups, contact one of our staff and they will talk you through the process.

"It is my safe place." Mary.

"There is no judgement, people understand." Greg

"I find my peace there. There is no pressure to change anything people accept me there how I am." Tim

"We have some real laughs as people there completely understand you." Monica

"There is no pressure from anyone to give up, just encouragement and understanding."

"I only come for the scones." Bill

Funding originally came from ACC and was supposed to last for 15 weeks, it became so popular that by August 2020 there were two groups one at Age Concern Canterbury, 24 Main North Road, Papanui on Wednesdays 10.30am to 12.30pm and one at the South Library 66 Colombo Street, Cashmere on

Thursdays 10.30am to 12.30pm.

Mrs Shirley McKinney who has recently retired after 30 years of working with people with addictions says, *"this is the most successful group that I have ever been a part of."*

"The blissful sleep, greater focus, limitless presence, and deep connection awaiting us all on the other side of alcohol." Ruby Warrington

**Sixty Five ALIVE
Seniors AOD Service**

Odyssey House

Ph: 03 741 3072

Fax: 03 358 2907

Email:

65alive@odysseychch.org.nz

www.odysseychch.org.nz

98-100 Greers Road, Burnside.

Inspiring independent living

Living in an enabling community or a disabling community? A question Aspire Canterbury always asks to reduce the barriers of everyday living for people with impairments and disabilities.

Nestled in the heart of Bishopdale's bustling retail mall, Aspire Canterbury was established in 1982. Having recently relocated to Bishopdale, it is grass roots, community-based NGO which provides a range of services across Christchurch and wider Canterbury.

To ensure we live in a connected world, Aspire has a range of services it provides in the community:

Shop and Hire of equipment: There is an extensive range of products both in the Bishopdale Shop and online for sale or hire, ACC approved and can provide WINZ quotes. Happy to source exactly what you need from one of the many suppliers, it is committed to providing you with the equipment you need to 'live well'.

Total Mobility Scheme: The Total Mobility scheme assists eligible individuals, to access transport and enhance community participation. The scheme provides 50% discounted taxi fares with a maximum subsidy (terms and conditions apply).

Contact Aspire on 03 366 9093 for information.

Mobile Service: ideally located for suburban arterial routes, Aspire Canterbury offers an unique mobile van service for the Christchurch and Wider Canterbury region. Aspire makes it easy for you to access equipment, information, and services. It can provide a guest speaker for community group meetings, rest homes, church groups, Probus groups etc. For more information contact one of their friendly team on 03 366 6189

Information Service: Funded by Ministry of Health Aspire provides free, unbiased information to keep you up-to-date and connected. It can also assist with the navigation of services, funding, and information about alternative provider services.

Surrounding shops include Ma Baker and alternative eateries, hair salons, Peter Timbs butchers, a postal service, a supermarket, and they are close to the YMCA, so make a day of it, pop in and see the friendly team, or give Aspire Canterbury a call.

"I can't change the direction of the wind, but I can adjust my sails to reach my destination." Jimmy Dean. ☺



I've always wondered if chickens communicated using fowl language. Maybe only when they're egg cited.

An invisible man married an invisible woman. The kids were nothing to look at either.

I didn't think the chiropractor would improve my posture. But I stand corrected.



Steady As You Go (SAYGo)

**Falls Prevention – Exercise Classes
in Canterbury (February 2021)**

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	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 Road, airport end
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. 10.00am	South Brighton (TBC)	South Brighton Community Centre, Beattie Street.
Tues. 10.00am	St Albans	Lamb of God Community Centre, 21 Thames Street, St Albans
Tues 10.30am	Upper Riccarton	Fletcher Place Residents Lounge, off Bowen Street
Tues 10.30am	Bryndwr (Waitlist)	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 (Waitlist)	New Brighton Library – in the Pay and Display Room
Fri 10.00am	Opawa	Opawa Community Church, cnr Opawa Rd and Aynsley Tce
Sat. 10.30am	Spreydon	Maurice Carter Courts Hall, 16 Dundee Place

NORTH CANTERBURY

Day time	AREA	Location of class
Tues 10.00am	Rangiora	RSA Building, Victoria Street
Wed 10.00am	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd
Wed 11.00am	Amberley	Amberley Library, RSA Room
Thurs 10.30am	Rotherham	Rotherham Hotel, 42 George St
Thurs 10.00am	Oxford	Oxford Town Hall, 34 Main Street

inspiring independent living

ASPIRE CANTERBURY is a not-for-profit organisation, established over 40 years ago



■ Shop and hire of assistive technology.

■ Total Mobility Scheme - 50% off Taxi's up to a maximum of \$35 (terms and conditions apply)

■ Mobile Services - connecting with the community.

■ Disability Information Service - unbiased information, we are here to listen and help you.

We now stock continence products!

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- Discreet service. ■ Free delivery.



Contact us face to face or over the phone for a chat about your needs.

Ph: 03 366 6189. FREEPHONE 0800 347 242.

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Email: admin@aspirecanterbury.org.nz

Website: www.aspirecanterbury.org.nz

Shirley Recreation Walkers welcome new members

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. Phone Sue on 981 7071. \$4.00 petrol contribution to driver (unless otherwise stated). Please note that some walks could be subject to change due to road, footpath, walkway and track conditions, also due to availability of cars on the day.

Mondays

1st March QUEENSPARK NORTH SHORE (2 hours approx.) This walk skirts the edge of Bottle Lake Forest, then goes through North Shore to reach Broad Park. Return via Eastwood Rise Reserve and back through Queenspark. Start from the corner of Rothesay Road and Queenspark Drive.

8th March PINES BEACH, KAIRAKI (1½ hours approx.) Enjoy time out in these two beachside settlements. This walk features the Waimakariri River Mouth and a walk along the beach. Take lunch to enjoy following this walk. Start from Dunns Road (just past Chichester Street) be-side the Pines Oval. \$5.00 to driver.

15th March SHIRLEY-HORSESHOE LAKE WALK (2 hours



approx.) This walk features Shirley Golf Course, Horseshoe Lake and Burwood Park. It will be followed by a Pot Luck Lunch at Maureen's. Please bring along a plate of food for a shared lunch. Start from Chancellor Street off Shirley Road.

22nd March SOUTHSORE SPIT-ESTUARY WALK (2 hours approx.) This walk features Southshore Beach, Southshore Spit and the walkway beside The Estuary with a variety of birdlife. Start from Caspian Street near Rockinghorse Road.

29th March HEATHCOTE RIVER-CHARLESWORTH RESERVE (1½ hours approx.) This walk is courtesy of Ruth and features part of The Heathcote Towpath and the Charlesworth Reserve. It will include a later morning tea stop with a visit to Columbus Café in Ferrymead Mitre 10 Mega. Park cars on Tidal View. off Humphries Drive.

Thursdays

4th March 2021, BOWENVALE

VICTORIA PARK (2 hours approx) This walk follows a four wheel drive track alongside a stream, then west through pine vegetation to Victoria Park and back. Take lunch to have early on in Victoria Park during this walk. Start from the car park at the end of Bowenvale Avenue.

11th March, MULGANS TRACK GREENWOOD PARK EASTENDERS TRACK (2½ hours approx.) This walk goes up over Clifton Hill and above, then down The Eastenders track into Barnett Park. As this walk is a little longer, take lunch to enjoy along the way. Start from Barnett Park off Main Road in Redcliffs.

18th March HOON HAY RESERVE-SIGN OF THE

BELLBIRD-KENNEDYS BUSH (DAY WALK) Take lunch, drinks, warm/waterproof clothing, good shoes/boots. This walk takes you along The Crater Rim Walkway to The Sign of the Bellbird, then on to The Orongamai Trail in Kennedys Bush. Return via the Crater Rim. Start from the car park off Hoon Hay Reserve (just past Worsleys Road). \$5.00 to driver.

25th March HARRY ELL TRACK (2 hours approx.) Walk from The Sign of the Takahe up Victoria Park Road and onto the Harry Ell Track. We will have our morning tea stop at The Sign of the Kiwi Café. Return via Harry Ell Track, Dyers Pass Road. Park on Dyers Pass Road near The Sign of the Takahe.

Life-saving bowel screening

Canterbury seniors should be delighted that Canterbury is now part of the National Bowel Screening Programme. Free simple-to-use bowel screening kits have begun to go out to Canterbury people between the ages of 60 and 74.

If you are aged 60 to 73 and born on an even number date, you will receive a test kit on or near your birthday this year (November 2020 – November 2021).

If you were born on an odd number date, you will receive your test kit on or near your birthday next year (November 2021 – November 2022).

Seventy-four year-olds will all receive a kit this year.

The kit detects early signs of bowel cancer and this important programme could save 100 or more lives in the first year alone.

You will receive a kit that includes a 'test tube' that is around the size of a USB stick and pulls apart to reveal a sampler 'wand'. Each kit comes with prepaid packaging to get it to the lab for analysis.

Canterbury DHB Clinical Lead for the bowel screening programme, Dr

Teresa Chalmers-Watson, explains that the test picks up tiny traces of blood in poo, which is an early sign that something might be wrong.

"If we need to investigate further, either your GP or someone from our hospital team will be in touch to make a time for you to come and get checked."

"When we catch cancers early enough, we are much more likely to be able to treat them successfully – and we can also find and remove small growths (polyps) before they even become cancer."

"One last piece of advice: Please use your kit soon after you receive it and post it back straight away – the kit may spoil if you leave it too long," Dr Chalmers-Watson says. "And don't forget to enclose the consent form, signed and dated, and stick the unique label to your kit – so we know who it's from."

If, at any age, you have worrying signs or symptoms such as blood in your poo or unusual bowel movements that continue for weeks – don't wait for a kit – make an appointment to see your doctor immediately. **(A)**

UPDATE FROM THE CLUBS

Amberley Welcome Club members enjoyed a trip to Akaroa and a pre-Christmas dinner at the Better Half Kitchen was enjoyed by all. **Meet:** Monthly at Amberley Church Hall. **Contact:** Ann McKenzie on 03 3149943.

Elizabeth Bridge Club members meet every Wednesday for bridge. They are a friendly club and visitors are welcome. There is easy parking available. Please arrive by 12.50 in time for a 1.00pm start. **Meet:** Wednesdays, 1.00 to 4.00pm at the Christchurch Bridge club rooms, 21 Nova Place (off Barbadoes Street). **Contact:** Maureen on 021 646 123. www.elizabethbridgeclub.co.nz.

Lincoln Area Senior Citizens members enjoyed a talk on the importance of Bee Keeping from Geoff Hantz in November and in December the Lions catering team prepared and served an excellent Christmas lunch at the Lincoln Events Centre. In February members will go on a bus trip to Oxford with lunch at the Rustic Country Hotel. The Clubs AGM will be held on March 2nd with speaker Vivienne Butcher, Principal of Lincoln Primary School. **Meet:** Tuesdays at 1.30pm Lincoln Events Centre. New members welcome. **Contact:** Theresa on 325 2449 or email redroses1113@xtra.co.nz.

South Elder Care

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

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

We offer:

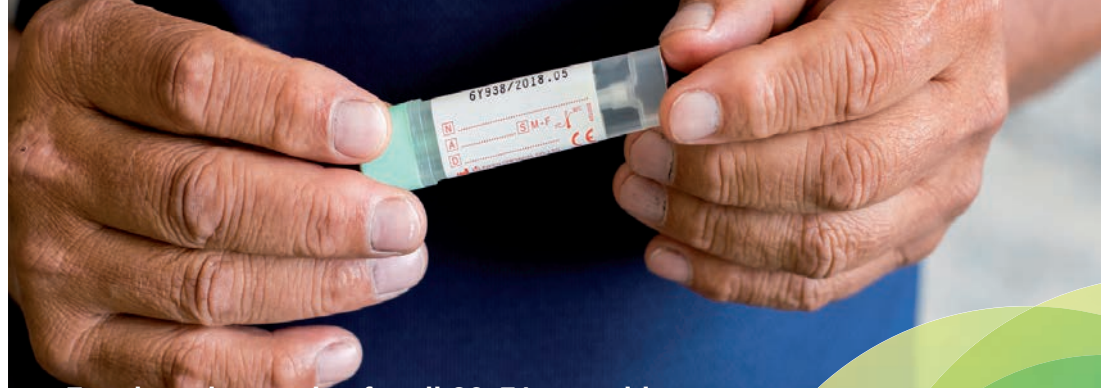
- * Morning tea and a home cooked lunch
- * Social interaction and fun
- * Bowls, croquet and Rummy-O
- * A chance to keep up with daily news
- * Gentle exercises and walks
- * Quizzes.

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

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

Be there for your grandchildren!

This little test could save your life.



Free bowel screening for all 60-74 year olds.
Bowel screening detects cancers early when they are easier to treat.

Visit www.timetoscreen.nz for more information
Free phone 0800 924 432 or talk to your GP team

Canterbury
District Health Board

MINISTRY OF
HEALTH
MANATU HAUORA

Time to
screen

National
Bowel
Screening
Programme

Loburn Red Cross



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

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

For enquiries and/or bookings please contact:

Mary Stewart on (03) 313-8393.

All money raised goes directly to the Red Cross.

We look forward to meeting some new groups.

Staying Safe; a refresher course for older drivers

Have you kept up with changes to the road code?

Is it time to familiarise yourself with traffic rules and safer driving practices? Age Concern Canterbury, together with Waka Kotahi (New Zealand Transport Agency), will continue to hold free refresher courses for older drivers throughout the region.

With the appointment of Wendy Fox as the new Staying Safe course facilitator, Age Concern Canterbury is beginning to roll out the programme across Canterbury and the West Coast.

The theory-based programme, called 'Staying Safe', is designed to enhance your knowledge, assess your current driving behaviour, recognise the effects of ageing on driving and build confidence.

Staying Safe is four-hours of classroom-based learning and is interactive, answering any questions you might have.

Everyone who attends will be issued with a certificate and will also be given a workbook to take away.

Classes are being scheduled and



Wendy Fox, Age Concern Canterbury's new Staying Safe course facilitator

will take place through the year. To book your spot, call 03 366 0903 or visit www.ageconcerncan.org.nz

Want to learn as a group? You can request larger bookings of around 15-20 people.

SuperGold card holders and Maori or Pasifika drivers over 60 are eligible.

Mary Potter and the Little Company of Mary - did you know?

The Congregation of the Little Company of Mary (LCM) was founded in Nottingham England in 1877 by Venerable Mary Potter. Mary Potter's vision was for an order of sisters who would stand in solidarity, prayer and compassion for the suffering and dying. LCM quickly grew and spread around the world.

The first LCM sisters arrived in Christchurch in 1914 and have been serving the people of Christchurch ever since.

Many Christchurch people fondly remember the LCM sisters (sometimes called "The Blue Nuns") who ran the Lewisham/Calvary Hospitals and pioneered many other health-based services around New

Zealand. Over the years thousands of Cantabrians were born at Lewisham/Calvary!

In recent years, the LCM ministry and charitable purpose in Christchurch has moved its focus towards supporting older people. LCM provides accommodation options and activities to assist older people to remain engaged with the community and to reduce isolation and loneliness.

The LCM Foundation Board of Trustees oversees the Mary Potter Courts - an affordable rental housing option for independent people aged 60-plus; the Mary Potter Apartments - built to universal design principles to provide accessible rental housing;

and the Mary Potter Community Centre and Italian Garden - available for hire by organisations whose purposes align with the ministry of the Little Company of Mary.

Please visit our local website www.lcmchristchurch.org.nz to learn more about LCM's Christchurch history and photos, current ministry, donations or bequests, upcoming events, and news.

The LCM in Christchurch is part of the wider LCM Region of the Southern Cross. This Region covers LCM in Australia, Tonga and Aotearoa New Zealand. Please visit the LCM Region's new website at www.lcm.org.au to learn more. ^(A)

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

MARY POTTER COMMUNITY CENTRE

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

Website www.lcmchristchurch.org.nz Email nzadmin@lcm.org.au

AGE CONCERN CANTERBURY



Staying Safe - Confident Driving Courses

10.00am to 2.30pm.

There is a \$10.00 charge for lunch.

Courses held at Age Concern Canterbury, 24 Main North Road, Papanui, Christchurch on:

Monday, 15th March

Wednesday, 14th April

Monday, 17th May

Wednesday, 23rd June

Wednesday, 28th July

Wednesday, 25th August

Wednesday, 22nd September

Wednesday, 13th October

Wednesday, 24th November

Courses in other areas

Wednesday, 17th March

Amberley - Hurunui

Council Chambers

Monday, 29th March

Main Power Oval, Rangiora

Thursday, 6th May

Lincoln Events Centre

Friday, 14th May

Seniors Centre, Ashburton

Course dates are continually being updated so please phone **03 366 0903** to register or to enquire about future courses.



Age Concern Timaru



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.

Office Hours:

Monday - Thursday

AVS 03-687 7587, Sonia King

sking@ageconcern.org.nz

EARS 03-687 7372, Sarah Hendry

shendry@ageconcerncan.org.nz



Learn how to save the planet



Community Composting was a focus in of a WEA course in February 2021.

Join like minds at the WEA for courses and workshops for anyone wanting to learn about and protect our environment. The CWEA at 59 Gloucester Street, Christchurch offers more than 50 short courses and workshops each term in everything from dance and movement to philosophy and politics. If you are concerned about the state of our world and eager to tread lightly on the earth then join this active community for a number of workshops with an environmental focus. From regular courses in the likes of Organic Gardening and Composting to talks about our natural ecosystems and fauna – we have a range of environmentally focused events on offer. For all our courses visit www.cwea.org.nz call us on 03 366 0285 or pop in to 59 Gloucester Street. This term why not try one of the following:

Sea Week Special: Viruses in the Sea. The good, the bad and the vast unknown. Paul Broady. **Wednesday 3rd March, 7.00-8.30pm**, Koha entry.

Viruses have a bad name and we overlook their teeming abundance and mind-boggling diversity in every ecosystem on Earth, including the sea. Here they have vital roles in the complex webs of ocean life. We'll look at their direct impacts on us and our sea food as well as their affects on wildlife.

Harvesting Seeds, The Two Perspectives. **Wednesday 17th March, 7.00-8.30pm**, Koha entry

We are excited to offer this panel discussion as part of the Urban Harvest Festival. Join Trees for Canterbury and the Southern Seed Exchange for a discussion about the benefits and importance of seed saving.

Flies Around the World. Dr Simon Pollard. **Starts 19th March, 10.30am-12.00 noon**, 2 Fridays, \$14.00. Did you know that more than 125,000 fly species have been formally identified but scientists estimate that there are in fact more than one million in existence today? Simon will talk about the fascinating lives of flies and the role they play in various eco-systems worldwide.

Sew Many Things to Do With .. Your Old Jeans. Ruth Targus. **Starts 20th March, 1.30-3.30pm**, 2 Saturdays \$25.00. Save the planet by upcycling an old pair of jeans and explore how all the fabric can become a variety of other things. Using hand stitching or machines this course is suitable for beginners and experienced sewers alike.

Plant Powered Cleaning and Body Care Talk. Kirsten Wyllie. **Wednesday 7th April, 12.30-1.30pm**, koha entry. Join Kirsten and hear how she uses plant-based ingredients to make her own cleaning, and body care products which are simple, safe and sustainable. Plants have a powerful ability to naturally clean our homes and nourish and support our body and have minimal impact on the planet. (A)

2021 Reading Challenge

- A book about a pandemic/plague or 2020.
- The first book you see in a library/bookshop.
- A book with an article of clothing in the title.
- A spin off of a classic novel.
- A book written by someone famous for something (other than writing).
- A book written by an author with the same first name as one of your grandparents.
- A book with a number in the title.
- A book written when you were 12 or 21.
- A book with a picture of food on the cover.
- A children's or young adult book.
- A book written by an author with the same surname as you.
- A book with a piece of furniture in the title.
- A book set in the country of your heritage.
- A book you own but haven't read yet.
- A book with a one word title.
- A book by an author who uses initials.
- A book with a person's name in the title.
- A book that is a family members' favourite.



AGE CONCERN CANTERBURY IS LOOKING FOR

ENERGETIC AND RELIABLE GARDENERS TO MAINTAIN GARDENS

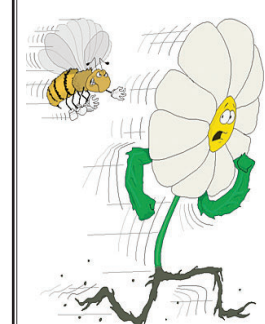
Fit, keen, energetic, reliable, own lawn mower and a current drivers licence.

Needed in Woolston, Ferrymead, St Martins and North Canterbury areas.

Casual work only.

Payment is on an hourly rate.

For more information please phone Deb on 366-0903



WEA
CANTERBURY WORKERS EDUCATIONAL ASSOCIATION

LEARN SOMETHING NEW WITH US...

40+ adult education courses and talks enrolling now

www.cwea.org.nz

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.*



The Stamp, Coin & Gold Exchange



THE BEST PLACE TO SELL YOUR STAMPS, COINS, BANKNOTES and SCRAP GOLD in Christchurch.



Owner, Matt Power

The Stamp and Coin Exchange at 134a 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.



WE BUY YOUR UNWANTED GOLD & SILVER

We Buy your Old Gold Jewellery

Open Monday to Friday 10-6pm & Saturday 10-5pm

If you have a large collection, or are too old to travel. No worries! I can come to you.

" 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?"



It is SIMPLE. Just give me a call.

Matt Power. **0800 39 24 26.**
 (0800 Exchange).

And Email. Matt@thestampexchange.co.nz, or just pop on in to the shop.

134a Riccarton Road. Directly opposite Riccarton Mall, 2 doors down from the House of Travel. Parking at the rear off Kauri St.

The ‘epicentre of women’s suffrage’ — Kate Sheppard’s Christchurch home finally opens as a public museum

Kate Sheppard was around 40 in 1888, the year she and her family moved into the brand-new wooden villa at 83 Clyde Road, Ilam. Now part of inner Christchurch, it was then a rural section some five kilometres from the city centre.

Today, 132 years later, what is now known as Te Whare Waiutuutu Kate Sheppard House was opened by Prime Minister Jacinda Ardern.

The government bought the house in 2018 to mark the 125th anniversary of women’s suffrage and its former owner’s pivotal role in the movement. The landmark property will now be open to the public as a museum promoting and celebrating Sheppard’s life and achievements.

The feminist pioneer had migrated to Christchurch from Scotland in 1869. She married city councillor and merchant Walter Sheppard in 1871. Their son Douglas was seven when they moved into Clyde Road, which was near where her two sisters, a brother and friends already lived.

Because women were largely excluded from the male world of politics, the house served as both home and unpaid workplace. Emblematically, a domestic space was the epicentre of woman’s suffrage, birthplace of the campaign that would see New Zealand become the first country in the world to enfranchise all women, regardless of race, class or creed, on September 19, 1893.

A centre of activism

During the prime years of her activism, from 1888 until 1902, Sheppard worked in the house, writing letters, speeches and articles. It was where newspapers and books were read, ideas formed and actions plotted. Other women activists, such as Ada Wells, and male supporters Alfred Saunders and John Hall were regular visitors.

It was in the dining room that the iconic third petition, with 32,000 signatures from around the country, was pasted together and wrapped around a wooden handle for Hall to roll down the aisle in parliament. And it was where the suffrage victory was celebrated.

After 1893 the property remained a hub of feminist ideas for social change. As Sheppard later put it, there were still many “fossilised prejudices” to work on. In 1896, she



Left: Kate Sheppard and right, Kate Sheppard House at 83 Clyde Road, Ilam. Christchurch.



became the founding president of the National Council of Women, directing activities and fostering international connections from the house.

Kate Sheppard

Sheppard worked hard, advocating for health and well-being, education and social, political and economic justice. The Married Women’s Property Act 1884 and the Divorce Act 1898 were two further important feminist victories, but it took until 1910 for the repeal of the 1869 Contagious Diseases Act, which unfairly targeted prostitutes.

Sheppard believed in women’s economic independence, their place in the professions and equal pay for equal work. She campaigned for women to be able to stand for parliament, to be appointed as justices of the peace, to act as jurors and to be guardians of children.

Despite its illustrious history, the Clyde Road house was mostly overlooked for decades. But thanks to a succession of owner-occupiers who poured love and money into the villa, it has not only survived but thrived.

John Joseph Dougall, lawyer and mayor of Christchurch from 1911 to 1912, bought the house from Walter Sheppard and undertook grand Edwardian improvements. It was further extended and modernised during the ownership of Julia Burbury and family, who for 33 years were the last private owners.

Unlisted and largely unknown when Burbury bought it, the house eventually became a category one historic place in 2010. By then,

a second wave of feminism had raised the status of women’s history, recovering and celebrating Sheppard and her colleagues as role models.

Brick house

The Pankhurst Centre, former home of Emmeline Pankhurst where the suffragette movement began in Manchester, England.

A feminist shrine?

With the 1993 suffrage centenary and Sheppard’s likeness gracing the New Zealand \$10 note, she has become a national heroine. Is her house likely to become something of a feminist shrine, too? If so, it would be part of a global trend.

In 1965, the family home of US women’s rights pioneer Elizabeth Cady Stanton in Seneca Falls, New York, became a National Historical Landmark. She lived there from 1847 until 1862, and referred to the farmhouse as the “centre of the rebellion”.

It is now part of the extensive Women’s Rights National Historical Park. Opened in 1980, it focuses on the first Women’s Rights Convention held in Seneca Falls in 1848, but claims a broad philosophical brief:

It is a story of struggles for civil rights, human rights, and equality, global struggles that continue today. The efforts of women’s rights leaders, abolitionists, and other 19th century reformers remind us that all people must be accepted as equals.

The former home of Cady Stanton’s suffrage partner, Susan B. Anthony, also became a National Historic Landmark in 1965. The celebrated American civil rights leader ran the

National American Woman Suffrage Association from the house in Rochester, New York, where she lived until her death in 1906.

Today, the Susan B. Anthony Museum and House “collects and exhibits artifacts related to her life and work, and offers tours and interpretive programmes to inspire and challenge individuals to make a positive difference”.

In Britain, Manchester’s Pankhurst Centre opened in 1987 as “an iconic site of women’s activism, past and present”. The home of suffragette Emmeline Pankhurst and her family from 1898 to 1907, the first meeting of the Women’s Social and Political Union (WSPU) took place in its parlour.

Keeping activism alive, the house is also a women’s centre and home to Manchester Women’s Aid, a service for victims of domestic abuse. It seeks to be an “unique and vibrant place where women can learn together, work on projects and socialise”.

With hindsight, early European feminists were reformers, but they could also be agents of colonisation. In Aotearoa New Zealand, their connections with Māori focused on temperance and they tended to assume assimilation was inevitable.

In the US and Britain the emerging feminist “shrines” have attempted to widen their remit accordingly. How Te Whare Waiutuutu Kate Sheppard House views its purpose and makes public history is a story that begins today.

(Source: www.theconversation.co.nz)

My two cents

by June Peka

A few weeks back a neighbour and I stuck our necks out to protest about a couple of high density, non-compliant-with-district-plan, apartment blocks going up in our leafy suburb of villas and bungalows in St Albans. A Star photographer featured us draped against the gate of the one that most affects us – being on the section in between.

We were thrilled when we heard the story generated more than 450 comments on the Star's Facebook page. It's good to know we're not the only ones concerned about the mushrooming of mostly two-storeyed, eight-metre tall, mostly concrete, mostly white and grey, one and two bedroomed boxes in (mostly) multiples of six, we thought. From the city centre to St Albans alone, a walker can count a hundred similar piles, especially if you amble up Manchester Street) and at the same time note that more than a few are vacant. Let your fingers do the walking and TradeMe will find you many more. You won't get much for under \$400,000 to \$500,000 though. Maybe one bedroom.

But we were wrong and I do feel a bit lonely out here in greenie, conservationist, neighbourhood-loving Nana-land.

Word count prevents me from addressing all of those 450 comments but that's OK. If I ignore the many about our appearance, the dandelions in the background, the ugliness of the suburb we live in, and our need for Maga hats, (that's "Make America Great Again" for those like me who'd never heard of them before), and if I give no space to the poorly punctuated one-liners about rich and racist, fat, old, elitist and selfish white NIMBYs, nor express surprise that so many writers don't know the difference between 'your' and 'you're' and 'there' and 'they're', I still have about 300 words left to explain how we're not actually anti-development, nor anti-progress even.

We are just anti-unnecessary, ugly uniformity and same-sameness, and we care a lot about about the people caught up in this country's housing shortage. We're told it's mainly families and elderly in need of affordable housing, and we don't think this current crop of small-to-average-ness is the answer.

Having brought up our family on



June Peka and concerned neighbour.



A new development in St Albans, Christchurch.

a decent sized section in Aranui, I reckon I have a handle on what families need, and it isn't 60 square metres of upstairs and down, with a hanky-sized lawn and not even a clothesline to swing on. Don't we want our kids to grow peas and strawberries and observe nature any more? Ours loved that, and we loved it before them. Don't we want them to have a chook or a dog, and hear the birds in the trees?

Surely our rent-a-mob online abusers (trolls they're called, apparently) aren't kidding themselves that their developer mates are building these ugly blocks out of altruism and concern for homeless families? Company website pages pose questions from investors eager to get on the same ladder that created a millionaire property magnate at age nineteen - apparently the case

with our neighbourhood interloper. I haven't yet seen a comment from a grateful mum or dad, helped into an affordable first home.

For the record we'd be more than happy to have two weatherboard, low profile three or four-bedroomed family homes full of noisy kids on that 758 square metre section next door. There's already a pretty good house there. And there's a mature ngaio tree, two kowhai, punga, fruit trees and a grapevine. But they'll all be flattened of course.

We think our council should be considering the little bloke and his whanau, the neighbourhood and the natural environment, the infrastructure and the aesthetics, rather than those greedy wolves in grandma's clothing, who knock on our villa doors and offer prices no one else can compete with.

Your own black worcester sauce



I popped into Yvonne Palmer's place to pick a bagful of puha she'd phoned to tell me about. The chooks love it, and we're partial too. Her sunny garden is always a bit ahead of mine, so I sauntered about while there, stuffing myself on Chocolate Sprinkle tomatoes and getting tipsy on the perfume of lilies and roses. I scored a whopping courgette-marrow for pickle, and we got to talking about the looming glut of blackboy peaches. They're a big deal at our place; each year I have to think of increasingly devious ways to offload the excess. I've been guilty of leaving them in the post office and tossing plastic bagful into the prams of unsuspecting mothers. Visitors never leave our house empty-handed. Had I made black sauce of them though? Yvonne asked. I hadn't but I will, after double-dipping into her current open bottle. Oh my, it's good stuff! Here's her recipe: It's easy to halve.

2 kg blackboy peaches

1 kg white sugar

1 kg brown sugar

1 kg tin treacle

1 teaspoon cayenne pepper

2 tablespoons salt

1½ tablespoons ground ginger

4¼ litres malt vinegar

25gms fresh garlic, or 2 dessert spoons crushed.

1½ tablespoons white pepper

2½ tablespoons ground cloves

Boil all together till peaches soften. Strain, but do not force through sieve.

I may not have as many to give away this year, but please get in touch if you'd like a healthy seedling. You could be making your own Black Worcester Sauce before long.