

Keeping On

THE OFFICIAL VOICE OF AGE CONCERN CANTERBURY Vol 112: Summer 2021

*Elizabeth's art,
Page 21*



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Charities Commission Number: CCC29446

A WORD FROM THE PRESIDENT

We are still in this strange restricted Covid environment and must continue to be vigilant in protecting ourselves from infection. Wear

your mask when entering shops, libraries and all other buildings where people have gathered. Scan in or sign in and use sanitising gel in all places. Get your double vaccination and encourage your friends and family to do so too. We now have active cases of Covid virus in Christchurch, so it is even more important to stay safe.

Christmas will be with us before we know where we are now that November has arrived, so continue to stay safe. Our health is more important than material things, so a telephone call, a friendly message or a visit with your mask on is worth more than taking a risk while rushing to do Christmas shopping. Check that your older and lonely neighbours are safe

and well and do not need medicines or essential groceries collected.

At the health conference I attended earlier this year, a strong focus was on exercise and how important it is for all of us to stay well and active. Thirty to 40 minutes, three to four times a week should be your aim. Now that the weather has improved it is a good time to start a regular exercise routine. A short walk around the block near your home is a great place to start. Have a look at your neighbours' gardens and get inspiration for your own garden. Gardening is very good exercise and then you get the reward of the difference you have made by admiring your flowers or having fresh vegetables.

Enjoy every minute you can manage this Christmas with friends and family keeping within the Covid regulations. I wish you all a very happy Christmas and hope that next year will see us out of Covid restrictions.

Trish Adams

President

FROM THE CHIEF EXECUTIVE

As I sit typing this – Christchurch has just woken up to the news that we have community Covid cases here. While this

throws us back into the unknown and increases our anxiety, we can take some comfort from the vaccination numbers – particularly the over 90% of over 65s, and the amazing health system that has our backs. Well done to you all who have gotten yourselves vaccinated. It is the younger generations who are now the focus, and you all have a job to do there. If you have children and more importantly grandchildren, talk to them and encourage them to get vaccinated. It will not only be the key to keeping you and the rest of the family safe, it appears it might also be key to them enjoying their youth and attending gigs, clubs and other hot spots youth hang out in these days.

We know the importance of social connection – so if you are feeling anxious about Covid-19, if it has reduced your social connection, please reach out to someone close to you. If you can't – remember we are here to support you. A call is all it takes!

We can't do our work without the amazing support of our volunteers and those that support us financially – we are a charity and every bit of

funding we receive, no matter how big or small – is very welcome and put to good use supporting older people.

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

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

Some of these benefits include:

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

One of the goals of Age Concern Canterbury is to support older people to flourish. I found a fantastic definition of flourishing recently, that I thought spoke to what we are about:

Flourishing: A life that is lived well; a life that goes well; a life that feels well.

I hope you have a safe and happy Christmas and New Year period. We will be closed between the two holidays, but open again from January 5th and look forward to supporting you and helping you to flourish in 2022.

Simon Templeton
Chief Executive

— CONTENTS —

Front Cover - This painting is the work of artist Elizabeth Van -der -Borg (see story Page 21) . Elizabeth was aged 15 when saw this dilapidated fishing boat anchored at a pier in Kaikoura. She sketched it at the time and in later years has used this sketch (and her memory) to create this work of art.



Page 3, Christmas eighty years ago



Page 9, David Clarkson - Veteran Court Reporter



Page 16, My Book Club recommends



Page 19, Twin Tenors speak and sing as one

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

Keeping On is distributed by Age Concern Canterbury to Christchurch Malls, Senior Citizen Clubs and Groups, Libraries, Medical Centres, Rest Homes, Hospitals and Institutions, Housing Complexes and Agencies working with older people and individuals.

Keeping On is published quarterly in February, May, August and November each year. Written contributions for consideration can be emailed to the Editor at dmcgrath@ageconcerncan.org.nz or contact Deirdre on **(03)366-0903**.

The **Keeping On** Team: **Deirdre McGrath** - Editor, **Mike Crean** - Journalist, **June Peka** - Journalist, **Anna-Marie Hunter** - Advertising Representative/Desktop Publisher.

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Age Concern Canterbury is very grateful for the support we receive from our advertisers. Without advertisements this publication could not survive. Some of our advertisements are the traditional type and others include advertorial (an advertisement that's written in the form of editorial content). To be transparent to our readers each of these advertorial pieces is labelled with the symbol A.

Views and opinions expressed in Keeping On are not necessarily those of the Editor of Age Concern Canterbury. Neither does publication of an advertisement imply endorsement by Age Concern Canterbury.

A Christmas eighty years ago

by June Peka

It's not hard to imagine my Nana's feeling of dread as talk turned again to war in 1939, when she had five boys of call-up age. At 24, Sonny (my father) was the oldest, but the only one turned down for service because of his flat feet and the fact he had a wife, baby and another on the way.

One by one though, his four brothers signed up to do their bit. Jack and Stewart served close to home, with Bill sailing from Wellington to London on the Aquitania in May 1940, and Toddy leaving for the Middle East shortly after. With a couple of good mates, all Toc H soccer players, Bill had been an RNZ volunteer under WW1 naval hero Captain Wybrants Olphert, for whom his mother (my Nana) Molly Perry, cleaned and cooked. Bill's youngest sisters, my aunts Nola and Phyllis, spoke of happy young teenage years around the Olphert's swimming pool and the kind attentions of the older Olphert girls for many years after.

There were anxious moments in the months after Bill sailed, when he was twice injured in separate naval skirmishes. Hospitalised in Cornwall and later transferred to Colchester around Christmas 1940, Bill was in a safe place to see out the war, Nana believed.

However, after just a few weeks ashore, he wrote to my father... "I'm fed up with this land-sailing. Been waiting since December to join a new ship – and what a ship! I bet we sure give Jerry a go when he tackles us. I'm just itching to be behind those guns when he tries."

In May 1941 he wrote again, of his transfer to HMS Neptune... "We've

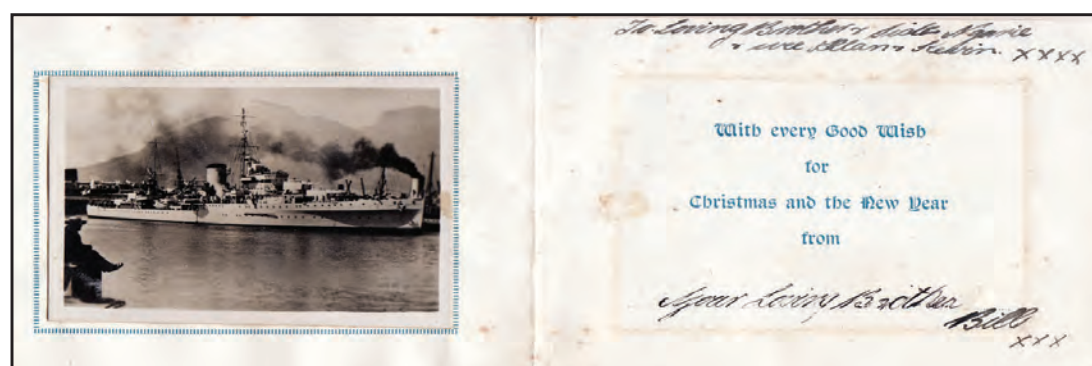


Bill Perry

left the Prince Of Wales now to join a cruiser of the Leander class and I hope that we will be boarding to the NZ station. With luck we'll be home for Christmas."

Stopping off in Alexandria in the first week of December 1941, Bill met up with older brother Toddy, who had scored a few day's special leave to coincide with the short visit of his young brother on HMS Neptune. It was Bill's 22nd birthday.

Toddy wrote home a few days later ... "Bill and I had quite a celebration with Ron Quinn and Ron Perry. I



Bill's 1941 Xmas card home, from Neptune.

would've liked to be in the navy with Bill, it is a better life than the army."

That was the last time anyone in the family would see young Bill (Able Seaman William Gerald Perry). His Christmas card home arrived about the same time as news of his Missing In Action – Presumed Dead status.

Aunt Nola told me not long before she died last year at 93 ... "I dropped on the spot". I still have the smelling salts bottle used to bring me around at work at Woolworths. I was three weeks away from turning sixteen and my biggest worry was how to tell Mum".

Nana grieved forever, and even those of us who never knew uncle Bill, feel the gap in our family.

But now thanks to modern communications, even we who never met him have heard his voice.

Surfing the internet some time ago, I came across mention of a visit to HMS Neptune by NZ Broadcasting commentator, AL Curry. Further

investigation revealed the presence of a series of 10 tapes, now held in Radio NZ Sound archives. These were recorded in December 1941 shortly before the disaster in heavily mined waters outside Tripoli, which claimed Bill and 760 others.

Curry, working on location in Malta, interviewed the ship's Captain Rory O'Connor and then asked as many of the crew members he could fit on the tapes, if they would like to send Christmas messages home. Sixty two Royal NZ Navy personnel spoke, and also passed on messages from crew members unable to make their own recordings. After the tragedy it was decided not to release the tapes to family members. They languished, forgotten for more than 60 years.

Our Bill's message was located on the sixth tape. He says ... "Hello Mum and Dad and family at Lower Hutt, Hope you're all well. Toddy and I are both very well after our celebration. Wish you all the best for Christmas. Also, love to Alice Kenny. Cheerio."

When I phoned Aunt Nola with news of the tape, she shed a few tears. She'd just returned from a dawn parade. Her great granddaughter had proudly worn Bill's medals and the Gold Star badge given to Nana after his death.

For quite a few years I paid my respects to Uncle Bill and the 760 others, at a plaque to honour their passing, on Christchurch's Bridge Of Remembrance. If anyone can tell me where it is now, I'd be very grateful.

And if anyone has inherited a Gold Star or has knowledge about the Christchurch branch of Gold Star Mothers (see story page 13) I'd love to hear about that too.

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The history of aprons



The principal use of Grandma's apron was to protect the dress underneath because she had only a few.

It was also because it was easier to wash aprons than dresses and aprons used less material. But along with that, it served as a potholder for removing pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. And when the weather was cold Grandma wrapped it around her arms. Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen

in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls. In the Autumn, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old-time apron" that served so many purposes.

They would go crazy now trying to figure out how many germs were on that apron.

I don't think I ever caught anything from an apron – but love....

(Source: Unknown)

Property ownership choices are important

For many New Zealanders, their home is their biggest asset so it's worth taking some time to think about the way you own your home.

There are two common legal forms of property ownership in New Zealand. A majority of couples own their properties as Joint Tenants. The significant feature of this form of ownership is that on the death of the first partner, the property automatically passes to the survivor by way of a rule of law known as Survivorship. It does not form part of the deceased partner's estate and so the wishes in their Will regarding the property do not apply. The surviving partner will take the entire property in his or her own name.

The second common form of legal ownership where two (or more) people own property together is Tenants in Common. This form of ownership allows for property to be owned in distinct shares. Most commonly as tenants in common in equal shares. Significantly, the rule of survivorship does not apply and as a consequence what happens to your share of the property on your death depends entirely on what you state in your Will.

When a property is owned as Tenants in Common, often a couple will leave a Life Interest in their share of the property to their spouse or partner in their Will, with their share then going to their chosen beneficiaries, often their children, after the death of the survivor. This has the benefit of safeguarding your half share of the asset for your intended beneficiaries. In the case of an application by the survivor for a Residential Care Subsidy, under the current policy, only the income from a life interest asset is assessed.

Another option is to allow a spouse or partner to have the right to live in the property for life or until they enter into a new relationship, whichever happens earlier, with the estate's share then to be paid out and distributed to the residue beneficiaries, normally the deceased partner's children. This is useful in the event of a second marriage or whenever a partner has children from a previous relationship, to ensure that they are providing for them in their Will as required by the Family Protection Act 1955. You are able to change the ownership of your home from joint tenants to tenants in common at any time. It is essential that you update your Will at the same time to deal with the share of the home that will then come into your estate and to set out any life interest provisions you require.

With all areas of law, it is important to seek good advice from a team who understand how this area may impact on you. Harmans have experience dealing with estate planning strategies. Call Phillipa Shaw on 03 379-7835 to arrange an appointment.

Property Ownership

Hear Harmans' Lawyers discuss the issue here at Age Concern Canterbury, 24 Main North Road, Papanui on Tuesday, 22nd February 2022 at 1.30pm

Light refreshments will follow the discussion.

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

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Keeping On Advertisers - book now for advertising space in the February 2022 issue of *Keeping On*. The deadline is Friday, 28th January 2022.

Please contact Anna-Marie on 331-7804.



COVID-19 Booster Vaccine

From 29 November, booster doses will be available free to anyone who received their second dose at least six months ago.

Healthcare and border workers are priority groups for booster vaccines because large numbers of them completed their vaccine course more than six months ago.

We will also be making sure older people and kaumātua, including people in residential care, have good access to booster doses when they become eligible.

- Vaccination clinics, pharmacies and GPs will provide booster doses from the end of November.
- You can use the book my vaccine website to book your free booster vaccine dose from 26 November.
- Boosters are strongly recommended for anyone who had their second dose at least six months ago.
- Boosters are not currently required to get a vaccine certificate for access to events, gyms, churches, hairdressers, and other services and premises.
- There is no need to rush, there will be enough vaccines for everyone.

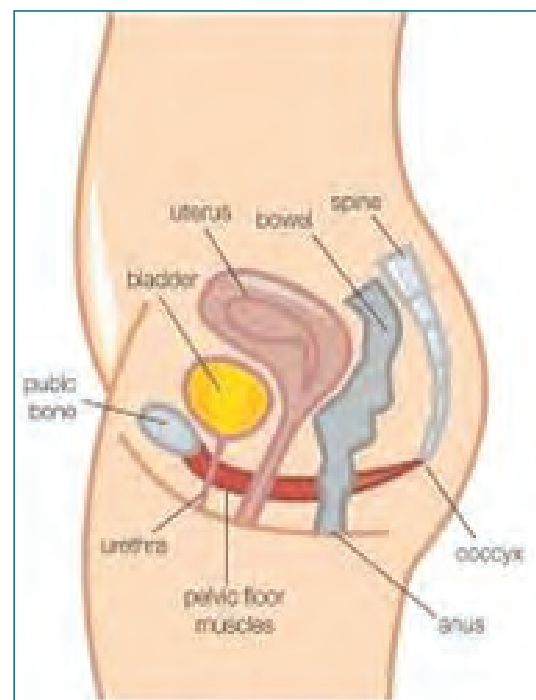
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Leaky water works - incontinence

There are many myths about incontinence, for instance some people believe incontinence is an inevitable consequence of ageing or if you drink less it will improve. Neither of these beliefs is helpful.

Some facts about your Water Works



The bladder:

- is an expandable muscular bag, once full, it contracts to force urine out.
- holds 300-400mls during the day and up to 800mls overnight.
- empties 5-7 times a day.
- is irritated by caffeine, artificial sweeteners, alcohol, some fizzy drinks and medications, including diuretics,
- pelvic floor and urethra sphincter muscles stop leakage
- we need 6-8 glasses of fluid a day.
- bladder and urethra infection and inflammation cause pain, discomfort and urgency.
- we train our bladder to empty before it's full.

There are two types of incontinence

Stress incontinence occurs when pressure is on the bladder with coughing, sneezing, jumping, lifting, pushing, laughing and pulling. The main cause is weak pelvic floor and urethra sphincter muscles.

Urgency incontinence is the sudden need to go, e.g when opening the front door you get the urge. It happens because the bladder has been trained to empty before it's full.



Typically small amounts of urine are passed frequently -10 plus times a day.

To prevent or fix incontinence strengthen your pelvic floor and urethra sphincter muscles by:

- sitting comfortably with feet and knees apart
- leaning forward at the hips with back straight
- finding your pelvic floor – imagine you're stopping yourself from urinating or farting
- tightening your pelvic floor three times a day, squeezing and lifting inside, on the out breath, hold for 3 -10 seconds, rest 5-10 seconds, repeat 5-10 times,

Still struggling, contact:

- your Doctor to rule out inflammation, infection or drug irritation
- Nurse Maude Continence Service
- The Therapy Professionals Physiotherapist to improve your pelvic floor and urethra strength.

\$2,790 from the bearded, weight loss challenge

Dante Fyffe grew a beard, lost 23 kilograms and, in the process, raised \$2,790 for Age Concern Canterbury.

In April 2021 the Christchurch financial advisor was advised by his doctor to lose some weight. Friends encouraged him to grow a beard until he reached his goal, so he called on friends and family to help him raise funds for Age Concern Canterbury as well. He chose Age Concern Canterbury mainly because when COVID hit he was concerned about how the older people were doing during a lonely and tough time. We are very grateful to Dante for his generosity, and interest in our organization. He joined the team for morning tea (sorry for the tempting cheesecake Dante!) and learned more about our organization.



CEO Simon Templeton welcomes Dante to Age Concern Canterbury and thanks him for his generous donation.

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 had 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)



Gentle exercise while watching TV or reading



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Time for a booster

by Dr Doug Wilson

All over the world people are rolling up their sleeves for a Pfizer COVID-19 booster shot, on top of the two they have already received.

The booster shot has been approved in Australia, and New Zealand is likely to follow. This marks a further step in the dazzling progress of this remarkable medical innovation.

Before the vaccine arrived the anticipated natural history of the pandemic was fearful.

Mortality rates were close to 20% for patients aged 80 and above 10% over 70. TV images showed desperate emergency doctors and nurses struggling with their emotions as so many patients died.

Hospitals across the United States and Europe were increasingly overwhelmed as COVID patients occupied beds for days, weeks, demanding a high level of intensive care.

All experts agreed by far the best defence against this global disaster was a vaccine.

Previous experience suggested a new vaccine from scratch took a few years, the record being four years.

Within eight months new vaccines were developed against the infecting coronavirus, breaking all previous records.

Mass manufacturing capacity systems were developed, gearing up to produce millions of doses, backed by huge clinical studies conducted in over 40,000 patients.

The results were dazzling. Up to 95% of vaccinated subjects were protected from severe infection and death, compared with those

on placebo. All the new vaccines appeared to be remarkably safe.

Since my graduation in medicine 60 years ago, I've watched with fascination as radically new treatments emerged transforming the face of medicine, saving and prolonging lives, extending life expectancy by well over a decade. I have been fortunate to see many emerging developments first hand.

The COVID 19 vaccine is without question one of the major medical advances in all history.

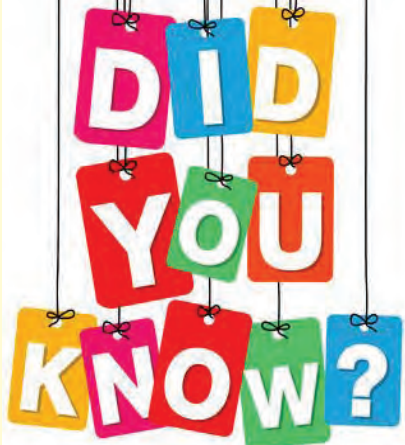
While vaccinated people can occasionally experience breakthrough infection, these are usually mild. In contrast, the unvaccinated continue to suffer and die in large numbers. The virus has no respect for state boundaries, and all countries are now fighting the virus. This has exposed a yawning gap between wealthy and poor nations. Rich countries race to capture vaccine doses as they try desperately to stamp it out in their own countries, while the infection increasingly explodes in deprived communities around the world.

There is clear evidence that the vaccine protection fades in time, and the older you get the more help your immune system needs.

Already booster jabs have been shown to recover and re-boost immunity. Long-term current vaccines will be modified according to new variants, protection will be extended.

We are fortunate to live in a world where such a medical miracle can be created.

So I'll be rolling up my sleeve when my booster is due, and I suspect I'll be in good company.



That you can help the Christchurch City Council by making sure you put the correct items in your Yellow Recycling bin.

In October, 87% of trucks were recycled and 13% were sent to landfill, at a cost of \$53,000. This is because they can only recycle if they have correct, clean items in the yellow bin.

The only items that can go in the yellow bin are:


- * Clean plastic bottles and containers that are 3 litres or smaller in size but no smaller than a yoghurt pottle and not squashed.

These are items:

- * Numbered 1, such as soft drink bottles.
- * Numbered 2, such as milk bottles.
- * Numbered 5, such as family-sized yoghurt and ice cream containers.
- * Metals, such as aluminium cans, metal tins or aerosol cans. Make sure not to squash them.
- * Clean glass, such as clear and coloured glass bottles or jars.
- * Clean cardboard and paper, such as newspapers and flattened cardboard boxes.

It's important that all bottles and containers have the tops or lids removed and any lids put in the red bin.

You may have spotted bin checkers out and about on the streets checking your recycling bin. They will let you know through a sticker or a flyer if you have BIN good!



Call Driving Miss Daisy and ride with a friend this summer

One thing these unprecedented times have taught us in the last 18 months is that there's no place like home. We have learnt to appreciate the little things in life like seeing a loved one or getting out in nature and enjoying our beautiful backyard.

Summer is such a wonderful time of the year and we're so lucky to live in this beautiful country that offers such natural beauty and wonderful outdoor activities.

Driving Miss Daisy is committed to helping our clients get out and about. We're here to help you feel safe and comfortable. You can feel confident we have every protocol in place to keep your trip safe, clean, socially distanced and with vaccinated drivers, so you can live life to the full and make the most of every moment.

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The End of Life Choice Act 2019

The End of Life Choice Act (the Act) came into force on the 7th November 2021. The Act, led by ACT Party leader David Seymour, passed its third reading in Parliament in November 2019 but the final decision was in the hands of the public in a binding referendum in October 2020 where 65.1% voted in favour of the Act.

The Act provides a legal framework for people who are experiencing unbearable suffering from a terminal illness to ask for medical assistance to end their life. This is known in the Act as 'Assisted Dying'.

Assisted Dying is defined in the Act as the administration of medication to the person by a medical practitioner or nurse practitioner; or the self-administering of medication by the person.

To be eligible for assisted dying, the person must meet all the criteria set out in the Act. A person must therefore be:

- over 18 years of age
- a citizen or permanent New Zealand resident
- suffering from a terminal illness which is likely to end their life within 6 months
- in an advanced state of irreversible decline in physical capability
- experiencing unbearable suffering that cannot be relieved in a manner that the person

considers tolerable

- competent to make an informed decision about assisted dying

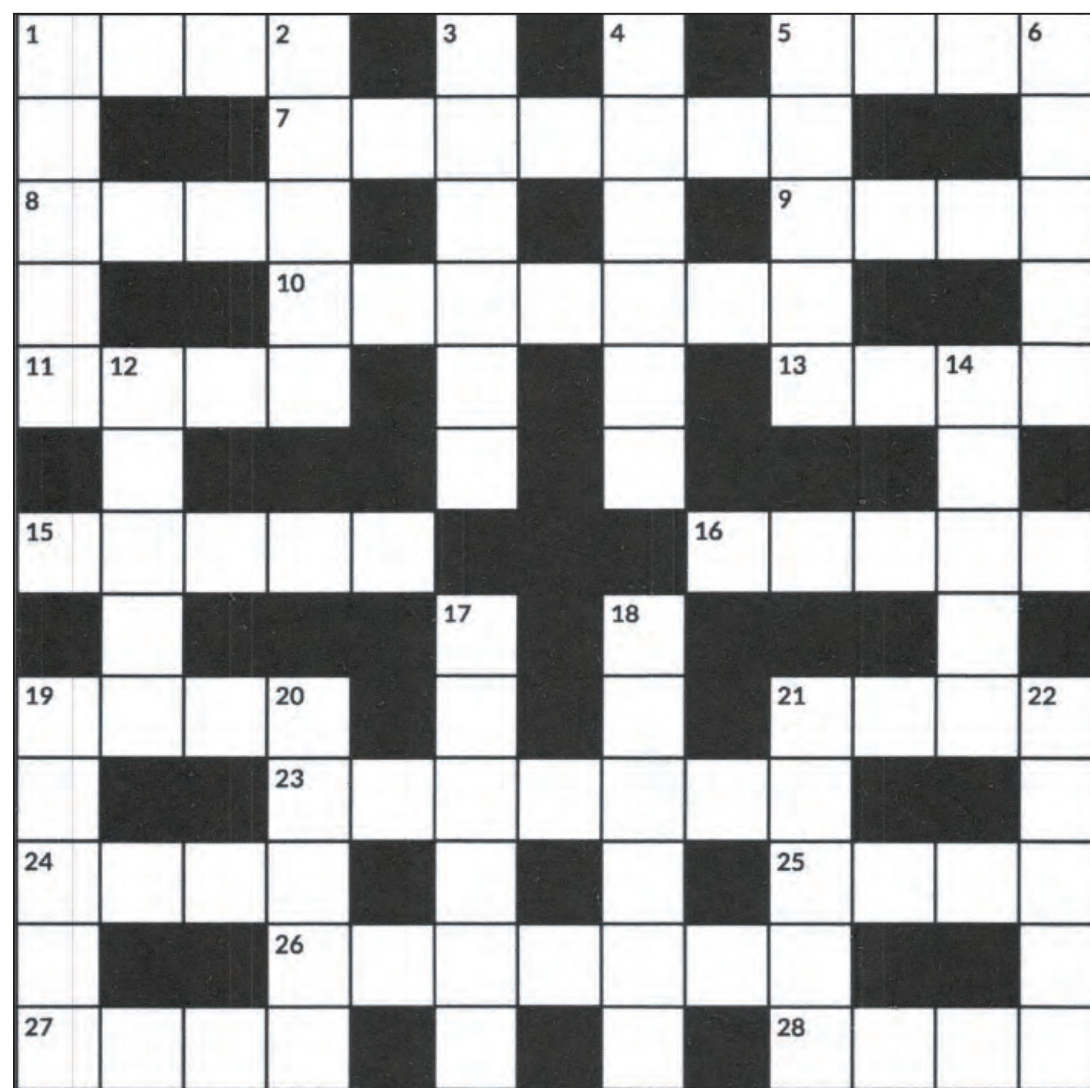
A person is not eligible for assisted dying solely because they are suffering from a mental disorder or illness, have a disability or are of advanced age.

If a person requests assisted dying, both their doctor and a second, independent doctor must agree that the person is eligible for assisted dying. If either doctor is unsure, a psychiatrist must also assess the person.

A doctor or nurse practitioner can choose not to assist a person with assisted dying, if they have a conscientious objection. If they have a conscientious objection, they must inform the person of their right to ask the Support and Consultation for End of Life in New Zealand (SCENZ) group for the name and contact details of a replacement doctor / nurse practitioner.

Further information on the Act and assisted dying can be accessed from the Ministry of Health website (<https://www.health.govt.nz/our-work/life-stages/assisted-dying-service/end-life-choice-act-2019>) or from your doctor or nurse practitioner.

This article provides a brief summary of the legislative framework for the Act. It should not be seen as supporting or objecting to the Act or assisted dying.



CLUES (RVT Xword #51123)

Across:

- 1*. Toll (4)
 5*. Bore (4)
 * Cryptic clue for 1 and 5: Succeed with send-off (8)
 7. Triumph (7)
 8. Task (4)
 9. Sour (4)
 10. Direction (7)
 11. Leave (4)
 13. Draws (4)
 15*. Tropical (5)
 * Cryptic clue for 15: a daft kind of breeze (6)
 16. Hammer (5)
 19. Seeks (4)
 21. Slight (4)
 23. Free (7)
 24. Volcano (4)
 25. Foray (4)
 26. Exploit (7)
 27. Accurate (4)
 28. Prosperity (4)

Down:

1. Nonsense (5)
 2. Occasion (5)
 3. Shaken (6)
 4. Itinerants (6)
 5. Lawman's 1st name (5)
 6. Veins (5)
 12. Refractometry (1-4)
 14. Ignorant (5)
 17. Denotes author (2-4)
 18. Cloudy (6)
 19. Masterly (5)
 20. Refined (5)
 21. Cast (5)
 22. Warble (5)

SEE ANSWERS ON PAGE 31

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“There’s Nowt So Queer as Folk...”

Calling all LGBTQI, and supporters, to an inaugural get together at the offices of Age Concern Canterbury.

The aim is to provide a safe and supportive forum to discuss issues of concern, make plans for social get togethers in the coming year (2022) and generally organize ourselves towards achieving common goals and aspirations.

Thursday, 20th January 2022 at 10.30am

Age Concern Canterbury, 24 Main North Road, Papanui. Christchurch
 Refreshments provided

Organiser: Liz Barnard (Clinician), Age Concern Canterbury.
 Phone: 03 331 7811. (Office Hours: Wednesday, Thursday & Friday).

David Clarkson - Veteran Court Reporter

by Mike Crean

The Justice system is too tough....the justice system is too soft. Veteran Christchurch court reporter David Clarkson has heard both arguments, over and over. Recently retired after 50 years of filing stories from the courts, he gives his enlightened view.

"The courts generally get it right. It's not just about crime and punishment. It's looking after people and getting good results for them," he says.

David has noted big changes in the way justice is administered. He sees the court today as a community of specialists working together in such areas as law, psychiatry, alcohol and drugs rehabilitation, restorative justice, anger management, and more.

Courts are an essential contributor to Christchurch's growth as a mixed community that must face complex social issues, he says.

Law changes have made courts a friendlier place, he says, recalling when reporters would not utter a word in court. Now judges frequently ask media representatives for their views and for comment on certain points. David found he could even "chip in politely" with the odd remark. He says the court café has a collegial feel, as judges, lawyers and reporters mix in a network of trust.

"I felt part of the system, with responsibility to the court," he says.

David left school in 1969 and started work at the Christchurch Star newspaper as a general reporter. When necessary, he was assigned to court cases.

"I always liked court, right from the beginning. It is better to hear all the drama of stories and not have to ask the questions. There's more drama than Shortland Street," he says.

The prevalence of drama made it difficult to choose which cases to cover from each day's list. He quotes his mentor at The Star, the late Stan Rayner, who used the simple adage – "If it's not entertaining you, it's not going to entertain the readers".

David shifted to The Press in 1986. There he continued occasional court reporting, mixed with other areas. Promotion to Chief Reporter left no time for visiting the courts. Missing the drama of trials and tiring of administration after some years, he asked for a change. He was appointed City Editor, a new role he could make his own. So he returned



David and Anne Clarkson.

to court reporting full-time, establishing a weekly column of highlights from the justice system.

Seeing new possibilities in court reporting, David resigned in 2003. He and wife Anne then floated a company to report on court trials and sell their stories to media outlets. Anne used her experience in business management to run the company, while also reporting.

The company flourished. It expanded to producing stories on the internet. It established a data base from which people could seek details of past court trials. At the same time, David taught media law at Canterbury University and at Te Ara's Broadcasting School.

Then he started writing fiction as a hobby. Success in short story competitions spurred him on. It also made the decision to retire from work easier as he approached his 69th birthday. Now

he mixes fiction writing with his long-time hobby of war-gaming.

He was not quite finished with the courts, though. In September this year The Press asked him to fill in as court reporter for two months, which he gladly did.

Reminiscing, he cites his most memorable court cases. One concerned a "drive-by" murder involving Christchurch gang members. The trial was "full of drama" and lasted six weeks. The jury took almost five days to reach a verdict. Most of the defendants were found guilty.

In a lighter taste, some young chaps had taken to plastering graffiti with sopping mud on the white picket fence of a Christchurch residence in the dark of night. The owner spotted them and yelled at them to scram. They did; but soon they were back at it. Meanwhile someone had rung the police. A car pulled up. Two constables got out and the kids took off. Unfortunately, the property owner came running and fired his air-rifle at the offenders. He was not a good shot. A pellet stung a policeman on the backside. The property owner was found guilty of misuse of a firearm. The kids were made to scrub the fence clean.

As for court personalities, David rates legendary lawyer Mervyn "Sticky" Glue as undoubtedly the character of the legal profession in modern times. The late Mr Glue was also an actor. In the role of coach to a rugby team in a play, he had to strip to nudity in a dressing room scene. His bold act drew a wry comment from the judge in court next day. Counsel for the defendant, Mr Glue, stood to speak but the judge interrupted with words something like: "Mr Glue, I attended the play last evening. I was surprised at how small a part you had".

Judges, lawyers and police officers attended David's send-off at The Press. Their complimentary remarks showed David had played no small part in the justice system.

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Supporting your loved one with an epilepsy diagnosis

It's has been suggested that by 2050, the world's population of people aged 60 years and older could double. Due to this increasing aging population, we are seeing an increasing number of older adults living with epilepsy. So it is important for everyone to understand the effects of epilepsy in the later years, to ensure there is appropriate care and support. Although Epilepsy often develops during childhood, people over 65 years of age have the highest incidence of epilepsy of any age, accounting for almost a quarter of cases of new onset epilepsy in New Zealand. Epilepsy is the third most common neurological disorder affecting older adults after stroke and dementia. A late-onset diagnosis of epilepsy can have a major impact on an individual. It is important to recognise that there are changes and that the unpredictable nature of epilepsy may impact on the person's self-esteem.

If you or someone you love has recently been diagnosed with epilepsy look out for some warning signs in declining mental health and self-esteem such as.

- * lack of motivation
- * increased isolation and refusal to mix with others

* dependency on assistance to complete normal day to day activities

* risk taking behaviour or challenging behaviour

* unwillingness to participate in normal known activities

* lack of self-care, poor hygiene

* fear of rejection or judgement by others

* poor sleep routine

* changing eating habits e.g., missing meals, overeating.

Understanding and recognising the impact of an epilepsy diagnosis, is crucial for providing the appropriate supports to an older person.

What can you do to help?

Make a list to see how much or how little epilepsy is impacting on the person's life to see what support they may need.

Physical changes

e.g. loss of weight or appetite, unsteady, change in bowel habits, change in energy levels.

Attention and Memory

e.g. inability to concentrate or focus on things, forgetful, slowness of speech.

Self-Management

e.g. worried they may forget to take medication, don't feel confident about being home alone or walking outside.

Mood and sleep

e.g. feels irritable or angry for no reason, feels a lack of interest in things, finds it difficult to sleep at night, feels tired in the morning.

Relationships - difficulty in doing the task they did before, social settings difficult, getting angry at partner/children for no real reason, decreased sex drive.

If you have a long list of negative impacts, Categorise them into:

* Things you can help with - empathy, patience, encouragement, talk about it, develop a plan

* Things the GP can help with - medication changes, tests, increased changes in physical symptoms, lack of sleep

* Things Epilepsy New Zealand can help with - advice on alarms, seizure diaries, information, support groups, safety suggestions, first aid or information sessions for families or carers

* Things that other services may help with - mental health, nutrition, home help

Other helpful ideas

If the person is forgetful - Structure tasks to allow additional time for understanding, planning and decision making.

If the person is worried about mixing with others - speak to a friend first to find out who would provide an encouraging and positive impact, invite them around for morning tea. Plan a small trip out together - show them what risks there might be but how you will deal with them. Be flexible.

If the person has difficulty returning to an activity - see if anything can be adjusted, equipment adjustment, time adjustment or for example: walks - make them shorter, have a coffee shop at the end of the walk, take them somewhere familiar where there are benches to rest on.

If the person is worried about safety - invest in a seizure alarm, join St John to get access to free emergency ambulance, ensure all family and carers get basic first aid training, ensure the person has identification on them e.g. medic alert bracelet or medical alert on their phone. Look around the home and remove potentially dangerous objects e.g. glass tables, sharp edged furniture, replace glass mixing bowls for plastic.

If you need support on a diagnosis of epilepsy, get in touch with Epilepsy NZ on our free phone number 0800 374537 or 027 270 6689.

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Enduring Powers of Attorney - what are they and why are they so important?

What is an Enduring Power of Attorney (EPA)?

EPAs are just as important as wills for protecting you and your family - they ensure that your care, wellbeing, and finances are taken care of by people you trust.

There are two types of EPAs:

- EPA for Property (managing your financial affairs, paying bills, transferring funds, selling property for you - basically anything to do with your finances and assets).
- EPA for Personal Care and Welfare (wellbeing, care and rest home decisions and to some extent treatment)

An important thing to note is that the person you have chosen to act on your behalf can only step in once you have chosen to activate your EPA or once a registered doctor confirms that you no longer have mental capacity. This means your EPA can just sit dormant until the day that you really need it and then it can be easily activated.

Who needs an EPA?

Everybody! No one knows what curveballs life is going to throw, so it is best to be prepared and have EPAs in place for whenever they are needed. Your EPA could be activated

for the following situations:

1. You are overseas and you need someone to access your finances for you.
2. You are ill or have an upcoming surgery and would like the peace of mind knowing that someone you trust can act on your behalf to manage your finances and wellbeing.
3. If you are diagnosed with Dementia, Alzheimer's or lose mental capacity an EPA will enable your loved ones to step in and care for you.
4. If managing your financial affairs is simply all too much and you would rather sit back and enjoy your retirement.

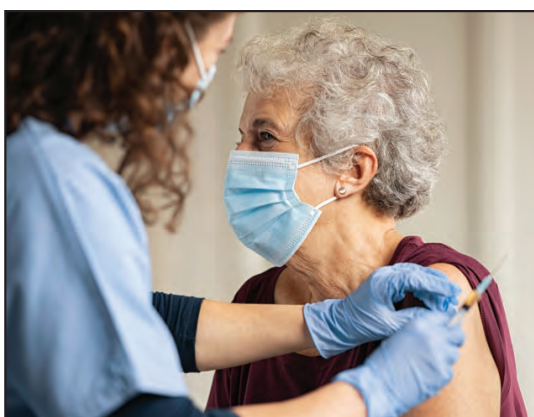
What happens when there is no EPA in place?

If there is no EPA in place and you lose mental capacity or for some reason you are unable to manage your own financial affairs and wellbeing, a relative or loved one (or sometimes someone you would not like to manage your affairs) can apply to the High Court to be appointed as your Property Manager. This can cost thousands of dollars and there is the risk that the Courts may appoint someone you would not want to act on your behalf.

Age Concern Canterbury's response to Covid-19 vaccination mandate

The COVID-19 Public Health Response (Vaccinations) Order 2021 is being updated to require vaccinations for those working in areas of the health and disability sector. This means that from 1 January 2022, anyone carrying out high-risk work in the health and disability sector must be fully vaccinated. This impacts directly on the staff and volunteers at Age Concern Canterbury.

The requirements of the new order include non-government organisations such as Age Concern Canterbury who provide services



where staff have frequent contact with vulnerable members of the community.

The Board of Age Concern Canterbury, therefore, requires all

staff to be fully vaccinated against Covid-19. This Order also impacts on many of the volunteers who work closely with our clients. Any new volunteers will be required to be fully vaccinated and provide us with evidence of this. We are currently working on the protocol for existing volunteers.

Home support providers have also been asked to provide us with proof of their vaccination status. Although these providers are self-employed and may not be covered by the vaccination mandate, we are finding that most of our clients are seeking

service providers who are double vaccinated. Having this information available, ensures we can meet the needs of our clients.

Other activities hosted or organized by Age Concern Canterbury such as Steady-As-You-Go (SAYGo) and volunteer meetings will follow the requirements of the COVID-19 Protection Framework, which means that vaccination passports may be required. A high rate of vaccinations will help to protect staff, volunteers, service providers and clients from getting sick and passing COVID-19 onto others.

Feeling breathless, dizzy or fatigued? Don't assume it's your age, it could be your heart

As we age, our bodies go through physical changes. You may not be able to climb stairs as easily, or you may notice discomfort or inability to participate in normal daily activities you could previously do. Usually, it seems like a normal part of aging, so we put up with it.

Sometimes, these changes may be signs of an underlying medical condition, such as heart valve disease (1) - a condition in which the heart valves do not work as they should. (3)

Heart valve disease can reduce the amount of blood to your body.

If your body isn't getting enough oxygen, this can lead to symptoms such as breathlessness, fatigue, and lightheadedness. (1)

Heart valve disease impacts 8.5% of over-65s and is one of the most prevalent and serious conditions impacting older people in New Zealand. (3) Unfortunately, up to 50% of people who develop symptoms will not survive within two years, unless they have a valve replacement. Early diagnosis is therefore essential for survival.

Diagnosis of aortic stenosis starts with listening to the heart, but 1 in 5

New Zealanders over 60 say their doctor rarely or never checks their heart with a stethoscope, making the illness often, undetected, undiagnosed, and untreated. Getting your heart checked is very easy. It is a short and simple check, that can be done during any appointment with your GP. So next time you go to see your GP, ask your doctor to listen to your heart.

(1) Mayo Clinic Staff. www.mayoclinic.org/diseases-conditions/aortic-stenosis/symptoms-causes/syc-20353139. Accessed December 7, 2020.

(2) Alliance for Aging Research.

Aortic Stenosis: Under-Diagnosed and Under-Treated. 2008. <https://www.agingresearch.org/press-release/alliance-launches-aortic-stenosis-awareness-campaign/>. Accessed November 24, 2020.

(3) Otto CM. Timing of aortic valve surgery. *Heart* 2000;84:211-8

(4) Grimard B.H. Aortic Stenosis: Diagnosis and Treatment. *Amer Cad Fam Phys.* 2016:371-377

(5) According to a survey Heart Health – New Zealand conducted by YouGov (2020) of 1023 New Zealanders over the age of 60 years old, commissioned by Edwards Lifesciences on 6-19 October 2020 [unpublished raw data]

(A)

Feeling breathless?

Dizzy? Fatigued? ¹

You may think it is a normal sign of ageing and put up with it, but it could be a valve in your heart.¹ Aortic valve disease affects 1 in 8 people over 75 years.² If detected promptly, your doctor can help you find the best treatment option. It is a short and simple check. Just ask your doctor to listen to your heart.

Ask your doctor to listen to your heart

 listentoyourheart.co.nz

1. Mayo Clinic Staff. www.mayoclinic.org/diseases-conditions/aortic-stenosis/symptoms-causes/syc-20353139. Accessed December 7, 2020. 2. Nkomo VT, Gardin JM, Skelton TN *et al.* Burden of valvular heart diseases: a population-based study. *Lancet* 2006;368:1005–11.

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Staying Safe popular in 2021

Age Concern's Staying Safe refresher driving course, has continued to be popular in 2021. Despite lockdowns and Covid-19 restrictions over 700 older drivers took the opportunity to learn strategies to help keep themselves and others safer on the roads.

There were 45 courses held throughout Canterbury from Ashburton to Kaikoura as well as courses in Hokitika and Westport.

This classroom-based programme helps participants become more aware of their driving behaviour, understand the effects of ageing on driving and improves driving confidence on busy roads.

The course is run in conjunction with Waka Kotahi (NZ Transport Agency) and includes a session by a Police officer from the local Road Transport team who gives an overview of the

strategies they are taking to improve driver behaviour and minimize road crashes in New Zealand. This also proves to be a valuable question and answer session from participants who discuss driving situations and Rode Code interpretations.

There is always great feedback on the course evaluations:

"Who said you cannot teach an old dog new tricks? This course was very refreshing and useful. I am now more confident and have a better driving attitude."

"Highly recommend this course to other senior drivers."

"This type of course should be more widely advertised to include more people. This course is very 'user friendly'."

Course facilitator Wendy Fox is currently organizing courses for 2022.

Mature Moves is about helping people

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

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

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

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

Decluttering can be a bit overwhelming. However, it is made much easier with some understanding help. Step-by-step you can have

things sorted and organised with minimal fuss and stress.

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

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

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

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

You can phone Mature Moves on 0800 777 214 to talk about your move. We are sure Mike and the team can help you to lighten the load and make your move a smooth transition. **(A)**



AGE CONCERN CANTERBURY

Staying Safe - Confident Driving Courses

10.00am to 2.30pm.

There is a \$10.00 charge for lunch.

2022

Monday, 24th January, Age Concern Canterbury, 24 Main North Road, Papanui. Christchurch

Wednesday, 16th February, Arvida Good Friends, Addington

Monday, 21st February, Age Concern Canterbury, 24 Main North Road, Papanui. Christchurch

Monday, 28th February, Rolleston

Wednesday, 9th March, Rangiora

Monday, 14th March, Age Concern Canterbury, 24 Main North Road, Papanui. Christchurch

Tuesday, 22nd March, Greymouth

Wednesday, 23rd March, Reefton

Wednesday, 30th March, Arvida Good Friends, Addington

Monday, 11th April, Age Concern Canterbury, 24 Main North Road, Papanui. Christchurch

Wednesday, 27th April, Arvida Good Friends, Addington

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



Providing the best level of care

"Adeola, a mother of three children under five years of age, founded DeoCare NZ in 2019 after she saw a need to bring passionate people into the healthcare industry. DeoCare is a specialised healthcare recruitment and staffing agency providing community, health, and aged care staffing solutions throughout New Zealand to ensure the elderly and the vulnerable continue to receive the best level of care.

Adeola came to NZ in 2005, and her first job was as a care worker. Caring for others aligns with her culture, where the grandchildren look after the grandparents while the children work to provide for everyone. She considered her work "noble", and she

received compliments for treating clients "like humans" with kindness, care, and respect. However, her ambitions led her to become a senior business analyst and a wealth of experience in the banking sector.

Starting DeoCare was an opportunity to use all her skills and experience and apply her caring nature to have more effect and significant impact on people. Adeola believes that people prefer to be at home and be supported; therefore, it is necessary to find the right people to support them. With Adeola's commitment and determination, DeoCare will go the extra mile to find good quality, reliable staff who deliver the best care." **(A)**

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



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DeoCare NZ
Connecting Caring People

Where are the Mothers' Gold Stars?

by June Peka

After Uncle Bill died, Nana Perry was presented with a Gold Star badge, which is now in the care of my cousin Rhondda in Whanganui.

Rhondda's mother, my aunt Nola Eustace, who died aged 93 last year, remembered her mother travelling from Lower Hutt to Wellington to attend monthly meetings of the Gold Star Mothers' group. The meetings went on for many years after war's end she told me. Raffles were run, poppies sold, and cake stalls raised funds for the returned soldiers.

Curious to know more about this elite group, a few years ago I contacted the Returned Services Association, Waiohuru Military Museum, militaria dealers, and archives throughout the country. I advertised in magazines and newspapers, and wrote to the American executive of the same name.

None of the organisations had any knowledge of Gold Star Mothers, but I heard from two other New Zealanders who had inherited their mothers' badges, and from Holly Fenelon, historian of the American organisation and author of its history published in 2010. Fenelon was not shocked by the lack of information about a vital community support organisation active here until only 40 years ago, and still active in the US today.

"I have to say hearing that few people in New Zealand know about Gold Star Mothers doesn't surprise me. I seldom find anyone who knows what the term means here unless they are personally involved."

Fenelon says with certainty that the NZ groups were not affiliated

to the American sisterhood. Membership was open only to American citizens.

Recently Papers Past has thrown up skimpy records of the NZ groups. Notes from the Wellington, Auckland and Dunedin chapters show that most began around 1948, attracted memberships of around 80 to 100 each, and closed through falling off of attendance in the late '70s. Auckland's group was first named The Bereaved Mothers' Society. The following month it was changed to the Silver Star Club, and the month after that to Gold Star Mothers "as has been instituted in other parts of the world."

There is no record of where the badges came from, or who presented them.

Invercargill and Christchurch records have not survived, but the late Hanna Collins of Christchurch remembered her mother Eliza proudly wearing her gold star badge to commemorate the death of her son, airman Norman Collins.

She attended monthly meetings in the city, in Gloucester St often with two friends who also wore the badge. "I would meet them later, sometimes for a cup of tea."

The star once worn by Mrs I M Dalton from the Wellington group, survives as well - in the care of her grandson Norm Lamont.

By my calculation there must be many hundreds of these special tokens languishing in drawers and boxes. We need to bring them out, and honour not only our servicemen, but their mothers too, by wearing the Gold Star proudly on special occasions.



Photo left: Bill's medal and Nana's Gold Star. Photo above from left to right, Mrs Upham (mother of Charles) Eliza Collins, and unnamed friend, in Cathedral Square after a Gold Star Mothers' meeting in late 1940s.

New personal driving service for Christchurch

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

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

"We love to support the local community and our service is designed to provide personalised transport and assistance to anyone needing a bit of extra help getting from A to B. We specialise in driving seniors and trips cover a wide range of outings including the usual medical and business appointments as well as shopping or just a nice afternoon out with a friend or two.

Our wheelchair accessible vehicle is a larger hoist model with plenty of headroom for taller passengers to travel in comfort," says local owner Dean.

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

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

We take Total Mobility cards (TM) and we are ACC Registered Vendors. All our drivers are fully licensed and NZ Police checked for your protection.

Our service is pre-booked and pre-quoted. To find out more please give Dean a call on (03) 352-1599 or 027 364 6877.

(A)

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Do you need a reliable, friendly driver you can get to know?

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* Shopping trips * Airport transfers * Business appointments * Pets to the vet

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



Behaviours - expressions of unmet need

by Donna Jemmett, Educator, Dementia Canterbury

Dementia is an illness that can rob people of their ability to process their thoughts. Also, their ability to use words to communicate needs effectively becomes a huge endeavour. This can result in the person with dementia having some unmet needs. When this occurs, the response can be one of 'resistance'.

The best thing you can do when distressing behaviours occur, is put on your 'detective hat' to figure out what triggered the behaviour, what the unmet need might be, and also what feelings might have led to the action. The first step in this detective process is to look back over the day prior, to see if there is any physical cause. Let's look at what those physical causes might be.

Infection or other illness

Infection and other illnesses can cause delirium, a state of acute mental confusion. Delirium is different from dementia in that it has a sudden onset and causes a notable



deterioration in the person's ability to function as they would usually do. If you suspect that someone may have a delirium, it is very important that you seek medical attention quickly so that the source of the delirium can be identified and treated as swiftly as possible. Once the cause of the

delirium has been treated, recovery is usually speedy.

Pain – Including dental problems

Pain is often very hard to assess in a person with dementia because of their diminishing verbal skills and cognition. A change in behaviour may be the only clue to pain or injury – and it may not be as accurate as you need e.g., a person with a tooth ache may complain of a sore foot or stomach. The most helpful clue is that the person has reported experiencing pain. Start by administering some pain relief and watch closely for other clues.

Constipation

Being constipated can lead to a severe sense of unease, especially in older folk who do not eat, drink and exercise to the extent they used to. The best way forward is prevention. Offer more fibre, fruit and fluids. If you suspect constipation may be causing problems, it's wise to monitor bowel movements and talk with the doctor.

Drug reactions

It is important to have medications reviewed regularly. This generally occurs every 3 months. As an advocate for your loved one, it is important to monitor any changes in condition - especially if medications have been changed.

Limited Mobility

Limited mobility can lead to frustration. We can sometimes forget the freedom that comes from being able to move about with ease. Physiotherapists can offer different mobility aids and exercises to keep us as mobile as possible, which is very helpful. It also pays to be mindful of the length of time we may expect someone to sit up in a chair especially on special occasions when there are a lot of people to talk with.

Itchiness, Nausea, or breathlessness

Something as simple as a label on a new item of clothing or material

rubbing against the skin can cause enough irritation to drive someone crazy!

If a skin irritation develops into a rash, or if nausea or shortness of breath becomes a common occurrence, it would pay to discuss this with the doctor.

Reduced vision or hearing

Reduced vision and/or hearing adds to the confusion a person with dementia may experience, so it pays to ensure eyes are tested, glasses are cleaned, and hearing aids are well maintained and checked regularly. A person with dementia needs the best possible information they can receive from their eyes and ears.

Temperature

Being too hot or too cold can easily cause problems for all of us. It is recommended that rooms we occupy for most of the day should be 21 degrees. On the other hand, being too hot can lead to dehydration, so it is important to ensure people are dressed in temperature appropriate clothes to minimise the problems and discomfort temperature can bring.

Hunger

Some people with a diagnosis of dementia pace. This will cause them to become hungry as they walk off the calories. Finger food is very helpful if they do not stop to eat, and food supplements may also be required to ensure they receive adequate nutrition. Talk to your doctor about this. Food supplements are also helpful if the person with dementia has swallowing difficulties, again, this is something to discuss with your doctor.

Thirst

As we all get older, we do not feel thirst in the way we do as younger adults, adding dementia into that situation means that it's very easy to forget to drink. It may be necessary to have some prompts or visual cues such as a water jug or bottle within easy access. In the summertime it is refreshing to have ice blocks on hand.

It might only be a small thing, but if it occurs over a sustained period, and the person with dementia is unable to problem solve, or is unable to communicate effectively, it would be very frustrating and could easily lead to agitated behaviour. Our challenge is to work hard at walking in their shoes, enabling us to problem solve for them and in many cases, put solutions in place so that these physical irritations do not cause changes in wellbeing and behaviour.

Lights, camera, action

Video is here to stay, and for seniors it's an exciting new platform for recording memories. Christchurch business, Lifetime Legacy, assist everyday New Zealanders to preserve their stories through personal videoed interviews. "It's a bit like the 'This is your life' series you might remember from the 80s", says owner and writer Joanne Cormack, "but it's for everyone."

One of the reasons videoed interviews are so effective, is that people don't need to do a lot of preparation. Talking about the events of your life, in person, is a great way of passing stories forward to future generations of your family. Videoing it, means everyone can have a copy.

Research tells us that much of our

human communication is non-verbal - small expressions, hand gestures, the rise of an eyebrow, and the tone of voice - and they say as much as the words themselves. Video captures this and conveys your essence in a way that a book can sometimes miss. The two-hour video interview records memories and photographs, being intentional about sharing stories with generations to come. Joanne says, "Consider how many times you've been at a family function, and someone's said, 'We really should get all those stories down.' That's why we've created Living Legacy Videos. It's easy and it's enjoyable, and we don't just talk about it, we bring those stories to life, for generations to come." A



Grow the next generation by sharing your stories with them

Your stories are the greatest legacy of your life and being intentional about passing them forward is a gift the future generations of your family will be incredibly grateful for. Let us create a Living Legacy video of your life, including interviews and photos. Together we can make it happen. Call Joanne on 0274802765 or see our website: lifetimelegacy.co.nz for more details.

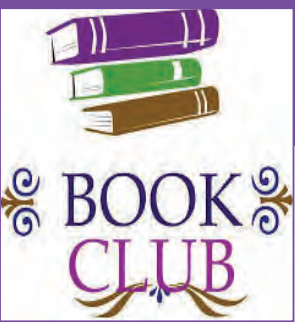
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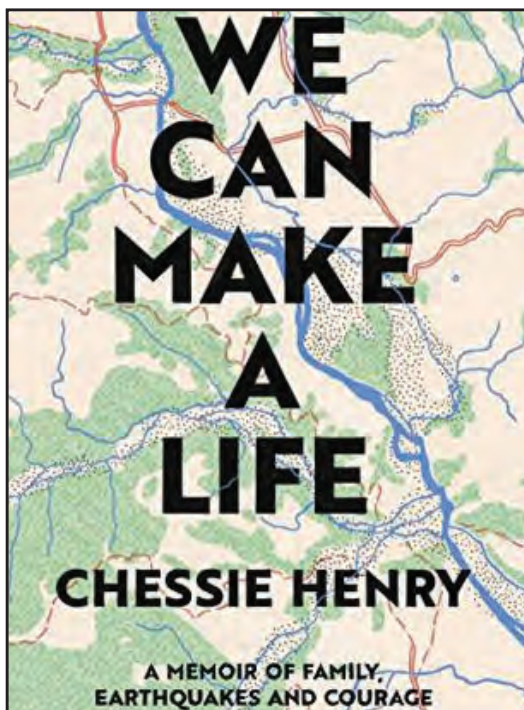




My Book Club recommends

We Can Make A Life

by Chessie Henry and reviewed by Renee Blackburn



Told from the perspective of young kiwi author, Chessie Henry, *We Can Make a Life* is as much a family memoir as it is an insight into the process of writing. Chessie initially believes that she will write about her father, a rural GP whose mental health suffers under the enormous strain of his job. Certainly, he does feature largely: He is the motivator behind the family of seven's stint on the remote island of Tokelau; and his first-hand account as one of the GPs aiding rescues at the CTV building in Christchurch after the 2010 earthquake is riveting; but what unfolds is the story of the wider family and how they navigate all of life's moments, from the profound to the everyday.

Our book group found Chessie's writing style wonderful and easy-to-read. Most of us finished the book very quickly because of this. One member of our club said this was the book that got her out of a recent 'reading slump'. Even members who aren't from Christchurch, or even

New Zealand, felt they could relate to the story. Half of us in the room also found we had some connection to one or more members of Chessie's family or relatives — New Zealand really is a small place!

One member did have some criticism: "I wanted her [Chessie] to get out of the way so I could hear his [her father's] story". She couldn't

relate to Chessie's voice, and thought she lacked credence and experience.

Strangely, these were aspects that the majority of the group loved: Chessie's self-doubt about her role as the family's storyteller are expressed in little vignettes throughout the book and we felt this made her a relatable and humble narrator. One member said it made her feel the value in everyone's stories — that the lives we take for granted as being normal, might actually all be extraordinary in their own way.

We highly recommend Chessie's debut book, and can't wait to see what she creates next.

Book Discussion Scheme (BDS) provides enough copies for your club to read the same book at the same time. Also, in addition, there are professionally-prepared discussion notes. Membership starts from \$70 per person for a year's membership and includes delivery. Find a group to join (or find members to start your own) at www.bds.org.nz/join.

About Renee

I formed my book group in 2019 after hearing about BDS from my older sister who was in a group and subsequently getting a job with them! I had always considered myself a reader, but if that were true, then why wasn't I reading more?

My book club not only ensures I read at least one book a month, but also gives me the opportunity to discuss what I've read with others in a fun social setting (with snacks!).

We don't always agree, but I'm grateful for the different perspectives of my group. Reading-wise I've learned I will give anything a go. The only thing I haven't enjoyed was a spy novel by John le Carré, but I'm still glad to have dabbled in an unfamiliar genre.

When I'm not reading, or working for BDS, my husband and I run a food truck and small restaurant. I also love going for hikes around beautiful Aotearoa New Zealand and snuggling my ragdoll cat, Charlie.



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.



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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.

Beautiful new space for older adults in Addington

Have you been to see the new Community Living Well Centre in Addington? It's a great outing with a friend. You'll get a warm welcome from Centre Manager Vanessa and Living Well Advisor Alex. They'll give you a tour, tell you about all the activities and membership options and then you can have a coffee and home-made treat at Natter Café, hosted by Josh and Sarah.

Free talks every Wednesday at 1.00pm

Try out Thinking Well Wednesdays – learn something new and meet new people. From understanding the chemical make-up of wine to avoiding bank fraud and the benefits of yoga, there is something for everyone. Check out who's speaking at www.goodfriends.co.nz/whats-on or simply come along next week to sharpen your brain.

Free meeting space for local friendship and community groups

If you are looking for a new or different venue for your club, meeting or activity – Arvida Good Friends Community Centre is a great option. All community groups and not for profit organisations can book the upstairs space at the community centre for free. Parking is good and there is great value catering on site.



Contact Vanessa Bottomley on 0800 20 41 20.

Arvida Good Friends is new to Christchurch, giving older Cantabrians support to stay living well at home for longer. They've got the community centre, plus private home help and home care support, as well as Good Friends Go their members' ride-share transport service for appointments, shopping and socialising. Memberships start

from \$5 per week, but you don't need to be a member to visit the Community Centre.

Arvida Good Friends Community Centre, 47 Whiteleigh Avenue, Addington (parking on site and gate connection to Show Place).

Monday to Saturday, 8.00am to 4.30pm.

www.goodfriends.co.nz

Phone 0800 20 41 20



Should have gone to Specsavers!

Have readers who wear glasses ever thought where specs come from?

The answer lies in a new book, *Through the Looking Glasses: The Spectacular Life of Spectacles*, by Travis Elborough.

Elborough, himself bespectacled, traces the history of spectacles back to late-13th-century Florence. In a sermon at Santa Maria Novella church, given between 1303 and 1306, Friar Giordano da Pisa declared that it had been 20 years since the art of making spectacles, which have made for good vision, one of the most useful arts on earth, was discovered.

Elborough takes his history up to Marilyn Monroe, who played the extremely short-sighted Pola Debevoise in *How to Marry a Millionaire* (1953). In real life, Monroe was short-sighted but was rarely seen in specs. When she was offered the part in *Millionaire*, she was reluctant to wear glasses on screen. Still, she confessed in her autobiography that she had 'always been attracted to men in glasses'. Indeed, in 1956, she married Arthur Miller.

It turns out that women will make passes at men who wear glasses.

(Source: www.theoldie.co.uk)

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If you enjoy living at home but sometimes need a hand staying on top of things, Arvida Good Friends have trained helpers to support you to keep living independently.

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good friends**
Keep doing you

This summer check in to Heather Straka's Isolation Hotel



From left: *Boy in trouble*, 2021 and *Mambokadzi Tsvarakadenga Queen The Beautiful One* 2021.

Images courtesy of Heather Straka

Cantabrians are encouraged to put themselves in the frame in a new exhibition at Canterbury Museum.

Isolation Hotel is a unique, immersive art experience by Auckland artist Heather Straka, brought to Christchurch by the Museum in collaboration with SCAPE Public Art.

Visitors to the exhibition will check in to a specially-constructed set designed to evoke a once opulent but now run-down 1930s German hotel.

The set forms the backdrop for a series of Straka's own photographs, which feature a diverse cast of mysterious characters seeking sanctuary in the hotel.

These images recall the epic history and mythology paintings of Caravaggio, Rubens and Rembrandt, hinting at soap opera-esque backstories, secrets and dates with destiny.

Straka hopes visitors will be able

to find a character to identify with in her photos, but also use the set as a backdrop for their own photos that tell their unique stories.

A series of public programmes organised by guest curator Audrey Baldwin will see the set brought to life in a variety of ways throughout the exhibition.

Planned programmes including life drawing, poetry, theatre, artists working in the space, film screenings and a cabaret performance.

Artist Heather Straka hopes Museum visitors embrace the opportunity to express themselves on her set.

"I feel that a lot of art can alienate the viewer, but I hope Isolation Hotel does the opposite. I've left the experience open-ended and enigmatic so people can project their own dreams, desires and anxieties onto the scene. Isolation Hotel can

mean whatever you want it to."

Canterbury Museum Director Anthony Wright says Isolation Hotel is a unique experience and he's thrilled to be hosting it at the Museum.

"Heather Straka has created a totally wacky experience – it's certainly unlike anything we've had at the Museum before! I'm sure it will generate a lot of fun while provoking some interesting *Boy in trouble*, 2021. (Image courtesy of Heather Straka conversations). I'm really pleased we've been able to work with SCAPE Public Art to bring Isolation Hotel to Canterbury for the summer."

Isolation Hotel opens on Saturday 27 November and runs until 20 March 2022.

Details of the entertainment and events available at Isolation Hotel will be available on the Museum's website.

Compelling and controversial artist Heather Straka

Heather Straka's deep explorations into perceptions of socio-political and cultural lives have created a significant body of compelling and controversial work in painting and photography.

Her practice regularly explores the nature of authenticity and issues around representation. Straka's series *Defenders of New Zealand* explores early colonial landscape painting, while other figurative works see her turn attention to more contemporary subject matter, reflecting Aotearoa's increasingly multicultural identity.

Studying sculpture at the University of Auckland's Elam School of Fine Arts in the early 1990s, Straka honed an acute attention to detail that she later carried through to her painting practice, a shift made while working as Julia Morison's assistant in France. Scarcity of sculptural materials and proximity to the great paintings of Europe informed the refocus of her practice. Straka returned to New Zealand and exhibited her first painting show in 1998, later graduating with an MFA in Film from Canterbury School of Fine Arts in 2000.

Since the turn of the century Straka has been awarded several scholarships and residencies. In 2002 she was presented the Pierce Lowe Award for Excellence in Painting from the Royal Overseas League, London; she was awarded New Zealand's esteemed Frances Hodgkins Fellowship in 2008; and in 2011 was awarded the William Hodges Fellowship. Her exhibition history spans decades and her work is held in all of New Zealand's major public collections. Straka lives and works in Auckland, New Zealand.

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follow the hearse to the crematorium or cemetery.

We have funeral plans to suit everyone with a wide range of options. We can always custom design a funeral plan to suit your needs whether it's something simple or a full service in a venue of your choice, with burial or cremation.

Our pre-arrangement plans and pre-paid options through the Funeral Trust NZ are an excellent way to help guide your family through at the time. This takes quite a lot of pressure off, and can be peace of mind for you. www.thefuneraltrust.co.nz. We also do funeral based talks to groups, if you would like one of us to come to your group and answer all those questions, please get in touch. 

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Twin Tenors speak and sing as one

by Mike Crean

Flower of Scotland is a song much-loved by popular Christchurch singers Rod and Peter Hay. That is apt, for the twin brothers are true Scots, though they shifted to New Zealand in 1967.

The twins' connection to Flower of Scotland goes further. The family business where they worked, in Prestwick, Ayrshire, was flowers – growing them, arranging them, retailing them. Rod and Peter are true Flowers of Scotland. Still in full bloom (or voice) at 77 years, they are Flowers of New Zealand too.

Seeking a new life, they considered moving to Canada ("too cold in winter"), Australia ("too hot in summer"), then New Zealand ("lovely climate"). They voyaged by ocean liner to Wellington and moved to Christchurch soon after. Here they have established themselves as The Scottish Tenors. Singing is their love and passion. Their repertoire is sacred, contemporary, and Scottish songs. Their inspiration is famous Scottish tenor Kenneth McKellar.

The twin tenors have released a CD of favourite songs. Among the 10 numbers are such classics as The Northern Lights of Old Aberdeen, The Rowan Tree, Scotland the Brave, The Holy City. Would anyone over 75 not feel like singing along to such pieces?

The urge to "sing along" launched the twins' early musical endeavours. From an early age they "just burst into songs", says Rod. The urge has never changed. Always regular church goers, they sang in choirs and congregations, at concerts and events, and they still do. As youths they joined the Ayr Choral Union and kept singing until they left Scotland.

As newcomers to Christchurch they felt "embraced" by the local Presbyterian community. Their Scottish accents were well accepted. They sang in church choirs, they gave solo and duo items at various



Singers Rod and Peter Hay.

functions. Their lives were music – well, almost. They had wives and families too, and various jobs to do.

The brothers smile as they reflect on past times. "Happy days," says Peter. "Happy days," says Rod. Two men in tune.

Befitting their early life in floraculture, they did flower arrangements for special occasions and decorations for shop windows, in Christchurch. They contributed greatly to the annual Festival of Flowers in the Christ Church Cathedral. Rod remembers how the sight of the flower-festooned cathedral caused such elation that he "just burst into a hymn".

Peter's gift in decorative arrangements took him into designing supermarket displays of fruit, vegetables and other produce in ways that would catch consumers' eyes. He was offered promotion to a top position in Auckland but turned it down. By then he had made his decision to become a Presbyterian minister. He achieved this and still ministers to older members of the Church.

I first saw and heard the Hay twins at a concert by the Christchurch Liedertafel Male Voice Choir, last August. This highly polished ensemble of 50-plus singers has been entertaining music lovers for well over a century. The Hay twins joined it in 2001. I am glad they did. Their duet in the first verse of African Trilogy received enthusiastic

applause from the audience that filled the new chapel at St Andrew's College.

Even among the Liedertafel's host of musical men in dark suits and bow ties, the twins stood out. A spirit of partnership, of mutual reliance and trust, emanated from them. They seemed as ageless as angels, with voices to match.

Rod says the variety of music that the Liedertafel tackles was the major attraction that drew him to join the company. Both brothers acknowledge the choir's finesse. This includes the correct pronunciation of Maori lyrics, which was noticeable in the haunting rendition of Hine e Hine, and in the prayer E te Atua. The two Scotsmen

spent many hours working on the words.

Peter hails the "great camaraderie" of the Liedertafel. He extols "the quality of the music and the professionalism of the musical director (Danie Cooper), an extremely talented young man of pure excellence". These are reasons for the Liedertafel's undying support, he says.

They are two men who speak as one, sing as one, smile and laugh a lot. When Rod notes an error in something Peter has said, he corrects him gently with: "No, Peter, that was" And the smiles continue. Umbrage is a word they do not know. Harmony is their style.

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

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

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

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

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

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

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

The 200ml bottle of Natural Harmony Body and Joint Rub is couriered to your door for \$43.50 and \$33.50 for the 100ml bottle. There is an additional charge of \$4.50 for Rural Delivery. A

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Honorary Age Concern Dignity Champion

Volunteer driver John Clark was recently recognized by Age Concern New Zealand for the valuable work he has done for older New Zealanders by making him an honorary Age Concern Dignity Champion.

John has volunteered as a driver for the Social Outings service for the last seven years and regularly drives the Addington Café outing group. The group often comments on how much they enjoy his sincere conversations. John is a published author, and is also a great conversationalist - a skill which is great for those who don't have a conversation often and look forward to their outings.

He is reliable and consistent and is someone Age Concern Canterbury can depend on to help run their Social Outings service, often stepping up to help when there is need.

Thank you so much John, for making New Zealand a better place to age.



John Clark with his honorary Dignity Champion Award

Social connection volunteers of the month

Age Concern Canterbury values all its volunteers. We have close to 300 generous people who give up their time to visit, drive, assist drivers, make phone calls, help with catering, deliver magazines, and generally make all of our jobs just a little bit easier.

Earlier this year Age Concern Canterbury decided to recognise one volunteer a month who has gone above and beyond in their volunteering role for Age Concern Canterbury.

For the past four months these volunteers have been:



September

Jean Holland and the Inner Wheel of Avonhead



October

Zoli Zomylai



November

Peggy Gordon



December

Paul Jamieson



Steady As You Go (SAYGo)

Falls Prevention – Exercise Classes in Canterbury (October 2021)

For more information about groups please phone Age Concern Canterbury 366 0903. 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	St Albans Community Centre, 1049 Colombo Street
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 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	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. 10.00am	Spreydon	16 Dundee Place, Spreydon
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. 1.00pm	Opawa	Opawa Community Church, Cnr Opawa Rd and Aynsley Terrace
Wed 1.30pm	Lincoln	Lincoln Community Care, Lyttelton St,
Thurs 9.00am	Papanui (2)	Age Concern Canterbury, 24 Main North Road, Papanui.
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	St Albans Community Centre, 1049 Colombo Street
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
NORTH CANTERBURY		
Day time	AREA	Location of class
Tues 10.00am	Rangiora	RSA Hall, Victoria Street, Rangiora
Wed 10.00am	Rangiora	Ballarat Retirement Village, 21 Ballarat Rd
Wed 11.00am	Amberley	Amberley Library, RSA Room
Thurs 10.30am	Rotherham	Rotherham Hotel, 42 George St
Thurs 10.00am	Oxford	Oxford Town Hall, 34 Main Street
Thurs 11.00am	Amberley Beach	Amberley Beach Hall
Thurs 1.30pm	Rangiora (2)	RSA Hall, Victoria Street, Rangiora
Thurs 1.30pm	Pegasus	Pegasus Community Centre, corner Pegasus Main and Tahuna St
Thurs 2.00pm	Kaiapoi	The Mill Room at the Darnley Centre, 24 Sewell Street, Kaiapoi

New Classes are highlighted



VOLUNTEERS WANTED FOR SOCIAL OUTINGS



Hosts, drivers and drivers' assistants 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.

Drivers' assistants support the drivers and help 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

Happy Birthday Jessie Smith

by Sonia King



Jessie with her first great grandchild and Jessie with her AVS visitor, Dianne.

In the Autumn issue of **Keeping On** I wrote a short article about Jessie Smith, one of the first people I met as Coordinator for the Accredited Visiting Service in Timaru. The relationship between Jessie and her AVS Visitor has been, like many others, a very special friendship.

Just recently Jessie celebrated her 100th birthday. The article had made a bit of an impression on many of the Age Concern readers and so I thought it would be an idea to follow up with a special wish from us all to her.

Jessie Thompson was born on 29/10/1921 and raised in Kaitangata on a farm in the far south. Jessie was one of three and had a brother and sister. She was a teacher and

married Colin Smith and they had two daughters Helen and Joan and a son Ian, who lives in Australia. Jessie and her family lived in Dunedin where she worked in a department store and went on to teach. Jessie and Colin lived in Temuka where Colin had a garage and Jessie had a shop selling baby wear. The couple built a lovely unit in Timaru and Jessie kept a beautiful garden there that gave them both a great deal of pleasure. After Colin passed Jessie stayed at their unit and was visited regularly by Dianne, who has become one of the family. She now resides in Highfield Rest Home and to celebrate her 100th year she had a lovely luncheon with 20 friends and family at the family unit.

Elizabeth's story

Age Concern Social Connection brings together people from all walks of life. Our volunteers and clients have all lived rich and adventurous lives, and everyone has a story to tell...



Elizabeth Van-der-Borg surrounded by her art.

Elizabeth Van-der-Borg is an artist, and her Aranui home bears testament to her talent.

Elizabeth has been drawing as long as she can remember, but really began to utilise her talent when it became an ideal way of supplementing the family income as she raised her nine children.

Her art takes many forms, oil and watercolour painting, pastel drawings, pencil sketching, and all kinds of crafts, but the work she is most proud of is her glass mosaics.

Each piece of glass art takes at least six months to make. They start with a light sketch and the picture is built up with hundreds of tiny pieces of coloured glass glued into place. The glass used comes from broken bottles of many colours; beer bottles, wine bottles and any other broken glass that provides the tints and



depth of colour needed. Elizabeth sources her glass from rubbish tips, and derelict houses but only ever uses bottles and glass that are already broken.

Elizabeth who is a regular on the Host Outings, has never had an art lesson in her life, but has certainly made the best of her incredible talent.

VOLUNTEER VISITORS NEEDED



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

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

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

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



Social Connection Team – Age Concern Canterbury

Phone 366 0903 or www.ageconcerncan.org.nz

For the Visiting Service ask for Rebecca Hopgood, Peter McGrath or Emma Parker. For Social Outings ask for Katie Faithful or Debbie Garraway.



UPDATE FROM THE CLUBS



Amberley Welcome Club members held their AGM on 20th October where Treasurer M Byrnes resigned after 6 years. A visit to Orana Park was enjoyed on 17th November and the Club's Christmas dinner will be held at the Brook Hotel, Rangiora. A trip to Picton is planned for March 2022. **Meet:** Wednesdays at 12.00 midday at Church Hall, Church Street, Amberley. **Contact:** Ann McKenzie on 021 1012086.

Christchurch Red Hatters members enjoyed their monthly luncheon at Raeward Fresh and a visit to Trotts Garden in Ashburton with rhododendrons, azaleas and magnolias in full flower. Their latest monthly dinner was held at Strawberry Fare in Merivale. Future activities include punting on the Avon, a Christmas dinner on 7th December and an annual planning meeting on 18th January. **Contact:** May Stuart on 027 4071909.

Papanui Combined Probus Club members enjoy listening to interesting speakers, going on great outings and making new friends. **Meet:** 1st Tuesday of the month at 10.00am at the Papanui RSA, 1 Harewood Road. Good parking. **Contact:** Marie 03 3517708 or Sian 03 3590057.

Somerfield Garden Club members enjoyed the wonderful exhibits of their Spring Show in October. **Meet:** Monday at 1.15pm at the Cashmere Club, South Colombo Street. **Contact:** Colleen Davis on 03 338 7117.

Sumner Senior Citizens Club members enjoyed an interesting visit to the Bryce Gallery in Ohoka followed by lunch in Rangiora. Their Christmas celebration will be an afternoon tea provided by the Committee. **Meet:** 2nd and 4th Wednesday at 1.30pm, Sumner Surf Club. **Contact:** Lola Bouckoms on 384 9889.

South Elder Care

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

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

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

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

For more information contact Jeanette on 027 323 0256 or email southeldercare@gmail.com

Shirley Recreation Walkers

Meet at 9:30am, Mondays and Thursdays by the Shirley Community Centre Site for car pool to start of walk. Park on Chancellor Street (entrance off Shirley Road). If you want to go straight to the start of walk, you must let Sue know on the day. For further details on the walks 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

10th January - The Groynes-Otukakaino Trace-Waimari Walkway

(2 hours approx.)

17th January - Bishopdale-Highsted Walk (2 hours approx.)

24th January - Old Tai Tapu Road-Landsdowne Valley (2 hours approx.)

Thursdays

14th January - Lyttelton-Cass Bay (2 hours approx.)

21st January - Victoria Park-Latters Spru-thomson Reserve (2 hours approx.)

28th January - Corporation Hill-sign of the Kiwi Worsleys Road (2½ hours approx.)

31st January - Redcliffs-Ferrymead (2 hours approx.)

HAPPY FEET DANCE CLASS

Wednesday at 1.00pm

**at St Albans Community Centre,
1049 Colombo Street, Edgware.**

\$2.00 per session

Come along and shake your boogie! Will suit low to mid-level of fitness. It's all about having fun! All are welcome.

If interested, please phone Rowena on 027 4040 897.



The Little Company of Mary Prayer Ministry

The Little Company of Mary (LCM) Sisters invite Keeping On readers and others to join their Prayer Ministry for the sick, suffering and dying in our troubled world. For those experiencing distress at the sudden death of a loved one, it is consoling to know that somewhere in the world, prayer is being offered for the dying by LCM Sisters and members of the LCM Prayer Ministry, known as Associates and Affiliates.

The idea of a prayer ministry first formed in the mind of our Founder

Mary Potter during the early days of the LCM. Prayer for the sick, suffering and dying was her deep concern. Mary Potter lived at the time of the Industrial Revolution. She witnessed illness, great poverty, the breakup of family life and woefully inadequate resources. Mary Potter longed for a great circle of prayer for the sick, suffering and dying to address these issues.

Today we call our prayer ministry companions, Associates and Affiliates. These are women and

men who are drawn to the LCM spirit and commit to daily prayer for the sick, suffering and dying. They pray through the intercession of Mary as she stood beneath the cross with her dying Son on Calvary. Our Associates and Affiliates and others involved with the LCM Sisters are known as the Greater Company of Mary (GCM).

GCM Masses are held three times a year at the Mary Potter Community Centre, 442 Durham St North, Christchurch. You, your friends and

family are invited to come along. All welcome.

To learn more about Affiliates or the LCM Prayer Ministry, please contact the LCM office, phone 03 372-9224, email nzadmin@lcm.org.au or visit our local website, www.lcmchristchurch.org.nz. (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

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A tour around Banks Peninsula

by Mike Crean

Aoraki and Wakatipu are magnificent but Canterbury has scenic splendour too. When visitors come I tour them around Banks Peninsula. Last September, though, my wife and I made the peninsula trip on our own. It was as wonderful as ever.

Why not try it? Start by driving to Sumner, climbing Evans Pass and descending to Lyttelton. Earthquake repairs to Evans Pass have included laybys where you can park. Your vista spans the harbour and the hills opposite. Beneath your very nose is the fascinating busyness of Port Lyttelton.

Drive to the head of the harbour, at Governors Bay. Some say the



name came from Governor George Grey's stay as he awaited arrival of the Canterbury Association's "First Four Ships", in 1850. Continue to Teddington. From there you will be tempted to proceed to Diamond Harbour and Port Levy, but time may

not allow it. So, leave it for another day and turn right. Go over Gebbies Pass, turn left and soon you will be running beside Lake Ellesmere.

Long ago the lake was a bay, open to the Pacific Ocean. Northward sea currents raised a rock and sand

barrier between the two. This is the Kaitorete Spit. A gap is opened in the Spit occasionally to allow lake water out and sea water in.

You may notice the raised cycle trail across the salt marsh on your right. This was the Little River Branch Railway from 1886 to 1962. Road and trail continue side-by-side above Lake Forsyth, almost as far as Little River.

This was a busy town when passengers and freight had to be transferred from trains to continue the journey to Akaroa by road – and vice versa. The hill they had to tackle still looks daunting. As you drive it you may note with awe how rapidly you are climbing. The view from Hilltop is among the best in the country, extending from legendary Onawe Peninsula to the Akaroa Harbour heads.

You can descend the hill here but I prefer to turn left and run along the Summit Road where staggering views appear at every bend. Turn left and take the steep descent to Little Akaloa. As in many Peninsula bays, timber workers and farmers made homes here. Remains of old schools, shops, Post Offices, milk processing factories (all served by steamers from Lyttelton), and churches indicate considerable populations. Today most buildings house city people seeking weekend solitude.

The road from Little Akaloa leads to Chorlton with its comical "Post Office". It then runs on to Okains Bay, known for its pioneer-style museum and active marae. Annual Waitangi Day celebrations draw big crowds. It is the only bay where a school still operates (one of about a dozen). A store supplies refreshments for campers by the beach.

Historic relics at Okains include a preserved early motor garage, a pleasantly restored public library, and the stone Anglican Church under restoration. Leaving these behind, you climb back to Summit Road. Gasp at the views here, then take the road down to Akaroa.

Akaroa's history – featuring its Maori beginnings, whaling period, and French settlement – is well documented. Drive to Onuku Marae, visit Akaroa Museum, and catch the feeling of history. Browsing old buildings and cemeteries is worthwhile too. Returning to the city by the main road takes about 90 minutes. The whole tour can be achieved in two days; longer is better. All the roads mentioned here are sealed, as are roads to Pigeon Bay and Le Bons Bay. Weekends are busy but dining facilities are plenty. We supped on magnificent views from our hillside unit at the Top Ten Motor Camp in Akaroa.

Christmas at the Okains Bay Museum

Imagine stepping back in history into a colonial lounge or settler's cottage at Christmas time.

The tradition of decorating our houses with greenery at Christmas was brought to New Zealand by British settlers. Today, it is hard to imagine a Kiwi summer Christmas without the trees and mistletoe wreaths popularised by Queen Victoria.

From 5–31 December 2021 Okains Bay Museum will feature displays of Christmas trees throughout the museum's buildings and collection spaces, including heritage cottages unique to Banks Peninsula.

Visitors will be transported back in time to a Christmas night over 100 years ago, with uniquely designed trees decorated by talented local groups and individuals. You can even vote for your favourite.

Christchurch Needle Work Guild's "Christmas All Stitched Up" tree will feature decorations stitched by 12 of their members and will showcase a large variety of stitches. Canterbury



Christmas at the museum from 5th to 31st December.

Museum will be contributing a tree based on their Galileo exhibition using recycled materials salvaged from their labs, offices and workshops. There will be up to 10 trees featuring 'explosions of colour' including decorations specially created and

sent from a designer in Australia that draws from her Pākehā and Māori ancestry. Theatre wardrobe experts Vicki and Violet's design is based on a 19th Century tree in keeping with the museum's colonial collections. Traditional handicrafts, created and found, will feature on the tree 'Home, Land & Sea' designed by the Le Bons Bay group. Okains Bay teams will contribute trees decorated with Kiwiana, cortex and totara in a farming theme.

It promises to be the perfect reason to make a special trip to Banks Peninsula and Okains Bay during the Festive Season.

Okains Bay Museum is open Wednesday - Sunday, 10 am - 4 pm.

Christmas at the Museum will be on from 5 - 31 December.

Normal admission costs apply.

- Adult: \$15.00

- Child: FREE (up to 13 when accompanied by an adult)

- Concession: \$10 (Student, Community Service or KiwiAble Card Holder).



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Enjoy the relaxed environment as you learn about life on Banks Peninsula and Aotearoa New Zealand in former times.

"The whole site was wonderful, we'd forgotten how extensive it was."

Open Wednesdays - Sundays 10 am - 4 pm | okainsbaymuseum.co.nz

Renovations begin at Canterbury WEA



Solar panels being are being fitted to our roof and the kitchen area is being renovated by Morel Construction Limited.

Renovations for Canterbury WEA, our central City education and community centre, have started.

It has undoubtedly been a challenging year to run events and courses but the Canterbury WEA has made the most of these testing times by undergoing some much needed Earthquake strengthening and exciting renovations to its community centre in central Christchurch. They have been working with the team at Morel Construction Limited to install (amongst other things) new toilets, solar panels on the roof, a new accessible entrance and car park and new kitchen suitable for teaching and cooking demonstrations. 2022 is set to be the start of a great new chapter in this organisation's long history.

For more than 100 years the WEA has provided the people of Canterbury with affordable adult education classes and events. This term has seen more than 50 courses run offering students classes in everything from drawing to tai chi, philosophy to knitting and felting!

We will be finishing off the year with some important discussions including a look at the latest Climate science with Professor Paul Broady and an afternoon tea with Deputy Mayor Andrew Turner both in the first week of December.

Classes resume again on the 14th February and can all be booked online through our website at www.cwea.org.nz or pop in and pick up a programme from our office at our home 59 Gloucester Street, Christchurch.



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We have the latest fiction/ non fiction books and large print. Books by - James Patterson, Stephen Leather, Lucinda Riley, Ann Cleeves etc!

Yearly subs: \$12.00 per person, \$18 for double membership.

St Martins Community Centre, Cnr Wilsons Road and Wades Avenue, St Martins. Christchurch.

Over 40 years in the antique business

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

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

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

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



Steve Purcell, licensed antique dealer

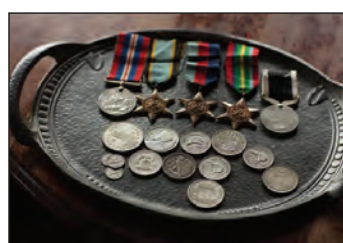


opening the door to a world-wide customer base. Circa 1900 was closed and the company Antiques International was formed. ^(A)

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Five ways of wellbeing in 2022

by Wendy Scanlon, Senior Chef Coordinator, Pegasus Health

As 2021 draws to a close it's an opportunity to reflect on our health and aspects we can control. First off, we can eat foods that nourish our bodies:

- * vegetables and fruit
- * grain foods
- * milk and milk products
- * legumes, nuts, seeds, fish and other seafood, eggs, poultry and/or red meat.

Our health is much more than what we eat. Included in the mix is how we spend our days and the people with whom we connect. Based on the most up-to-date evidence, it's been found that building five actions into our day-to-day lives improves our overall wellbeing.

Give your time, your skills, your words, your presence. You may like to share your culinary skills with a friend or neighbour who lives alone. Give a meal or perhaps a small gift over the holiday period. Try out the "Festive Nuts" recipe, a perfect wee gift!

Be active by doing what you can when you can. If you would like to become more active but don't know where to start, sign up to the Be Active Lifestyle Programme (sportcanterbury.org.nz/beactive)

or ask your GP team about Green Prescription.

Keep learning and embrace new experiences. It is easy to get into a rut with our food and recipes. Ask friends what they are cooking and share ideas or borrow a cookbook from the library. If you struggle with cooking give us a call at Senior Chef. Our aim is to increase cooking skills, but also confidence and motivation to get in the kitchen and cook!

Connect with people who make you feel valued. This might include your whānau, friends or neighbours. Invite someone to share a meal with you. It doesn't have to be fancy, what's important is sharing time together.

Take notice and remember the simple things that give you joy. With busy lives we often rush our eating or are distracted by the television while having dinner. Challenge yourself to pay full attention to all the flavours and textures of the food you prepare. For those with a poor appetite it can bring back the pleasure of eating, and for those who overeat it can heighten feelings of fullness and hunger.

Start making your 2022 list of small actions for your five ways of wellbeing.

Spiced festive nuts

These festive nuts are the perfect gift. If you are on a budget, blanched peanuts are the cheapest option. You could include a small amount of Brazil nuts, walnuts, and cashews to make it extra special.

You can vary the spice too e.g., mixed spice or ground ginger or a sprinkle of chilli flakes

Ingredients

Oil, 1 tablespoon

Honey, 1 tablespoon (if you don't have honey use brown sugar)

Cinnamon, 1 teaspoon

Salt, ½ teaspoon

Mixed unsalted nuts, 500g

Method

Preheat oven to 180°C and line an oven tray with baking paper.

Gently heat oil and honey (or brown sugar) in a small pot until combined. Stir through cinnamon and salt.

Place nuts onto the oven tray and carefully drizzle with melted mixture. Shake tray to toss through. Do this carefully as you don't want sticky nuts on your kitchen floor!

Bake for 10 – 15 minutes, turning nuts halfway, until they are golden brown.

Set aside to cool before packing into small jars or bags as gifts. Tie with string and label.



SENIOR CHEF

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

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



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Book your Trade size ads (4 x 1 column or 8 x 1 column ad) for the February 2022 issue of *Keeping On*. Deadline for ads is Friday, 28th January 2022. Contact Anna-Marie on 331-7804.

Nurse Maude speciality clinic keeps care in the community

Keeping people as independent as possible in their own homes and community is at the heart of the care Nurse Maude provides to the people of Canterbury.

Key to that is the Diabetes primary care support team which provides support and information to General Practice for people with Type 2 Diabetes in the community.

This includes assistance with the start of insulin or changes in medication and provides access to specialist nurses and a dietitian.

For those who have been recently diagnosed with Type 2 Diabetes or for those who would like further education, Nurse Maude's diabetes nurse educator and diabetes dietitian run a Community Education programme which includes complications, exercise, foot care, healthy eating basics, with a focus on carbohydrate foods and how to eat to manage blood glucose levels, label reading and myth busting.

You'll also learn how Type 2 Diabetes changes the way your body works, and the management

of hypoglycaemia, insulin action and adjustment, managing sick days and travel.

These programmes are normally held four times a year across the Canterbury region at a range of locations and times and you are welcome to bring a support person.

For further information contact Nurse Maude – phone (03) 375-4246 and ask for the diabetes nurse specialist.

Nurse Maude's Specialty Clinic also offers a specialist wound care service to assess, manage and advise on chronic or complex wounds or leg ulcers and provide care plans aimed at preventing wounds, a continence service with registered nurses providing support, assessment, treatment and education for anyone over four years of age with a continence issue, a Stoma service to access the resources you need to live independently with a stoma, comfortably, and with dignity and an infusion service that can be accessed through your doctor or medical specialist. ^(A)



Support Group for Significant Others

A support group for people living with or supporting those who have issues with anger or who drink, gamble or struggle with an addiction. The aim is to provide information and support, some education and guidance. The group would be run by an experienced trained AOD (Alcohol and Drug) Clinician.

Is this the group for you? Have you:

Have you been embarrassed or felt the need to apologise for this person's behaviour?

Does this person's behaviour stop you doing things for yourself?

Are special occasions ruined by this person?

Do you tend to focus on this person and ignore your own needs?

Do you suffer financially because of this person?

Have you stopped inviting people to your home?

Have you considered ringing the Police and feared for your own safety?

Does this person discourage you from being social?

Do you carefully consider what you are going to say as you fear how they will react?

Tuesdays from 1.00 to 3.00pm

Age Concern Canterbury, 24 Main North Road, Papanui. Christchurch.

Cost: Free and tea, coffee and biscuits will be available.

There is a bus stop right outside the door and parking is available around the back of the building. If anyone has problems with transport let us know and we will see how we can assist.

Please call Diane on 03 3317812 or 027 2486249 to enrol or talk to any of the staff at Age Concern Canterbury. Looking forward to seeing you here.



Nurse Maude Specialty Clinic Keeping care in the community

Diabetes primary care support team: Providing support and information to General Practice for people with type 2 diabetes in the community, including assistance with the start of insulin or changes in medication. The service provides access to specialist nurses and a dietitian.

Contact: Ph (03) 375 4246
35 Mansfield Avenue, Merivale
www.nursemaude.org.nz

Nurse Maude
Specialty Clinic



Memories

“The richest bank of all is our memory bank. For years we deposited experiences there. Now we can withdraw them. The interest accruing is our enjoyment.”

by Mike Crean

Remember listening to the Sunday requests programme on the radio? Often you would hear New Zealand pianist Gil Desch playing ‘Remembrance’. A Scottish tenor would bring tears to your eyes with ‘The Northern Lights of Old Aberdeen’. Patrick O’Hagan’s lilt would deliver ‘A Little Cottage by the Lea’. A booming bass would bellow ‘How Great Thou Art’. Gracie Fields and Vera Lynn would melt emotions with patriotic numbers, especially as Anzac Day approached.

That was part of our lives when I was growing up. Now it is part of our memories. These days you read about profits made by Westpac, ANZ, BNZ etc. But the richest bank of all is our memory bank. For years we deposited experiences there. Now we can withdraw them. The interest accruing is our enjoyment.

Here is a memory. We lived on a

farm that Dad managed. The owner sold the farm and we had to leave. Dad was an expert with horse teams, but tractors were replacing them. He could not handle tractors so, in 1950, we had to shift into the township of Hawarden. Our new home was in the row of State houses that had just been built. We moved in – and I moved out. I had just turned three-years-old. The process of shifting was too much for me to deal with. I wandered out the gate, crossed the road and sat on a boulder. There I cried my eyes out. When big sister came to my aid I bawled: “I want to go home”.

A trivial story; an enduring memory. Perhaps you can relate to it. Then you may relate to my big brother remembering the only time he saw Dad cry. It was when the draught horses were loaded onto a truck and taken to the abattoir; their harnesses

dumped in the riverbed.

Remember those early State houses? Beautifully kept they were, by caring tenants, with fine lawns and flourishing gardens. Many struggled in the post-war years, but they

proudly managed their new homes.

So, one memory can transport you to another, and another. It’s not living in the past. It’s history printed on Memory Bank withdrawal slips for us to enjoy.

Kitcal keeps family connected

We all know that these holidays will be very different from other years and being together in person may not be possible for many families. For those who can make a video call, or send a photo, there is at least a way of “seeing” each other. However, for many seniors, technology is so challenging to manage that these simple connections - which can bring so much joy – aren’t possible. These are the people for whom the Kitcal electronic tablet has been specially designed.

Kitcal is very different from ordinary technology as it is simple, personalised and ready to go straight out of the box. Most people using the Kitcal tablet have never used computers or electronic tablets before but now enjoying receiving photos, messages and video calls from family.

“Dad has got quite good at opening photos as they come in – and this is his favourite feature! His grandchildren – both overseas and in NZ – are connected to Dad’s Kitcal and he can see all their photos. It’s the best!” says Penny whose dad (aged 92 years) uses the Kitcal tablet.

Because it doesn’t access websites or receive emails, there’s no risk of viruses or email scams with the Kitcal

tablet. It’s also keyboard free, with Seniors replying to messages and photos using a series of pictures. This makes messaging easier – particularly for those who do not have keyboard skills or whose skills have diminished.


There is no need for Wi-Fi or a separate internet account with Kitcal as subscription includes internet data. A magnetic charging connection makes it simple to keep the Kitcal tablet charged.

The tablet costs \$690 and with a monthly subscription that suits you best (from \$39/month).

What does the monthly Kitcal subscription include?

The monthly Kitcal subscription includes:

- Unlimited connections to Companions (family and friends)
- Internet Data Plans
- Access to the Help Desk
- Kitcal’s Remote Management system
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Tablets can be purchased directly from the Kitcal website www.kitcal.nz or call 0800 437 696. 



Move & Mingle for over 60's

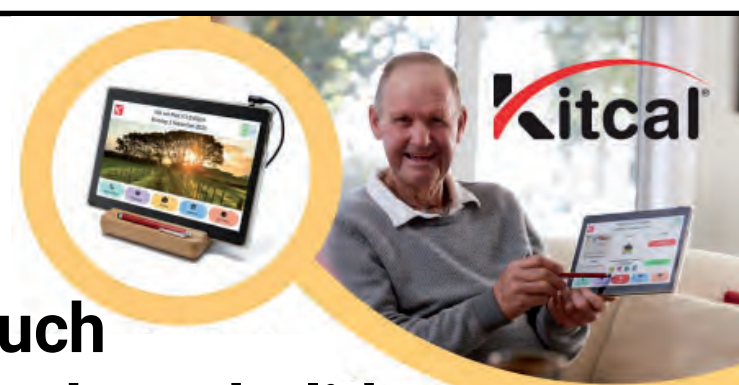
A fun recreational programme for those over 60 who want to be active and socialise together at **Te Pou Toetoe: Linwood Pool**. The programme may include activities such as table tennis, dancing, walking basketball, aqua jogging etc.

Time: Every Tuesday 10:30-11:30am

Venue: Te Pou Toetoe: Linwood Pool, 141 Smith St Linwood

For more information on classes:

ccc.govt.nz/TePouToeToeLinwoodPool



Keep in touch with family these holidays.

Kitcal is a specially designed tablet that's **simple** and **easy** to use.

Stay connected without the challenges of an ordinary tablet.

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Special Offer for 'Keeping On' Readers:

Use the coupon "**SIMPLE**" when purchasing your Kitcal tablet and we'll take **\$50 off**.

Offer valid until 31 December 2021

AGE CONCERN CANTERBURY IS LOOKING FOR

ENERGETIC AND RELIABLE CLEANERS



to clean houses for
older adults living in
the community.

*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

Winter home heating prep

With the warmer weather settling in, now is the time to start preparing your home heating for next winter.

We want Cantabrians to have a warm and healthy winter, however we understand that home heating can be costly. If you are struggling, visit bit.ly/Heating_Assistance or call us on 0800 329 276 to talk through your different financial options.

If you use a wood burner in winter, there are three main reasons to stock up on wood in spring and summer:

1. Time to dry: buying wood in the warmer months allows time for wood to dry before you need to use it. It'll also save you money as you will use less wood to heat your home, compared to if you burn wet or unseasoned wood.

2. Likely to be cheaper: stocking up when the weather's still warm typically means it will be priced more competitively.

3. Avoid missing out: we've had winters where the cold weather has hit fast and hard, and wood stocks have not been able to keep up with

demand. Buying now will ease stress on the supply chain.

See our list of Trusted Good Wood Merchants online at warmercheaper.co.nz.

If you're thinking about replacing your existing wood burner, start enquiring with local suppliers and fitters.

Now is also a great time to check if your wood burner is about to expire and needs to be replaced. You can do this online at solidburner.ecan.govt.nz/Public, alternatively call us on 0800 329 276.

For more information:

- Visit warmercheaper.co.nz for help with your burning technique and for our list of Trusted Good Wood Merchants

- Visit bit.ly/home_heating for Canterbury's Clean Air Zone rules, information about wood burners, and information on financial assistance that may be available

- Call us on 0800 329 276 to talk to a member of our Customer Services team.

(A)

Osteoporosis New Zealand

Our **vision** is better bones and fewer fractures for New Zealanders.

Our **mission** is to make this happen by engagement with the public, health professionals, policymakers and the private sector, through programmes of awareness, advocacy and education, to prevent fractures caused by osteoporosis.

Phone 04 499 4862 or Email info@osteoporosis.org.nz
Osteoporosis New Zealand, PO Box 688, Wellington 6140

Find out more at
www.osteoporosis.org.nz



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 a 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, these are ACC approved and WINZ quotes can be provided. 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 Meats, a postal service, a supermarket, and it is 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. (A)

Smoke-free burning means a cosy nest...

Learn more at warmercheaper.co.nz

...and better
breathing for
our tamariki.



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!

- Excellent leakage protection and skin dryness for the user.
- Discreet service. ■ Free delivery.



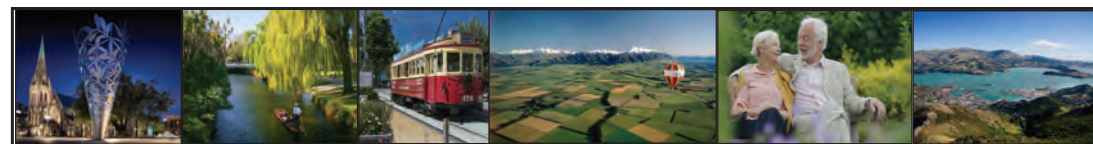
Contact us face to face or over the phone for a chat about your needs.

Ph: 03 366 6189. FREEPHONE 0800 347 242.

Ph: (TOTAL MOBILITY) 03 366 9093. 17E Bishopdale Courts, Bishopdale, Christchurch

Email: admin@aspirecanterbury.org.nz


Website: www.aspirecanterbury.org.nz



AGE CONCERN CANTERBURY

ELDER ABUSE


HITS CLOSE TO HOME



Free Community Seminar

Age Concern
Canterbury Community Health Team
Tuesday,
1st February 2022
1.00pm to 2.00pm
Seminar Room, Age Concern Canterbury,
24 Main North Road,
Papanui.
Christchurch.

Please phone 366 0903 to register.



The death of the adverb

The Old Un is sad to announce the death of the adverb, killed off by ad men and sports stars.

This summer, the Old Un was told in an advert for London tube travel on Classic FM to 'travel kind'. Then, after the Open at Carnoustie, Northern Irish golfer Rory McIlroy said, 'I played aggressive.' Tiger Woods added, 'I played consistent.'

The passing of the adverb will be mourned deeply, mournfully and agonisingly – or deep, mournful and agonising. (Source: www.theoldie.co.uk)

Refugees

by Brian Bilston



They have no need of our help
So do not tell me
These haggard faces could belong to you and me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not OK to say
These people are just like us
A place should only belong to those who are born there
Do not be so stupid as to think that
The world can be looked at another way.

(Now read from bottom to top to read it in another way)

We're here to help

Please get in touch if you need any assistance.



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NZs top villages and care facilities revealed for 2021



Main photo: 2021 Finalist, Summerset at Wigram. Insert photos: 2021 Finalist, Rhodes on Cashmere and Winner, Diana Isaac Retirement Village.

If you want to know which are the great villages and care facilities - just ask the residents that live there. That's the message from AgedAdvisor which has just announced its 2021 Peoples' Choice Awards for Best Retirement Villages and Care. 38 villages and care homes from over 1100 facilities across the country - and nine of those awards relate to Canterbury.

Reviewers like Eliz385 talked about "Security, support and independence" with Rymans Diana Isaac Retirement Village - Winner of Best Large South Island Village, while Bill032 from Summerset at Wigram (Runner-Up), says "Friendly people, marvellous staff."

It is comments along these lines that appear to give people some form of confidence in the village and care offerings available. AgedAdvisor Founder, Nigel Matthews says "We want to give residents an opportunity to say what they like, or don't like about 'their home' - which we believe will then help others who are considering the same type of decision."

Archer Village 'were thrilled to hear' they had picked up Best Small Village, South Island for the 2nd time. "We are looking forward to celebrating with our residents," says Graeme Mitchell, Manager. Rymans Margaret Stoddart Retirement Village was runner-up, with Arvida's Rhodes on Cashmere also a finalist.

Other Canterbury finalists included Rymans Anthony Wilding Retirement Village, and Summerset on Cavendish Retirement Village. Waihi Lodge Care in Geraldine picked up a finalist care award while the Otago and Southland regions took out the rest of this year's Best Small Aged Care (South Island) awards.

The 2021 National Group Provider Award was won by Summerset Retirement Villages. Summerset CEO, Scott Scoullar says "It's a great validation of the quality of service and care that we provide in giving our residents the best of life".

You can view all winners and finalists at - www.agedadvisor.nz/awards



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

Make sure you see who won the Aged Advisor People's Choice Awards for 2021.
The reviews were done by people just like you.



Find out who the winners & finalists were at:
www.agedadvisor.co.nz/awards

Bequests, however small, leave a lasting impact



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: _____

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.

Putting Aotearoa on the map

by Claire Breen, Alexander Gillespie, Robert Joseph and Valmaine Toki from University of Waikato

Our names are a critical part of our identity. They are a personal and social anchor tying us to our families, our culture, our history and place in the world.

For Māori, a name is intrinsic to, and linked by, our whakapapa (genealogy), often reflecting the elements observed, such as a river (awa), at the time of birth before entering Te Ao Mārama, the world of life and light.

In law, names matter too. The UN Convention on the Rights of the Child, which Aotearoa New Zealand accepted in 1993, states that every child has the right to a name. The law governs the naming of individuals as well as the changing of names.

But no such laws exist for countries. Nations can and do change their names (such as when they gain independence), or have them changed by others (such as after a war). What worked for an earlier generation may not for later ones, as national values and identities evolve.

This is the challenge presented in a petition organised by Te Pāti Māori (Māori Party). As well as calling for Aotearoa to become the country's official name, the party also wants to restore all original Māori place names by 2026.

Names can change

As these and other lands were colonised, so too were their original place names, with the colonisers seeking to assert their authority and versions of history.

Power, the politics of language and the naming of places are all closely related. As the old saying goes, “the namer of names is the father of all things”.

Many European explorers preferred to name what they “discovered” after something with which they were familiar. New York was named by the British after they defeated the Dutch, who had named their settlement New Amsterdam, part of the region they called New Netherland.

Before the arrival of the Dutch and British, the wider area was called manaháhtaan, from the Indigenous Munsee language of the Lenape people, which lives on in the name Manhattan.

Closer to home, the Dutch name New Holland was slowly phased out in the early 19th century by the colonial authorities in favour of Australia, from the Latin “Terra Australis” (Southern Land), a reference to the mythical great unknown southern land “terra australis incognita”.

A short history of Nieuw Zeeland

Over the years there have been



various petitions and attempts to change the name of New Zealand, including in 1895 a call to officially adopt “Māoriland”, already a common unofficial name for the country.

When Abel Tasman sighted these well-populated shores in 1642, he called the place Staten Land in the belief it was somehow connected to an Isla de los Estados (Staten Island) in what is now modern Argentina.

Later, however, a Dutch East India Company cartographer conferred the name Nieuw Zeeland (or Nova Zeelandia in Latin).

“Zee” in Dutch translates as “sea”, and its English etymology is complicated. It seems to be of Gothic origin, emerging from Germany, and was adopted into the languages of Northern Europe where, for example, Sjælland (sea-land) described a place closely connected to the sea.

Māori on the first map

Our country was not named directly after the link between land and sea, but rather after the Dutch place that already had this name — specifically, Zeeland in the south-west of the Netherlands. Forts in modern-day Taiwan and Guyana were also called Zeelandia by early Dutch explorers.

When James Cook arrived in 1769, Nieuw Zeeland was anglicised to New Zealand, as can be seen in his famous 1770 map. Cook renamed Te Moana-o-Raukawa as Cook Strait, and imposed dozens more English place names.

He did, however, attempt to retain Māori names for both main islands: his map records “Eaheinomauwe” (possibly He-mea-hī-nō-Māui, or the things Māui fished up) for the North Island and “T Avai Poonamoo” (Te Wai Pounamu, or greenstone waters) for the South Island.

The first reference in legislation to “New Zealand” was in the Murders Abroad Act of 1817, passed by

parliament in England in response to increasing lawlessness in the South Pacific—including the maltreatment of Indigenous sailors aboard European ships.

Paradoxically, perhaps, the act demonstrated a British view that New Zealand was not truly part of the British realm.

Nu Tirene appears

By 1835, a number of iwi (tribes) engaged in international trade and politics were using the name “Nu Tireni” to describe New Zealand in their correspondence with Britain.

Nu Tirene then appeared in the 1835 Declaration of Independence of the United Tribes of New Zealand, and then Te Tiriti o Waitangi in 1840.

The Māori Legal Corpus, a digitised collection of thousands of pages of legal texts in te reo Māori spanning 1829 to 2009, contains around 4,800 references to Nu Tirene, Niu Tirani and Niu Tirene.

The translation into te reo Māori of the Maori Language Act 1987 refers to Niu Tireni, as does the Māori Language Act 2016.

Locating Aotearoa

The precise origin of the composite term “Aotearoa” is not known. But if we translate “Ao” as world, “tea” as bright or white, and “roa” as long, we have the common translation of “long bright world” or “long white cloud”.

Sir George Grey used Aotearoa in

his 1855 Polynesian Mythology, and Ancient Traditional History of the New Zealand Race, and in his 1857 Māori proverbs work, Ko nga whakapepeha me nga whakaahuareka a nga tipuna o Aotea-roa.

The Māori Legal Corpus mentions Aotearoa 2,748 times, with one of the earliest written references being Wiremu Tamehana’s hui invitation to other chiefs in October 1862.

The popularity of Aotearoa can be gauged from William Pember Reeves’ 1898 history of New Zealand: The Long White Cloud Ao Tea Roa.

Today, government departments commonly use Aotearoa, and it appears on the national currency. One of the commonest expressions of personal and national identity is the “Uruwhenua Aotearoa New Zealand” passport.

Time for change?

Whether enough New Zealanders want a formal change isn’t clear. A recent poll showed a majority wanting to retain New Zealand, but a significant number interested in a combined Aotearoa New Zealand.

Nor is there consensus on Aotearoa being the best alternative, with some debate about whether the name originally referred only to the North Island and Aotearoa me Te Waipounamu being used in the south.

At the same time, there is a growing awareness of te reo Māori (as an official language, including among Pākehā) and understanding of our national names and their significance. This allows us to better understand where we have come from and where we want to go.

By also acknowledging Māori names, we give substance to our distinctness as a nation. In time, perhaps, it will lead to us embracing a name that better reflects our history, our place in the world and our shared future.

(Source: www.theconversation.com)

Answers: RVT Xword #51123

Across:

1*. Fare (4), 5*. Well (4), [* Cryptic clue for 1&5 Succeed with send off: Farewell (8)], 7. Victory (7), 8. Role (4), 9. Acid (4), 10. Nor’East (7), 11. Exit (4), 13. Tugs (4), 15*. Balmy (5), [Cryptic clue for 15: A daft kind of breeze: balmy (5)], 16. Gavel (5), 19. Asks (4), 21. Tiny (4), 23. Unleash (7), 24. Etna (4), 25. Raid (4), 26. Venture (7), 27. True (4), 28. Weal (4)

Down:

1. Farce (5), 2. Event (5), 3. Scared (6), 4. Nomads (6), 5. Wyatt (5), 6. Lodes (5), 12. X-Rays (1-4), 14. Green (5), 17. By-line (2-4), 18. Opaque (6), 19. Adept (5), 20. Suave (5), 21. Threw (5), 22. Yodel (5),

My two cents

by June Peka

Don't brush off symptoms

"Don't believe your own press clippings" they say. Well I'm so glad I ignored that load of old horse doo-dah!

I'd ordered my favourite poke bowl in the food hall at the Mall recently, when quite suddenly I felt just a little light-headed. It passed quickly but when I stood up to collect my order I huffed and puffed a bit. That passed too but after a couple of mouthfuls I wasn't at all hungry. Mmmm. I know I'm not OK if I'm off my food! No pains or discomfort but not quite right either, and I could feel the irregular (but normal for me) rhythm of my heart beat in my chest. I thought of my friend Helene and her dicky ticker episode which I'd written up in the last **Keeping On**. I'd been quite useless that day; poor Helene had had to call an ambulance for herself.

But still I didn't call an ambulance. I did pop in to my doctor's rooms on the way home though. While his locum looked up my notes I hopped on the scales to find I'd put on six kilos in just over a week, (eek, it's taken me more than a year to lose five kilos) and when he heard a strange noise through my back and hit a sore spot examining my upper tum, a quick ECG followed, and then it was off to hospital for a few days.

Unlike Helene, I wasn't actually having a heart attack but a recent change of medication had caused my already dicky ticker to protest, allowing a build-up of fluid. When this happens it's called heart failure, which thankfully isn't actually quite as dire as it sounds. It's not all beer and skittles either, and I'm now facing some lifestyle changes to eke a bit more mileage from this body.

Would you recognise heart failure? It's quite common. Here's a few pointers to be aware of...

1. Shortness of breath.
2. Feeling dizzy or lightheaded.
3. Weight gain of three or more pounds in one day.
4. Weight gain of five pounds in one week.
5. Unusual swelling in the legs, feet, hands, or abdomen. (And eyelids in my case.)
6. A persistent cough or chest congestion (the cough may be dry or hacking)

Don't just brush these symptoms off as part of getting older. There are some wonderful professionals available to give you advice about drugs and diet, and the benefits of even mild exercise. Getting old isn't for sissies, but let's make the most of it.

Tomatillo: worth taking a chance



With all the distractions of the past months I forgot to plant the tomatillo seeds in September, so tomorrow I'm off on a hunt for seedlings to buy. If I don't strike it lucky I'll pop some seeds in anyway, and cross my pale green fingers for a long growing season. They're worth taking a chance on.

Like cape gooseberries although green as opposed to yellow, and larger, these husked Mexican delights are way more palatable than they look. Tart, with a hint of tomato, apple and lemon perhaps, and their smaller gooseberry cousin, they're not the sort of delicacy you might pig out on as you would strawberries or grapes, but their piquancy makes them a winner with summer meals – especially as a simple salsa with a chopped chilli, red pepper, tomato, coriander and salt and pepper with a splash orange juice and white wine or sushi vinegar.

Depending on the variety the preparation can be a little fiddly. Tiny tomatilloes are like slippery marbles, but King Seeds is now offering the larger more manageable Grande Verde variety – the size of a medium plum.

Easy and reliable germinators, I usually plant 12-15 seeds which see out September/October on the lounge windowsill and then transplant

to a sunny spot in the well-mulched vegie patch. It's not in the directions, but early on we discovered they do better staked. In our garden they've reached a metre and a half height and spread. If space is at a premium in your garden though, don't be tempted to try just one plant – it will need another for pollination.

Called 'ground cherries' in South America, tomatillos belong to the solanum family, related to both tomatoes and potatoes, so airspace and yearly crop rotation is recommended to discourage mould and fungi. They're regarded as generally pest-free; we've been bothered by nothing more than the occasional slug on a fallen fruit.

In February and March we pick hundreds of paper-cased, shiny green fruits. The packet told us we'd enjoy the harvest for six or eight weeks but such are their keeping qualities, with no special attention it is sometimes September before we consume our last salsa of the year.

And salsa is not all they're good for. The internet abounds with recipes for tangy sauces and salads to die for. Tomatilloes can be eaten raw with little preparation (simply remove the husk and wipe off the sticky residue), dry roasted or flame char-grilled.

Alphabetica Insomnius

Another sleepless night.
Bugger Coffee!

Doctor says **Eat** nothing after dinner.

Fridge calls. Ignore

Getting drowsy, yawwwwwwn.

HOT FLUSH. HOT FLUSH!!!!!!

Oh **Hypnos**, where the **Hell** are you?

Imagine a leafy path, a trickling stream, bees buzzing...

... **Jiggery-pokery!** Bah humbug! Might as well ...

... **Knit?** Crossword? Read?

Lethe is what I need. **Lemon** and honey I have.

Oh **Morpheus**, please come.

Nocturnal noises, scarey. **Off** to bed again. **Play** soft music. **Quietly** quote Auden.

Restless legs! **Sheep** misbehaving! **Take** deep breaths.

Up again, bladder bursting. **Visit** hubby – no sympathy there. (**Wait** till you want something **Buster!** **Expect** the cold shoulder.)

Yawn . **Yawn**. **Yawn**.

BuZZZ-**buZZZZ**, **buZZ**-**buZZ**. Seven a.m. **Zero ZZZZZs**.

Zilch sleep. **Zippo**.



Editor's apology



In the last issue of *Keeping On* the article Ko Helene Hakaraia tenei was published without a by-line.

My sincere apologies to June Peka who wrote this and many more wonderful articles for our magazine.

Mea culpa!