

# Queens Birthday at CMA

For those New Zealanders old enough to have experienced it, the visit of the young Queen and her dashing husband, Prince Philip, to New Zealand in the summer of 1953-54 is a never-to-be forgotten event. Those who were children at the time recall the big day, marked for months in the calendar, when they dressed in their posh clothes, pinned a royal tour medallion to their chests, collected a butter box to stand on, a Union Jack to wave, and perhaps a periscope to look through, and set out to see the Queen.

Perhaps three in every four New Zealanders did see her, as the Queen visited 46 towns or cities and attended 110 separate functions. One woman saw her 30 times. Crowds turned up hours before she was due and wait patiently for the split second when she drove past. At Tīrau, a community of 600 people, there was a crowd of 10,000. At the Ellerslie and Trentham races, crowds turned their backs on the horses to gawk at the royal box.

People went to extraordinary lengths to show their devotion. Sheep were dyed red, white and blue; in New Plymouth both bowling club members and the local pony club formed themselves into the shape of an E. Screens were erected to hide unsightly buildings, and citizens were instructed when and how to plant blue lobelias, red salvias and white begonias. Hardly a car did not sport a Union Jack, hardly a building in the main cities was not covered in bunting and flowers during the day and electric lights at night. This was a remarkable event.

At CMA we love an excuse for a party and celebrated her majesty's birthday with high teas and dress ups – so much fun!



# AROUND THE CENTRES

## *Birkdale Centre*

This term at Birkdale has been a very busy. We have welcomed some new guests to our growing family of people.

New guest Grant has been a great addition to the group. He has “wowed” us with his great knowledge and his great quizzes he brings to the group. We love our brain games and have loads of fun and laughter with them. Our large floor games are also a great hit in our lovely big hall.

Winter has quickly approached and we are now enjoying hot lunches and the great food GBB supply for morning teas and desserts including some beautiful cakes.

Its lovely to see the Birkdale centre growing and we hope to welcome more people this year. Remember the first visit is free – come along and see what we do – we would love to meet you.



## *Belmont Centre*

This time of year some of our volunteers would usually be heading off overseas , but we have brought travel to CMA this term. A highlight has been our virtual trip to the Antarctic Peninsula, through the eyes of Robert & Michaela, this included amazing photos on the big screen taking in the history of the Falkland Islands, South Georgia Island and the incredible wild life of the Antarctic. This was a real treat.

Picture Travel bingo, and many travel quizzes also took place with our travel theme for the term. We are looking forward to our next very special virtual travel with Robert and Michaela when we head to our next remote destination in the Gallipolis Islands off Ecuador. We also headed to the United Kingdom for high tea with the Queen







this term leading into Queens Birthday holiday weekend. A lot of effort was put into high tea creations by our volunteers, with some classic's including cream cheese and cucumber sandwiches. It is also timely to thank all our volunteers and special thank you to Janice for her weekly home baking, Michaela for our weekly 2 course meals and Yoshiko and Pat for washing many dishes.

We have been lucky to have music man Dave on his keyboard every month this term, which is always a highlight for guests with a good singalong, toe tapping music and Dave's famous music quiz. Building leg strength and increasing balance has been a focus this term with our 20min gentle exercise to keep the motivation going. Qigong with Dave has also been a different way to explore movement.

Who knew there was an international paper plane day which was celebrated at the end

of May where we all re lived our childhood paper plane folding skills with all sorts of designs, some built for speed, and other aerobatics. We had our own CMA paper plane distance championships contest, probably very similar level of competitiveness to the World Champs which is an actual event. Craft day this term was inspired by World Ocean day (70% of earth is Ocean)with incredible ocean watercolour coaster creations made to brighten up our coffee tables.

The Rose Centre at Belmont is always a welcoming venue for us, made extra special with a warm welcome from Rose Centre staff Tash every week who also shared some Te Reo Maori as part of our Matariki celebrations.

## *Mairangi Bay Centre*

In Term one we farewelled long term volunteer Tom, who relocated down with his family to Christchurch. Tom will continue to be valued as a friend and member of our volunteer (*cont'd*



over) team. Volunteers are so important to the smooth running of our centre, and this year we welcomed John and Isobel (Izzy) to our volunteer support staff. John is also a volunteer driver.



In term 2 we have embraced a regular routine with a “so glad to be here” attitude.

We look forward to going to the Bays Club in Browns Bay and our Bunnings Warehouse visit designing and painting tiles. This group loves a good word quiz, with word ladders, quiddler and linking word quiz. Each week we have exercises to support strength and balance provided by Emmy and Jenny. Dave, along with music, provides exercises to encourage relaxation once a month. All good for our wellbeing. Beryl has great stories to share, and we love a singalong with Dave. There are many games and activities available and by providing variety in our programme means that each week we aim to incorporate something for everyone – what wins out every time is socialisation, the wonderful morning tea and lunch provided, plenty and smiles and a cuppa.



## Seniors and Phasing Out Cheques in New Zealand

Although some banks still accept cheques, NZ banks and government organisations are slowly phasing them out. Kiwibank, ACC, Inland Revenue and NZ Post no longer accept or issue cheques.

Seniors do use a variety of payment methods, but cheques are used by this age group more than any other. Age Concern New Zealand's Hanny Naus said

that the phasing out will have a major impact on older people, and she's concerned about how seniors will transition.

“I'm not saying older people don't have the capacity. They're the generation who could do long division in their heads and they've adapted to enormous changes already, they're the ones who changed to decimal currency. But for a group of



people who have used cheques for a very long time and are accustomed to having an independent way of controlling their own money and paying their own bills, this is a major event. They're essentially being asked to trust machines to complete all their financial transactions."

So if this is the way of the future, how do we learn to make and receive payments without cheques while ensuring we are staying safe?

If you want to pay someone and you have a computer then you can use internet banking, and many seniors have embraced this new technology successfully. If you don't have access to a computer then phone banking is another option. You can do all your banking using your phone. So once you have set the system up by ringing your bank you can do all of the following over the phone.

- Check balances and/or recent transactions
- Find out what your credit card minimum payment is and the due date
- Skip or change an automatic payment (fee may apply)
- Transfer money between your accounts
- Make payments to the account of any person or organisation once you have their bank account details
- Order a statement.

ASB offers workshops for older customers. To register for a workshop near you call 0800 272 119.

It's easiest to set these up in your branch but if you're unable to get there then you can set it up by either going to the bank's official web-page and following the links, or by ringing them and setting it up over the phone. Here are some of the banks' phone numbers:

**ANZ** 0800 269 296 ● **ASB** 0800 803 804 ● **BNZ** 0800 275 269 ●

**HSBC** 0800 028 088 ● **Kiwibank** 0800 113 355 ● **Rabobank** 0800 500 933

**SBS** 0800 727 2265 ● **TSB** 0800 872 226 ● **Westpac** 0800 172 172 ●

**Cooperative bank** 0800 554 554

*I have a long-term irrational  
fear of speed bumps . . .  
but I'm slowly getting over it.*

*I think the proper term for  
'senior' women  
should be:  
Queen-agers.  
That's all. Carry on.*



*Birkdale*

*Introducing  
our  
wonderful  
centre  
volunteers...*



*Belmont*



*Sunnynook*



*Mairangi Bay*



*Albany*

*...the  
lifeblood  
of  
CMA*

*Glenfield*



*Stanmore  
Bay*



*Red Beach*

# Winter Quiz

1. Which zodiac sign runs from November 22 to December 21?
  2. "Now is the winter of our discontent" is the opening line from which William Shakespeare play?
  3. True or false. No country in the Southern Hemisphere has hosted, or even been an applicant to host, the Winter Olympics?
  4. The Winter Palace can be visited in which city?
  5. Which James Bond actor made his film debut in the 1968 historical period drama The Lion in Winter?
  6. Which fruit has a variety called 'Winter Banana'?
  7. Which country has won the most medals throughout Winter Olympic history?
  8. 'Christmas won't be Christmas without any presents!' is the opening line of what classic novel?
- Answers on bottom Page 11.

## Beef Ragu

### Ingredients:

- 1kg beef mince
- Tinned tomatoes
- Chopped onions
- Carrots
- Garlic
- Celery
- Red pepper
- 2 tbsp tomato purée
- 450g large pasta shapes (such as paccheri, rigate or rigatoni)
- Basil leaves

Some meals are so much easier to cook when it's for more than one or two people and certainly when you're older you want something simple and cheap that is still tasty and nutritious.

Slow cooker meals are perfect for the winter as they require very little effort but retain all of those essential nutrients. Plus, you can buy slow cookers in a variety of different sizes, which gives you the option of making one meal at a time or buying a slightly larger one and batch making meals to keep in the freezer.

One of our favourite slow cooker meals is a simple Beef Ragu, made with beef mince, tinned tomatoes, chopped onions, carrots, garlic, celery and red pepper. Simply bung it all in the pot in the morning, switch on and leave for the day and it will be all ready to be spooned over some pasta come dinner time. This Ragu can also be used as a base for a shepherd's pie, chilli, lasagne, meatballs and if the meat is left out it can also be blended down as a soup or sauce.





## On a Personal Note

Introducing  
Rudolph De Smitt, guest at CMA  
Glenfield.



Rudolph was born in Cape Town, South Africa 1935, he was the eldest of two boys and two girls. He started as an apprentice plumber at the age of 18 and carried this on for 5 years, then went on to work as a bus conductor for Golden Arrow, a main transport service in South Africa for 20 years.

In 1957 Rudolph met his future wife Beulah at a camping ground on New Years Day, Rudolph says to this day that she must have fallen in love with his accordion playing, which he still plays today.

Rudolph says "A bird must build it's nest before it can lay it's eggs", so they built their first home together before they were married, they cancelled

their wedding three times as their house was not finished. Rudolph wanted to wait until the house was finished and ready to carry his young bride over the threshold.

They were married in 1961 and brought into this world one boy and three girls. Rudolph went on to work for a food company. In 2003 Rudolph and Beulah came out to New Zealand to live and retire, and to spend time with their children and grandchildren.

Rudolph and Beulah got introduced to CMA from a person at their Church. They enjoyed the fact of being able to socialise and communicate with other people in the community of their own age, on occasions Rudolph loves to bring his accordion to play. Rudolph has also been a guest representative on the Governance Team at CMA.

Sadly, Rudolph's wife Beulah passed in 2018. Rudolph now lives with his daughter. Rudolph loves playing board games at CMA with his friends and loves the family feeling that CMA promotes.

Rudolph is a great ambassador for seniors in the community and goes out of his way to help in various ways including visiting people in hospital, giving seniors positive energy and helping wherever he can find possible. It is a privilege to have Rudolph in the CMA organisation and in our community.



If finding happiness was so easy, everyone everywhere would be happy and depression and suffering in general wouldn't exist. This being far from true, how exactly do we achieve and maintain happiness? Here are a few pointers;

Stay active and creative.

Exercise both mind and body and take on new challenges. Discovering and developing unexplored areas within self is endlessly exciting.

Secondly, avoid comparing yourself with others as this may lead to feelings of inadequacy, preventing you from even getting started.

You are unique and you never know where a new endeavour is going to lead you.

Thirdly, live in the moment, live for today. The past cannot be changed and the future is never set in stone. In fact this moment is all anyone ever has.

Lastly, set out to bring happiness into the lives of everyone you associate with and that which you give will be that which you live.

## Improving sleep

By the time we're 65, we have slept about 22 years. However, 20 – 30% of older New Zealanders report a sleep problem.

Dr Rosie Gibson, from the Sleep-Wake Research Centre and Massey University exposed some of the reasons for potential sleep problems, and perhaps more importantly, some tips and advice to improve our sleep quality. Some of her tips included:

- Avoiding eating or drinking too much before bed
- Avoiding alcohol and caffeine before bed
- Keeping the bedroom a 'safe sleep' zone (for example, by avoiding watching TV or listening to radio in bed)

Although it is well known that as we get older our sleep typically becomes lighter and more fragmented, quality sleep is important and should be prioritised to support mental health and social wellbeing. Dr Gibson encouraged us to try to preserve good sleep to maintain healthy ageing through keeping a regular routine and, when possible, making sure we spend some of the daytime in bright light and exercising to strengthen the internal body clock.



# Delightful Donna – our wonderful Albany volunteer

Donna has recently joined CMA Albany as a driver, and she has been a wonderful addition to the group. Donna was born in Stratford, Taranaki and her family moved to Auckland when she was 3 years old. She has two sons, Lachlan (22), who is in the army and Kenyon (20) studying at Auckland University.



Donna has been lucky to have had a wide variety of employment - a registrar at a district court, been a clerk for a customs agent, teacher aide for children that need a bit of support in their learning through to an ESOL aide (helping students that don't speak English). One of her most rewarding jobs has been a driver for Driving Miss Daisy. She also enjoys a bit of travel, having visited - Australia, UK, Europe, Fiji and Rarotonga, and has travelled a few times to United States and Canada. She hopes to do a lot more travelling round the US when able to.

Donna lives in Greenhithe with her husband, her youngest son and her cat Teemo - who thinks he is half human and half dog. She loves sitting in the sun with a great book, a cuppa and a bit of chocolate (don't tell her husband). She also enjoys walking and catching up with her friends.

Donna, you have slotted in so well at Albany, and we love having you as part of the team.

Thank you for all you do.

*Thanks to our mutual dislike of newspaper puzzles. my wife and I have enjoyed a long and happy marriage with never a crossword...*

## Winter Quiz answers

1. Sagittarius
2. Richard III
3. True
4. Saint Petersburg
5. Timothy Dalton
6. Apple
7. Norway
8. Little Women

# Notice Board

Gibbs Farm Fundraiser  
24th September - see  
[iticket.co.nz](http://iticket.co.nz)

Fun Day 21st October 2021  
- celebrating 50 years!

TERM 2 ends 9th July

Term 3 starts 26th July

COME ALONG and see what  
we are all about - first  
session is free - just  
contact our support  
office.

## Thank You to our Funders and Supporters

Auckland Foundation. North Shore Fund. NZ  
Lottery Grants Board. The Lion Foundation.  
Community Organisations Grants Scheme  
(COGS). Foundation North. Pub Charity-  
from gaming machines at Florrie McGreals  
Irish Pub, Brownzy's Sports Bar, The Albany.  
Laurie Parker Trust. Auckland Council.  
Devonport and Takapuna Local Board.  
Kaipatiki Local Board. Hibiscus and Bays  
Local Board. Upper Harbour Local Board.  
Four Winds Foundation. VMG Digital.  
Allright Welfare Trust. Blue Sky Community  
Trust. NZ Community Trust. ANZ Staff  
Foundation. Royle Charitable Trust. Good  
Bitches Baking. COVID-19 Community  
Awareness and Preparedness Grant Fund.  
ST Georges Market Shop. Lister Presbyterian  
Health. Louisa and Patrick Emmett Murphy  
Trust. Mike Pero Foundation. St Joans Trust.

## GOVERNANCE TEAM:

<b>Chairperson:</b>	Robyn Walker (interim)
<b>Secretary:</b>	Robyn Walker
<b>Treasurer:</b>	Emmy Mei
<b>Supervisor Reps:</b>	Jacinda Tyson Nicola Maire

### General Members

Lillian Patterson, Tom Simpson, Vivien Wei Verheijen,  
Keith Haysom, John Stewart, Leah Kermode

## PATRON:

Ann Hartley

## CENTRE SUPERVISORS:

Sunnynook:	Jacinda Tyson
Belmont:	Nicola Maire
Mairangi Bay:	Jennifer Jordan
Birkdale:	Jacinda Tyson
Glenfield:	Jacinda Tyson
Red Beach:	Kiri Beven
Stanmore Bay:	Ali Shaw
Albany	Kiri Beven

## SUPPORT STAFF:

Manager:	Rachel Quin Gilbert
Support Officer:	Ali Shaw

## CONTACT DETAILS:

North Shore CMA  
PO Box 33852 Takapuna 0740  
Phone 09 489 8954. Fax 09 489 8956.

E-mail: [info@cmans.org.nz](mailto:info@cmans.org.nz)

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

Charities Reg. No. CC22808

## CENTRES OPEN 10AM - 12.30PM

MAIRANGI BAY - MONDAYS

SUNNYNOOK - MONDAYS

BIRKDALE - TUESDAYS

ALBANY - TUESDAYS

RED BEACH - WEDNESDAYS

STANMORE BAY - THURSDAYS

GLENFIELD - THURSDAYS

BELMONT - THURSDAYS