

# Lockdown news from CMA

Social isolation was already a major problem before the Covid-19 pandemic, this time round the lockdown in Auckland seems to have lost all of its novelty and is dragging for most of us. With every additional day of lockdown, loneliness is becoming a greater challenge for seniors overall.

Just this week, Prime Minister Jacinda Ardern urged the 23,000 unvaccinated elderly in the city to stay at home because of the higher risk of catching Covid-19 at alert level 3. Despite the vaccine older people were expressing lockdown fatigue and greater anxiety around how easily Delta spread.

With Auckland dropping to alert level 3, there is light at the end of the Delta tunnel and we hope for positive news in the weeks to come.

In the meantime, please enjoy this newsletter packed with information, puzzles and jokes to see you through until we are able to open again.

If any seniors need any help or support during this time please call the office number on 09 4898954 at any time. We are here to help and we can get through this together.



# Debunking the myths – vaccinated people are not just as likely to spread Covid-19 as the unvaccinated

**This has become a common refrain among the cautious – and it's wrong.**

*By Craig Spencer – The Atlantic*

For many fully vaccinated Americans, the Delta surge spoiled what should've been a glorious summer. Those who had cast their masks aside months ago were asked to dust them off. Many are still taking no chances. Some have even returned to all the same precautions they took before getting their shots, including avoiding the company of other fully vaccinated people.

Among this last group, a common refrain I've heard to justify their renewed vigilance is that "vaccinated people are just as likely to spread the coronavirus." This misunderstanding, born out of confusing statements from public-health authorities and misleading media headlines, is a shame. It is resulting in unnecessary fear among vaccinated people, all the while undermining the public's understanding of the importance – and effectiveness – of getting vaccinated.

So let me make one thing clear: Vaccinated people are not as likely to spread the coronavirus as the unvaccinated. Even in the United States, where more than half of the population is fully vaccinated,

the unvaccinated are responsible for the overwhelming majority of transmission.

To spread the coronavirus, you have to have the coronavirus. And vaccinated people are far less likely to have the coronavirus – period. If this was mentioned at all, it was treated as an afterthought.

Despite concern about waning immunity, vaccines provide the best protection against infection. And if someone isn't infected, they can't spread the coronavirus. It's truly that simple. Additionally, for those instances of a vaccinated person getting a breakthrough case, yes, they can be as infectious as an unvaccinated person. But they are likely contagious for a shorter period of time when compared with the unvaccinated, and they may harbor less infectious virus overall. That's why getting more people their shots is crucial for controlling the spread of the coronavirus: Every vaccinated person helps limit the virus's ability to hide, replicate, and propagate.

Among the unvaccinated, the virus travels unhindered on a highway with multiple off-ramps and refueling stations. In the vaccinated, it gets lost in a maze of dead-end streets and cul-de-sacs. Every so often, it pieces together an escape route, but in most scenarios, it finds itself cut off, and its journey ends. It can go no further.

You do not have to wait to get your COVID-19 vaccination. Book your vaccine now or visit one of the many places around New Zealand where you can get vaccinated without an appointment. If you have any questions or concerns or need help with booking your vaccine we can help – contact your supervisor and they will assist you in getting information or getting you to a local vaccination clinic.



## Helpful phone numbers:

**Support is still available during Alert Level 3 and 4**

- If you have COVID-19 symptoms, call the COVID-19 Healthline on **0800 358 5453**
- For any other health concerns, contact your GP or Healthline on **0800 611 116**
- To order groceries through the student volunteer army go to **shop.sva.org.nz** or call **0800 005 902**
- To book your vaccine go to The Book My Vaccine Website or call the Vaccination Healthline on **0800 28 29 26**
- If you are feeling anxious or just need someone to talk to **call or text 1737**
- Elder Abuse Helpline **0800 32 668 65**
- For advice or support you can call Age Concern NZ on **0800 65 2 105**
- If you need to discuss your entitlements phone the MSD Senior Services line **0800 552 002**

## BEST DAD JOKES

- How you fix a broken pumpkin? With a pumpkin patch.
- Why are fish so smart? They live in schools!
- What's the best thing about Switzerland? I don't know, but the flag is a big plus.
- What did the sink tell the toilet? You look flushed!
- Where do boats go when they're sick? To the dock.
- Stop looking for the perfect match; use a lighter.
- Can February March? No, but April May!
- What do you call a pencil with two erasers? Pointless.
- Did you hear the one about the roof? Never mind, it's over your head.





# Celebrating our 50th AGM with some special ladies

The 50th AGM of North Shore CMA was held on Friday 25th of June. The election of the new Board members took place and we had a fabulous historical talk from David Verran. We also awarded two very special ladies their Life Membership of CMA. Congratulations to Dot and Raina. Many thanks to those who attended!



## BOOK TITLE DINGBATS

1	2	3
4	5	6
7	8	9
10	11	12
13	14	15
16	17	18

Youth is the gift of nature but age is a work of art

# Exercise is the best way to cultivate more happiness

Tamaki Makaurau – Research shows it can take as little as five minutes to feel the mood-boosting effects of working out, as exercise can help bring more happiness. The mood-enhancing effects of exercise are well-documented, and it's become standard practice for doctors to prescribe more movement to patients who report feeling down or flat-out depressed. A new UK study by the University of Kent and the University of Reading, looked at a data sample from over 14,000 people that covered their diet and exercise habits, perceived life satisfaction, and delayed gratification or self-control. The study found consistent exercise can indeed result in increased happiness. What's more, they also found that eating fruits and vegetables regularly also appears to be a key aspect of the happiness recipe. With those two findings in mind, the researchers reported positive causation between a healthy lifestyle and improved life satisfaction and well-being. For the first time ever, this study shows that exercise and a healthy lifestyle causes increased life satisfaction and happiness... not the other way around. Staying active and eating right makes people happy, as opposed to naturally optimistic individuals tending to work out more.



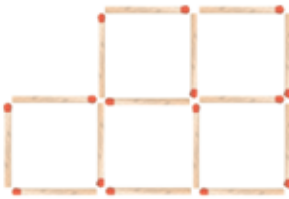
Plenty of earlier studies have found a link between exercise and wellbeing, but the UK study confirms the relationship between lifestyle and life satisfaction. The research team says self-control and the ability to delay gratification plays a big role in the happiness equation. The capacity to put off leisure time or a workout has a major influence on lifestyle choices, which will ultimately have either a positive or negative effect on life satisfaction. People should all consider healthy lifestyle choices like regular exercise and clean eating to be money in the bank toward happiness. Making the right lifestyle decisions is like investing in a better future. More people than ever before are leading largely stagnant, sedentary lives and the researchers said they hoped their work motivates many to start living healthier lifestyle for their own happiness. To establish that eating more fruit and vegetables and exercising can increase happiness as well as offer health benefits is a major development. This may also prove useful for the environment and sustainability.



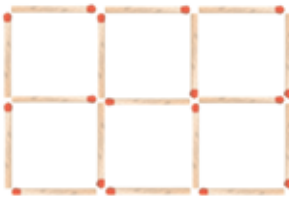


# Matchstick Puzzles - #1

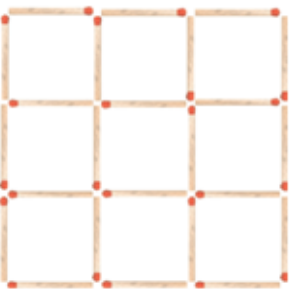
1. Leave just three squares by removing three matchsticks.



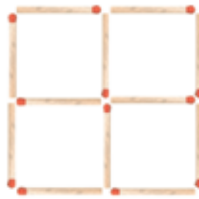
2. Leave just three squares by removing five matchsticks.



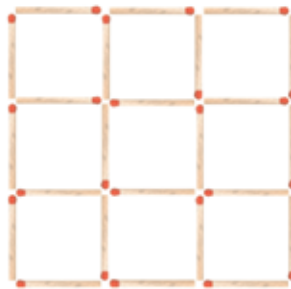
3. Leave just two squares by removing eight matchsticks.



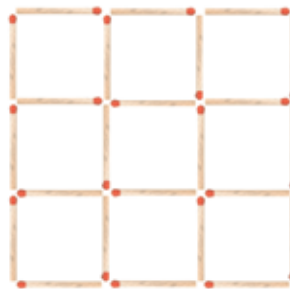
4. Leave just two squares by removing two matchsticks.



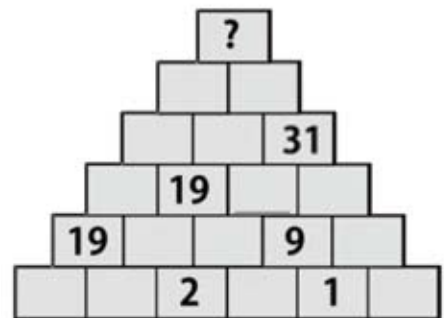
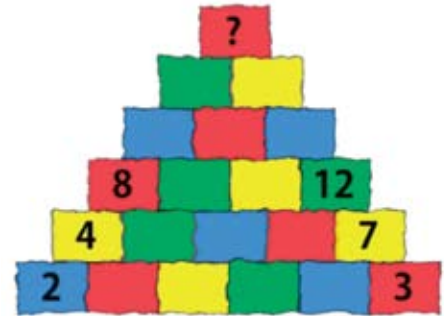
5. Leave just five squares by removing eight matchsticks.



6. Leave just three squares by removing six matchsticks.



Can you figure out what the top number in the Pyramid is? Add each pair of blocks together to find out the number that appears in the block just above them.



## BOOK DINGBATS ANSWERS

1. Ring Of Bright Water.
2. Howard's End.
3. Bring Up the Bodies.
4. Brighton Rock.
5. To Kill a Mockingbird.
6. Room on the Broom.
7. Ivanhoe.
8. Far From the Madding Crowd.
9. Fifty Shades of Grey.
10. 1984.
11. Heidi.
12. The Tiger that Came to Tea.
13. Middlemarch.
14. Northanger Abbey.
15. War and Peace.
16. Kidnapped.
17. The Big Sleep.
18. A Man for all Seasons.

## Types of Dog ANSWERS NEXT PAGE

N	R	S	C	F	F	I	T	S	A	M	O	T	H
H	N	I	O	C	B	U	L	L	D	O	G	T	E
S	R	N	L	H	R	W	E	E	L	G	A	E	B
N	E	A	L	I	P	E	B	G	D	T	I	D	I
U	L	I	I	H	E	A	I	O	O	L	R	R	O
H	I	T	E	U	D	C	E	R	X	P	I	E	M
C	E	A	U	A	P	N	O	O	R	E	D	H	E
O	W	M	D	H	S	I	U	R	E	E	R	P	T
D	T	L	A	U	E	O	N	H	G	D	T	E	C
I	T	A	B	A	T	N	I	S	S	I	A	H	R
L	O	D	B	S	T	C	A	H	C	H	E	S	U
M	R	P	O	I	E	C	T	G	L	H	C	G	L
D	H	O	S	R	R	R	E	E	N	N	E	A	D
P	B	X	U	S	T	H	O	U	N	D	L	R	D



# CMA shout out to . . .



CMA is lucky to be supported by several charitable organisations to support our centres. GBB volunteers bake yummy morning teas and desserts for almost all of our CMA centres. Here is a little bit about the amazing work that they do:

**How it started** - Founders Nic and Marie were talking about the problems of the world over a glass, or two, of bubbles. Feeling helpless, they came up with the idea to let those going through a hard time know that people in their community cared.

**What they do** - Volunteers in 28 Chapters around the country donate their time and baking to those going through a tough time. Volunteers bake what suits them, except where recipient organisations have specific requirements, such as nut-free or halal.

Baking is a vehicle for talking about kindness. Volunteers use baking as a way to talk to their kids about the problems faced by others in their community and recipients tell us the baking gives them the knowledge that they're not alone, that they are a valued member of the community - and that their community cares about the hardship they're going through. That's powerful stuff, and it all fits inside a 10 inch box.

THANK YOU from everyone at CMA – we LOVE what you do!!

## Solve each Magic Square Puzzle!

The sum of every row, column and diagonal must be the same!

13			12
2			7
		4	
		15	1

		9	
15			
2		13	
	14	4	5

10	7		
13	4		
	9		12
	14		

	1		
15		9	6
3		5	
2			

3	14		2
	9		
10		6	
	4		

			12
4		14	
10	3		13
		11	

## DOGS PUZZLE ANSWERS

Bulldog, Pinscher,  
Dalmatian, Mastiff, Boxer,  
Shepherd, Beagle, Terrier,  
Stetter, Corgi, Rottweiler,  
Chihuahua, Collie, Hound,  
Dachshund.

*Answers page after next*

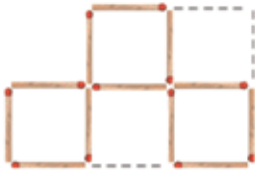
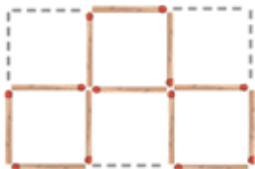
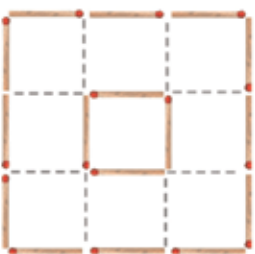
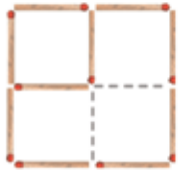
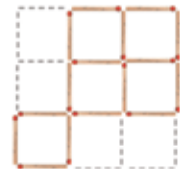
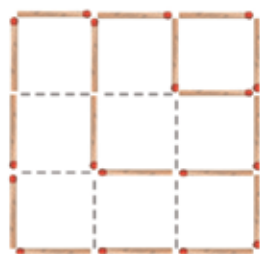


# Puzzles and Riddles to keep you busy

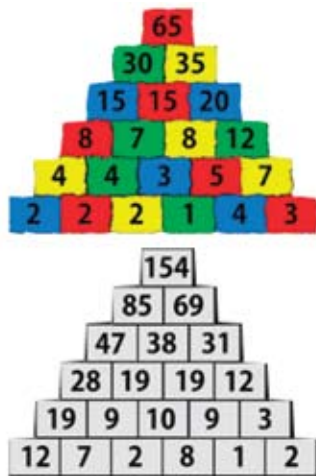
- 1 - What has an eye but cannot see?
- 2 - What has a neck but no head?
- 3 - What has words but never speaks?
- 4 - What has teeth but cannot bite?
- 5 - What is white when it's dirty?
- 6 - What month of the year has 28 days?
- 7 - What is full of holes but still holds water?
- 8 - I'm tall when I'm young, and I'm short when I'm old. What am I?
- 9 - What has to be broken before you can use it?
- 10 - What question can you never answer yes to?
- 11 - It belongs to you, but other people use it more than you do. What is it?
- 12 - Can you name three consecutive days without using the words Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, or Sunday?
- 13 - There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?
- 14 - A man who was outside in the rain without an umbrella or hat didn't get a single hair on his head wet. Why?
- 15 - If you're running in a race and you pass the person in second place, what place are you in?
- 16 - I am an odd number. Take away a letter and I become even. What number am I?
- 17 - Which is heavier: a ton of bricks or a ton of feathers?
- 18 - If there are three apples and you take away two, how many apples do you have?
- 19 - A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
- 20 - Two fathers and two sons are in a car, yet there are only three people in the car. How?
- 21 - What five-letter word becomes shorter when you add two letters to it?
- 22 - What begins with an "e" and only contains one letter?
- 23 - What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?
- 24 - Forward I am heavy, but backward I am not. What am I?
- 25 - You see me once in June, twice in November and not at all in May. What am I?

*Answers next page*

## Matchstick puzzle solution

1. Leave just three squares by removing three matchsticks. 
2. Leave just three squares by removing five matchsticks. 
3. Leave just two squares by removing eight matchsticks. 
4. Leave just two squares by removing two matchsticks. 
5. Leave just five squares by removing eight matchsticks. 
6. Leave just three squares by removing six matchsticks. 

## Pyramid addition solution



## Magic Squares solution

13	3	6	12	6	7	9	12
2	16	9	7	15	10	8	1
11	5	4	14	2	3	13	16
8	10	15	1	11	14	4	5

10	7	11	6	14	1	12	7
13	4	16	1	15	4	9	6
8	9	5	12	3	16	5	10
3	14	2	15	2	13	8	11

3	14	15	2	15	6	1	12
8	9	12	5	4	9	14	7
10	7	6	11	10	3	8	13
13	4	1	16	5	16	11	2

## Puzzles and Riddles answers

- 1 – A needle
- 2 – A shirt
- 3 – A book
- 4 – A comb
- 5 – A chalkboard
- 6 – All of them
- 7 – A sponge
- 8 – A candle
- 9 – An egg
- 10 – Are you asleep yet?
- 11 – Your name
- 12 – Yesterday, today and tomorrow
- 13 – There aren't any - it's a one-story house
- 14 – He was bald
- 15 – Second place
- 16 – Seven
- 17 – Neither - they both weigh a ton
- 18 – You have two apples
- 19 – Four sisters and three brothers
- 20 – They are a grandfather, father and son
- 21 – Short
- 22 – An envelope
- 23 – NOON
- 24 – The word 'not'
- 25 – The letter 'e'

*When granted many  
years of life, growing  
old in age is natural,  
but growing old with  
grace is a choice*



# Cheat's no-stir pumpkin risotto

Warren Mendes has blessed us with the easiest risotto recipe... ever. No stirring, and as impressive as ever, this risotto is a cold weather favourite.

## INGREDIENTS

- 4 cups (1L) chicken or vegetable stock
- 75g unsalted butter
- 1 large onion, finely chopped
- 10 sage leaves and 3 garlic cloves, finely chopped or crushed
- 1 1/2 cups (330g) arborio or carnaroli rice
- 1kg butternut pumpkin, seeds removed
- 1 cup (250ml) dry white wine
- 50g finely grated parmesan, plus extra to serve



## METHOD

- Place the stock in a large saucepan over low heat and gradually warm.
- Place the butter in a deep frypan or large saucepan over medium heat and cook until melted. Add the sage and onion, season with salt and pepper, and cook for 3-4 minutes until the onion has softened and the butter is starting to brown. Add the garlic and cook for 30 seconds, then stir in the rice and toast for 2 minutes
- Meanwhile, cut the pumpkin into chunks and grate on the coarse side of a grater, discarding the skin. (Alternatively, whiz peeled pumpkin chunks in a food processor until very finely chopped.) Add grated pumpkin to the pan and cook for 5 minutes or until softened, then add the wine and all of the hot stock. Bring to a simmer and reduce heat to low. Cover with a lid and cook for 15-20 minutes until the rice is tender and has absorbed most of the liquid.
- Remove pan from the heat. Vigorously stir in parmesan and season to taste. Divide risotto among serving bowls and top with pepitas (if using), extra parmesan and freshly ground black pepper to serve.

# Notice Board

Gibbs Farm Fundraiser

NEW DATE 26th November  
- tickets on sale now at  
iticket.co.nz

Fun Day - CANCELLED for  
2021

Term 4 starts on 18th  
October if Auckland  
is at LEVEL 2. We will  
advise as soon as we  
can.

## 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. Allright Welfare Trust. Blue  
Sky Community Trust. NZ Community  
Trust. ANZ Staff Foundation. Royle  
Charitable Trust. Good Bitches Baking. ST  
Georges Market Shop. Lister Presbyterian  
Health. Louisa and Patrick Emmett  
Murphy Trust. St Joans Trust. Catholic  
caring foundation.

## GOVERNANCE TEAM:

<b>Chairperson:</b>	Robyn Walker
<b>Vice Chairperson:</b>	Keith Haysom
<b>Secretary:</b>	John Stewart
<b>Treasurer:</b>	John Brodie
<b>Supervisor Reps:</b>	Jacinda Tyson Ali Shaw

### General Members

Lillian Patterson, Tom Simpson, Vivien Wei Verheijen,  
Leah Kermode, Emmy Mei, Michaela Broehl Ciesilk

## PATRON:

Ann Hartley

## CENTRE SUPERVISORS:

Sunnynook:	Jacinda Tyson
Belmont:	Jennifer Jordan
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**

**SUNNYSNOOK - MONDAYS**

**BIRKDALE - TUESDAYS**

**ALBANY - TUESDAYS**

**RED BEACH - WEDNESDAYS**

**STANMORE BAY - THURSDAYS**

**GLENFIELD - THURSDAYS**

**BELMONT - THURSDAYS**