

Enigma summer 2010

NEW BOOKS in our Library:-

Get over it! – by *Bev Aisbett*

Choose to be Happy – by *Wayne Froggatt*

End the Struggle and Dance with Life – by *Susan Jeffers*

Feel the Fear ...and Beyond – by *Susan Jeffers*

Life is Huge! by *Susan Jeffers*

Taming Your Dragons by *David Samuel*

Journeys with the Black Dog – *Inspirational stories*

I've had it Up to Here – *stressbusting tips from Consumer*

Living with a Black Dog – by *Matthew and Ainsley Johnstone*

The Bipolar Disorder Answer Book – by *Charles Atkins, MD*

Dream Fish Floating – by *Karlo Mila* – Poetry

A Well Written Body – by *Karlo Mila* (with paintings by *Delicia Sampero*)

These are a variety of subjects so I am sure there will at least one of them that will interest **YOU**...

Call in to browse.

Soon to be released Caught Between Sunshine & Shadow

Compiled by Bay of Plenty school teacher **Georgie Tutt**, this book is a collection of stories and poems of more than thirty New Zealanders – from teenagers to octogenarians, males and females. People who are managing, and living, fulfilled lives despite a diagnosis of Bipolar Affective Disorder.

The book will be launched in Christchurch on 7th December this year.

Once you have bought your copy of 34 stories, you will be given access to a computer file to download a further 16.

The aim of this book is to provide hope for those people who might not be managing, or for their friends, partners or families.

We will purchase a copy once it is available. Look for it in our library in the New Year.

ABOUT A MOUSE

Twas the night before Christmas
when the little white mouse,
was filling her cupboards
with cheese from the house.

The cat was a'watching
the little mouse run,
and grinned like a Cheshire
this should be great fun.

The mouse had 12 children
all hungry and cold,
she needed warm bedding
could she be so bold.

As to take just one cuddly
from the pile on the chair,
could she get past the cat
that was her main fear.

She waited and prayed
please let me get through,
if I can just make it
I promise I'll do..

Whatever is asked of me
I will try and obey.
But the cat sits and waits
he's been waiting all day.

The resident family
in a room down the hall,
were totally ignorant
of the drama behind the wall.

The cat heard them singing
the carol 'Silent Night',
and he got to thinking
like he'd just seen the light.

His tummy was filled
with good meat and some
nibbles,
as he sat there waiting
with a chin full of dribbles.

I need no more food
and I'm too full to play,
I don't need that mouse
I'll not eat again today.

And big as he was
he crept quietly away,
leaving the mouse and her
children
safe to see another day.

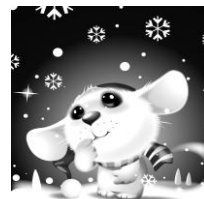
On Christmas morn
as the mice family slept,
and the cat lay curled up
feeling happy and content,

the church bells rang out
all be of good cheer,
don't eat too much food
nor drink too much beer.

The mice family woke
feeling safe, snug and warm,
the cat felt quite virtuous
'cause he'd done no harm.

The resident humans
the cat and the mice,
All celebrated their Christmas
But give you this advice,

Relax on this special Day
Share with your family and
friends
for next week you'll wonder
where have the months
gone,
as fireworks go pop
a new year comes along.



by Jan Idour

Our thanks to those businesses who have assisted us throughout the year.
To all the Food Banks our thanks for your readiness to help when it has been needed.

Christmas Rum Cake (Humour)

1 Tsp. Sugar
1 or 2 Quarts of Rum
1 Cup Dried Fruit
Brown Sugar
1 Tsp. Soda
1 Cup Butter
2 Large Eggs
1 Cup Baking Powder
3 Juiced Lemons
1 Cup of Nuts

Before starting, sample rum to check quality. Good, isn't it? Now proceed.

Select large mixing bowl, measuring cup, etc.

Check rum again. It must be just right. To be sure rum is of proper quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat.

With electric mixer, beat 1 cup of butter in a large fluffy bowl.

Add 1 seaspoon of thusar and beat again.

Meanwhile, make sure rum is still alrighty. Try another cup. Open second quart if necessary. Add leggs, 2 cups of fried druit and beat til high. If druit gets stuck in beaters, pry loose with drewscriber.

Sample rum again, checking for tonscisticity.

New Recycling Shop

You will find this Charity Barn in Kaikorai Valley Road by turning left at the roundabout at the bottom of Stone Street. The is a huge sign on the front "Mary's Meals".

It is open 7 days a week between the hours of 9am and 5p,m

There are all manner of things – clothes, books, toys, shoes etc. with the first 5 items free then \$1.00 per item. Recycles paint at \$5.00 a litre. They would also like any surplus goods you may have and are looking for volunteers.

CONTINUED

Next, sift 3 cups pepper or salt (really doesn't matter

Sample rum.

Sift 1/2 pint lemon juice. Fold in chopped butter and strained nuts. Add 1 bablespoon of brown sugar-or whatever color you can find. Wix mell. Grease oven. Turn cake pan to 350 gredees. Pour mess into boven and ake. Check run again and bo to ged..

.ADN HALPIE HOLIGLAZE TWO YA'ALL!

QUIZ for Summer with a Christmas flavour

1. Who was the first British monarch to broadcast a Christmas message to the nation?
2. Child star Jimmy Boyd sang which hugely popular 1950's Christmas song, which was initially banned by the Catholic Church in Boston?
3. Who banned Christmas in England between 1647 and 1660?
4. Who are the four ghosts in Charles Dickens' A Christmas Carol?
5. What liqueur goes into making a 'Snowball'?
6. The Nordic countries (Denmark, Sweden, Norway etc) tend to celebrate Christmas on which date?
7. Which US state, in 1907, was the last to declare Christmas a legal holiday?
8. Presepe in Italy, refers to what Christmas tradition?
9. Which of the Wise Men was said to have brought the gift of gold?
10. The 1954 movie "White Christmas" was the first to be made using what new format?
11. What changed in 1752 which caused England to have a white Christmas less frequently thereafter?
12. How many gifts are given in total in the song "Twelve days of Christmas?"

True contentment is the power of getting out of any situation all that there is in it.

G.K. Chesterton

Vitamin D – the one we need for healthy bones and a strong skeletal frame.

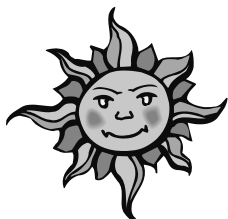
Whilst we get some from the food we eat, the major source comes from the sun. Where, you might ask some days, is the sun? Believe it or not, you can get vitamin D this way on a dull day – the sun is still up there.

How much? Here comes the problem, for while we need vitamin D which apart from our bones, also aids in the prevention of various cancers, heart disease and some autoimmune disorders, the Cancer Society has regularly warned us of too much. New Zealand has the highest incidence of Melanoma in the world. Approx. 250 of us succumb each year to this form of cancer. Not a record to be proud of.

There is no hard and fast rule for everyone on how much Vitamin D is enough. The levels of this vitamin are influenced by variations in age, skin colour, geographical location, the time of the year or day.

Those who spend much of their lives indoors, the house-bound and those folk in residential care are likely to be Vitamin D deficient. For this reason trips outdoors are essential, especially as osteoporosis is often lurking in the wings.

Be sensible, enjoy the sun, but do protect yourself against the harmful rays. Apart from sun creams, hats and sunglasses, wearing light-weight clothing that covers the vulnerable areas of skin helps immensely so you can get your dose of Vitamin D without the harmful sunburn.



Where are our books?

Our library shelves are looking rather depleted. One book, of which we have six copies, has not been in our library for some time.

Would you **please** check if you have any of our books that you have finished reading and return them to our office.

It would be great to have them back before Christmas and we could then start the new year with a full library.

If you are unsure of what you have borrowed, please don't hesitate to give us a call here in the office and we can let you know which book/s you have out on loan.

Thank you in anticipation of a good return of books.

Answers to Winter's Quiz

1. Ludo
2. Bern
3. Melanie
4. Long Duk Dong
5. A brain
6. White rum
7. Vanuatu
8. Single malt whisky
9. Gun powder
10. Gale
11. In the Land of the Lost
12. Paracetamol

Congratulations to Moira Watson who got 11 answers right.

The one that caught her out was question no. 5 which was "If a creature is Odopus, what does it lack?"

Well done Moira, we have a consolation prize in our office if you like to call in for it.



DECEMBER 2010

Friday 3rd – Ladies' Get-together
Card making

Remember ladies, this group is for you. We welcome suggestions for future meetings. Please remember to let us know here in the office if you intend coming.

Wednesday 8th – Christmas Picnic.
This is a lunch-time event. See other info in this newsletter.



Our chief want in life is *somebody* who will make us do what we can.

Ralph Waldo Emerson



JANUARY 2011

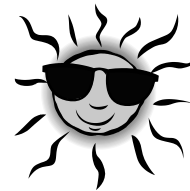
Month of Rest



FEBRUARY 2011

Friday 4th – Ladies' Get-together. - Outing

✂ Christmas Picnic in the Sun



for FUN, FOOD and time with FRIENDS

This will be held on **Wednesday the 8th December at Noon** in the pleasant surroundings of Woodhaugh Gardens – Bring your outdoor games, sunhats and glasses.

Please let us know Phone 4772-498 here in the office if you intend coming by **Friday 4th December**. It helps us get the catering right if we have an idea of the numbers attending.

