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Hamilton Stroke Club Newsletter



Volume 7 Issue 2

April, May, June 2012 Newsletter

Stroke Club Bus trip to Raglan



Hilary the Easyrider Bus owner brings Cathy Foster and her electric wheelchair Down on the bus hoist at the Bridal Veil Falls track entry

On the 11th April 2012 thirty of the Hamilton Stroke Club members embarked on a bus Trip to Raglan Via the Bridal Veil Falls using the Easyrider Wheelchair hoist bus and owner/driver Hilary McLachlan.

The day started off with lovely fine autumn weather we loaded up at the Marist Rugby Club car park and set off for Raglan, we arrived at the Bridal Veil Falls in good time after having good views of the wind farm turbines on top of the hills.

After getting everyone off the bus a good percentage of the thirty on board made the trip along the walkway into the falls two top lookout platforms wheelchairs as well as the track into the lookout are now wheelchair friendly after a time spent looking at the falls from the two lookout platforms at the top of the falls everyone made there way back to the bus and



Hilary the Easyrider Bus owner brings Margaret Hoekstra and her walking frame Down on the bus hoist at the Bridal Veil Falls track

loaded up and headed into Raglan to the Raglan Club to enjoy a lovely fish and chip lunch of fresh gurnard locally caught.

After a lovely meal there was time for a wander down the street to the local shops or stay in the club for a go on the one armed bandits or a leisurely drink or coffee.

Right on cue as we were about to load up the bus the heavens opened and the long predicted rain arrived and escorted us all the way back to Hamilton so a good day despite the rain for those that were able to go.

Thanks again to Hilary and the Easyrider bus with the wheelchair hoist those with wheelchairs and walking frames were able go on the bus trip as well as everyone else, thanks Hilary.

ROLL CALL

Sadly we have to report that the following past and present members and volunteers have passed away since our last newsletter.



Rex Thurgood
5th May 2012
Past President

He will all be greatly missed by his many friends at the Stroke Club and we give our sincere condolences to Joan and the family



Stroke Club enjoys talented entertainers



Jason Tapp

On the 25th January 2012 at the first stroke club meeting in 2012 we had to entertain us the very talented Jason Tapp who does a very good impersonation of the Country Music singer Johnny Cash.

Jason Tapp performed on New Zealand's first "Stars in their Eyes" Show. Jason's talent is by no means restricted to Impersonating Johnny Cash, Jason does a very convincing Elvis Presley impersonation and we were lucky to have him perform both Johnny Cash and Elvis Presley for the members.

Everyone enjoyed Jason's performance and he appeared thanks to Annette Coombes who arranged for Jason to perform for us.



Alexander (Alex) Carlton

Alexander (Alex) Carlton has been singing for nearly half his life – at 13 years of age, that's a long time!

A student at Hamilton Boys High School in New Zealand, Alex is very focused on being a big name in the entertainment industry one day.

Favouring jazz and what he calls 'the kind of songs that people remember falling in love to', Alexander is an up and coming crooner who's destined for great things. Seen around Hamilton often, either busking or performing at local events such as the Hamilton Jazz Club, at the Tamahere Markets, Hamilton

Farmers Market and other places around the city. Alex also performed at the World Buskers Festival in Christchurch in February this year

Alex is happiest when he's performing and at the 28th of March 2012 Stroke Club we were lucky enough to have Alex along to sing for the members of the stroke club thanks to Annette Coombes who saw Alex busking at the Tamahere Markets and asked him to come and perform at the Stroke Club meeting in March.

Alex sang some lovely standards from people such as Frank Sinatra and other crooners of similar vintage, a very talented young man and a privilege to have him along to sing for us. A young man who will go far and I'm sure a name we will hear of in years to come.

From the Presidents Desk



Bev Depree

Hi members. Well here we are now into Winter, but seems so far to be not too extreme. Shortest day been and gone so on the up side again slowly.

Stroke club days continue to be well supported with new members joining each month. Welcome to you all and enjoy your club days.

April saw us enjoy the great musical duo of Ken Jackson and Tipene Howard while for May we were entertained by the talented Probus Club line dances. Today for June we have members of the Hamilton City Brass Band with Christmas music. Today's theme Mid-year Christmas. Thanks must go to your entertainment sub-committee for all this organising and variety.

In March we welcomed Graham Thompson, St John Ambulance Volunteer who is attending each club day in case of any medical events happening. This gives us all peace of mind that help is at hand immediately.

BRAIN DAY 2012 - On 24th March myself Paul Burroughs, Betty Collis and Lyn Harrè attended the Brain Day presented by the Neurological Foundation of NZ. Dr Suzanne Ackerly was a key note speaker on her research funded by the N.F.N.Z. focusing on "Priming" of the stroke affected side of the brain using non-invasive magnetic

stimulation with simple rehabilitation exercises. To date this exciting research has shown that this combination can help people recover arm and hand function several months after a stroke. Jill O'Reilly Stroke Foundation Field Officer then gave an overview of the Field Officer Service for the Midland Region. Other speakers represented Parkinson's, Alzheimer's and Epilepsy.

The clubs bus trip to Bridal Veil falls & Raglan Club on April 11th was enjoyed by all who went. I was thrilled by the effort shown by many of our members who took the walk or wheelchairs through the bush track to see the falls. Well done team! Thanks to everyone for keeping to the time schedules given by driver Hilary.

Sadly on May 5th Rex Thurgood, our past president died suddenly ([see item page 11](#)). I was privileged to be asked by Joan to present a Eulogy for Rex on behalf of the members and committee of Stroke Foundation Hamilton. This I did with pride for us all. The Thurgood name has been synonymous with Stroke Foundation Hamilton for many, many years. Our love and thoughts were given to Joan and family over Rex's passing.

A great day was enjoyed by all June 13th for our Mid-year Christmas Dinner. The ambience music and meal, in my opinion was faultless. Special thanks to Ballantyne Catering and the Hamilton Combined Returned Services

Club for a great venue and atmosphere.

June 20th, during Volunteer Awareness Week 24 Volunteers, including committee were shouted lunch at the Hamilton Workingmen's Club in recognition of their voluntary commitment to Stroke Club.

Volunteering Waikato Volunteer Excellence Awards were held 20th June at the Atrium Wintec City Campus. We had a nomination in for Paul Burroughs in the individual Volunteer of the year award of which there were 15 nominations. Paul was successful receiving the Special Commendation Award (Third Place). Paul's framed Certificate is on display today. Paul also received \$100 restaurant Voucher at Smith & McKenzie Chartwell. Well done Paul.

Stroke Awareness Week 2012 this year is 3rd to 10th September we will be having displays at various city supermarkets over this week.

Mon 3rd Pak N Save Clarence St
Tues 4th Pak N Save Mill St
Wed 5th New World Hillcrest
Thurs 6th New World Te Rapa
Friday 7th New World Rototuna
Sat 8th Frankton Markets
We will be needing members help to man these days. A roster will be available next club day (**25th July 2012**)

Disability Expo 2012 at Claudelands 14th and 15th September we may need help there too.

Regional 2012 Stroke Club Convention. Will be held on Saturday 6th October, 2012 at the Convention Centre, Hamilton Airport Motor Inn We hope more of our members will chose to attend this year, with not so

Continued on page 4

From the Presidents Desk continued

far to travel. (more info on this later).

Valray Country Music Promotions –Val and Ray Thurgood are putting a fundraising Country Music Concert on for Stroke Foundation Hamilton and Te Awamutu Stroke Group on Saturday November 17th

in Te Awamutu. (More on this later).

Support Groups - The Caregivers Support Group enjoyed April meeting with lunch at the H.W.M.C. May meeting with afternoon tea at the "Plant Place" and June at the Hollywood Coffee Bar in Chartwell. Thanks again to Jill and Betty for venue arranging.

We have (2) third year students from the Wintec Hamilton School of Occupational Therapy doing a community project for Stroke Foundation Hamilton on Civil Defence. Tess and Julie will be speaking to you all about the project after the A.G.M. at the 25th July 2012 Stroke Club meeting.

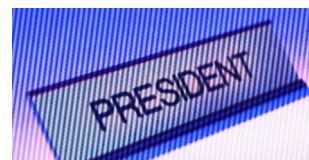
Once again to our Committee and Volunteers your commitment to the club is great. Thank you all.

Welcome to our new volunteer Tracy Hancock.

We'll take care folks, keep warm and safe.

Regards

Bev Depree



Toastmasters Helps with recovery



Moses and Renu Cherrington with the trophies won at the Recent Toastmaster's regional Competition

The "Drop In" Lunch meetings at the H.W.M.C. on the third Thursday of each month is going from strength to strength. We have some other disability groups coming along and enjoying the social outing together with us. Thanks again to our two "Pauls".

Colleen and I recently had the opportunity to visit ex members Shirley McGarva at Flat Bush Manakau and Iris Englebrechtsen and Marie Byers at Kaihohe. They all wished to be remembered to everyone at the Stroke Club. It was nice to catch up with them all.

Stroke club Member and committee member Moses Cherrington in mid - April this year won the BNZ Trophy for Division D Evaluation contest at the regional competitions in Tirau.

Moses has been a member of the First Impressions Toastmasters club for ten years and after his stroke used the Toastmasters meetings and the intellectual stimulus and social contact of the Toastmaster's group as part of his stroke rehabilitation program and Moses thinks it has been a key factor in the great improvement in his condition.

Prior to having his stroke Moses worked as a real estate

agent.

In early May Moses and Renu travelled to the Toastmaster's National Convention in Dunedin to compete in the National Toastmaster's Evaluation contest and while in Dunedin met with Stroke Foundation Staff to see how they do things in the Dunedin area so we look forward to hearing Moses's stories from down in Dunedin.

Since the Dunedin Convention Moses and Renu travelled to Wellington on the overnight bus to attend Toastmaster's training to further extend Moses Toastmasters group managing skills.

Bunnings Warehouse Community Fun Day

*Wise
Words*

*To Come
and Go*

*by Guy
Finley*

*Stand, like
mountain,
Bend, like
reed.
Surge, like
fountain,
Wait, like
seed.*

*Give, like
sunshine,
Melt, like
snow.
Live, like
springtime . . .*

*Come and
go.*



Stroke Foundation Hamilton Volunteers Standing Left to right Betty Collis, Bev Depree, Lyn Harrè, Waikato Hospital Nurse Carol Marshall and Regional Council Member Christine Mara, Sitting in front Paul Burroughs and David Gunn just out of the photo on the right is Waikato Hospital Stroke Unit Nurse Pat Simpson taking a blood pressure reading all manning the stand at the Bunnings Community Fun Day.

On St Patricks Day which was on Saturday the 17th March 2012 and was a brilliant sunny Autumn day a group from Stroke Foundation Hamilton committee members and Regional Council Member Christine Mara and two other nurse colleagues from Waikato Hospital Pat Simpson and Carol Marshall manned a stand at the Annual Hamilton Bunnings Warehouse Community Fun Day where they gave out information on "Stroke" and three nurses from Waikato Hospital took peoples Blood Pressure and gave out information on blood pressure which is a stroke risk factor.

The day was a good chance to raise our groups profile and give valuable information to the public about stroke risks, blood pressure and

things like TIA;s.

Almost 100 blood pressure readings were taken and approximately 10% of the people had elevated blood pressure and were advised to follow this up with their GP.

So a very useful day all around for all and many thanks to the committee members and nurses from the Waikato Hospital who manned the stand at the Community Fun Day.

Thank you also to Lyn Campbell from Bunnings Warehouse who did the organising and liaised with the community groups for the Bunnings annual Community Fun Day.

Singing helps stroke victim to speak again



REWIRING THE BRAIN: Music therapist Kimberley Jones takes a singing class for people with neurological disorder.

Music therapy programme piloted

A Christchurch stroke victim, who had lost the ability to speak, has rediscovered his voice in a choir. Neville Tiller, 74, is one of about 30 people with a neurological condition who have joined a 10-week pilot music therapy programme to try to get his voice back. Tiller had a stroke three years ago.

"I couldn't speak at all for about a year," he said. Words were slowly coming back with therapy, which included singing in the choir run by Therapy Professionals at the Mary Potter Community Centre.

Tiller never imagined he would join a choir. "It's good confidence building and it's nice to meet other people." Andrew Young, 75, said Parkinson's disease had affected his speech and the choir was helping him project his voice.

helping us project. They and how loud we could are any better."

"Normally people with Parkinson's tend to speak softly and this is measured us all at the beginning – how long we could hold a note get, and they will do it again at the end of the 10 weeks to see if we

Meeting other people with neurological conditions had been a good spinoff, he said. "It's been really great. Normally, I only meet people with Parkinson's at things but there [are] people who have had strokes, head injuries ... and all are singing in the same choir."

Therapy Professionals general manager Shonagh O'Hagan said the programme, funded by Music Therapy New Zealand, improved and maintained vocal function in people with neurological conditions.

Research showed singing could help rewire the brain after neurological injury and restore verbal communication skills through improved breath control, perception and timing of speech, she said. "Songs and music are processed in a different area of the brain than speech and while many people living with the effects of a stroke can't speak, they may be able to sing." Singing could help them improve concentration, speech, organisation of thoughts, and formation of coherent sentences, she said.

"Shallow breathing is a common experience for people living with Parkinson's disease, usually resulting in diminished vocal strength, weaker speech muscles, and loss of co-ordination of the muscles involved in speech production.

"Singing helps co-ordinate these muscles, strengthening the voice and improving the sound that's produced. It also provides an expressive outlet for feelings of anger and frustration."

Poem



A Poem by Lyn Harrè

(Written after a visit to a doctors surgery)

*When you look at your computer to analyse me, how come you
can't tell by my face what things are bothering me?*

*You punch up my file and turn your face away, and I can't see
your eyes and what they should say.*

*You read me by the words that someone else has put in, and I
don't have a clue what state my body is in.*

*Yes I know you will speak when the time is right for you, but meanwhile I feel like a dummy
sitting close to you.*

*It all feels so impersonal to have my life on a machine, I'm used to seeing your face and
you telling me as it seems.*

*I'm locked into this method of interpersonal relay, how long do I have to wait so I can have
my say?*

*I'm hoping the info you give is really what I need, even if it is up to computer speed, but I
still feel disconnected from a human point of view, I want to have a consultation with YOU.
But this is the way it is and computers have come to the fore, am I the only one who wants
it as before?*

*Progress or regress this world is moving so fast, but compared to the other will it really last?
Our race is being brainwashed by a little microchip, and we have let our humanness and
openness truly slip.*

*We have become like robots and rely on time saving gear, our days are programmed for
every day and year.*

*So when I come to you and you look at your computer screen, unbeknown to you I give a
silent scream.*

Stroke Club Social Group in 2012

For those of you who don't know yet there is a social group who are now meeting each third Thursday of the month at the Hamilton Workingman's Club in Commerce Street in Frankton.

The social group is not a structured group just a drop in group who meet for a chat or for a coffee or cup of tea and a meal at the workingmen's club and using the clubs facilities which for those of you who have not been there before are excellent including a good casino bars and dining area.

The meals are very good value with the roast of the day only \$8.00 and a good selection of other meal options from toasted sandwiches and chips to a nice steak and salad.

The club shuttle van is also available in the

afternoon to go home in for only \$4.00 to anywhere in the city which is very good value.

Don't worry if you are not a member of the Hamilton Workingmen's Club just see Paul Kurtich or Paul Burroughs and they will explain how you can get into the club without being a member on the drop in days.

Why not check us out by coming along in 2012 on the third Thursday of the month at 11.00 am to the Hamilton Workingmen's club in Commerce Street in Frankton.



Mid-year Christmas



Members of the Stroke Club enjoying the Mid-year Christmas Luncheon at the Hamilton Combined Returned Services Club

On Wednesday the 13th of June 2012 a group of 60 members attended the Mid-year Christmas Luncheon at the Hamilton Combined Returned Services Club, the club rooms had a Christmas theme thanks to Annette Coombes who kindly brought along her Christmas Decorations. The club caterer had set up the tables and serving



Rosemary & David join MC Barry to give a karaoke performance for the members during the Mid-year Christmas Lunch

buffet in the main body of the club rooms and the room was nice and warm despite the frosty morning. Everyone enjoyed the lovely meal prepared by the Club caterer. A lovely friendly atmosphere was there courtesy of the friendly club staff and the MC Barry from the King Country who travelled up to share his music and jokes

Wisdom

An old Cherokee told his grandson,

"My son, there is a battle between two wolves inside us all. One is Evil. It is anger, jealousy, greed, resentment, Inferiority, lies, & ego. The other is Good. It is joy, peace, love, hope, humility, kindness, empathy & truth." The boy thought about it, and asked, "Grandfather, which wolf wins?"

The old man quietly replied,

"The one you feed"



Crossword Solution

Across

1 Quaint 4 Decade 9 Immerse 10 Triad 11 Extra
12 Traitor 13 Beneficiary 18 Cricket 20 Expel
22 Erode 23 Ovation 24 Emends 25 Parent

Down

1 Quiver 2 Admit 3 Narrate 5 Extra 6 Aviator
7 Endure 8 Restriction 14 Episode 15 Ikebana
16 Scheme 17 Planet 19 Knead 21 Price

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Saskia will come to your home and deal with all your foot problems in the comfort of your own home

Give Saskia a ring at the number above and she will come to you at home and deal with all your feet problems

Wisdom

Those who criticize our generation forget who raised it

~~~~~

*The simple things are also the most extraordinary things, and only the wise can see them.*

- Paulo Coelho

~~~~~

The only time you run out of chances is when you stop taking them.

~~~~~

*Don't argue with Idiots.. They will bring you down to their level and beat you with experience.*

~~~~~

"People have very long memories, So invest in making yourself a good memory."

~~~~~

## 2012 Regional Raffle Results

|                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>STROKE FOUNDATION</b><br/>MIDLAND REGION INC</p> <p><b>RAFFLE 2012</b></p> <p>Name:.....</p> <p>Address:.....</p> <p>Phone:.....</p> <p>ORGANISER: Malita Cognet<br/>PO Box 990<br/>Tauranga 3140</p> <p><b>No. 1301</b></p> |  <p><b>RAFFLE 2012</b><br/>Proceeds support the work of the Stroke Foundation in the Midland Region.</p> <p><b>1st Prize: \$1,000 BUNNINGS OR MITRE 10 VOUCHER</b><br/>(winners choice of retailer)</p> <p><b>2nd Prize: \$1,000 GROCERY VOUCHERS</b><br/>(winners choice of retailer)</p> <p><b>3rd Prize: \$400 PETROL VOUCHER</b></p> <p><small>PRIZES ARE NOT REDEEMABLE FOR CASH<br/>Limited to 6,000 tickets numbered 1000-7000. Winners determined by random draw. In the event of a cancellation: This will be published on our website <a href="http://www.strokemidland.org.nz">www.strokemidland.org.nz</a> and all money will be refunded.</small></p> <p><small>Lottery Commences: 1st March 2012 - 17th May 2012.<br/>Lottery drawn: 21st May 2012 at the Greerton Police Station, Tauranga<br/>Results published: on <a href="http://www.strokemidland.org.nz">www.strokemidland.org.nz</a></small></p> <p><small>Organiser: Malita Cognet, PO Box 990, Tauranga - Phone (07) 571 3061</small></p> <p><b>No. 1301</b></p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

The 2012 Regional raffle to raise funds to support the Midland Region Field Officer Service including our Hamilton based Stroke Field Officer Jill O'Reilly was drawn at the Greerton Police Station on the 21st May 2012.

Many thanks to those who brought or sold the Regional Raffle tickets your continued support is very much appreciated and is one of the few sources of untagged funds that go to support the work of the Midland Regions Field Officer Service

The 2012 Regional Raffle results were as follows:

First prize:

Ticket Number 1046 Rotorua

Second prize:

Ticket Number 6017 Hamilton

Third prize:

Ticket Number 4073 Matamata

## Interested in a Stroke Choir?



Stroke Foundation Hamilton Committee Member Moses Cherrington who is involved with the Home School Junior Choir the "Little Pilgrims" as it's conductor is interested to see if there is enough interest by stroke club members in forming a "Stroke Choir" if you think you might be interested in being involved in a Stroke Choir contact Moses and if there is enough interest he will go ahead and form a choir.

If you are interested in being part of a choir contact Moses by phone at 850-1660 or email [moses@infogen.net.nz](mailto:moses@infogen.net.nz)



Rex Thurgood



**"Please  
Support  
all  
the  
Sponsors  
Who  
Support  
Us"**



## Death of past President

Sadly we have to report the sudden death of past President of Stroke Foundation Hamilton Rex Thurgood in Hamilton on the 5th of May 2012 after a fall from his wheelchair.

Rex and his wife Joan who were both life Members of Stroke Foundation Hamilton retired from the committee of Stroke Foundation Hamilton at the conclusion of the 2010 Stroke Foundation Hamilton AGM after many years of service in a number of roles.

Rex and Joan were presented with "Life Membership Certificates" by Vice President Bev Depree to recognise their long service as both Stroke Club volunteers and long time committee members and Office holders.

Rex having held Office as the Fundraiser, Vice President and President of the Stroke Foundation Hamilton over a number of years. Rex was elected

President at the 2000 AGM and served as President for nine years until his retirement in 2010.

Prior to 2000 Rex had served as Vice President under previous President Bev Perry from 1993 until 2000.

Rex also took on the role of Fundraiser as well as committee member for the time he was Vice President and President.

Rex Thurgood served over eighteen years on the committee of Stroke Foundation Hamilton.

Everyone from Stroke Foundation Hamilton gives their condolences to Joan, Nigel and the family

## Caregivers Support Group in 2012

The Carer Support Group has their monthly meetings which are now held on the **third Tuesday of each month** and the venue varies each month.

In 2011 the group has met for coffee and lunch at a number of city venues and each month the members of the group will decide where the following months Caregivers Support Group will be held.

For information about meeting times and the venue and any other

questions for the groups meetings contact Jill O'Reilly the North Waikato Field Officer on:  
Phone: 856 - 1654 or email at:  
[strokehamilton@paradise.net.nz](mailto:strokehamilton@paradise.net.nz)

or  
Contact Betty Collis on  
Phone: 855 - 6440 or email at:  
[bettycollis@clear.net.nz](mailto:bettycollis@clear.net.nz)

**Winner of the last three caregivers raffles have been:**

**Rosemary Hobern  
Bev Hughes  
Joan Davies**



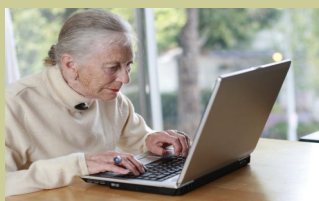
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Email: paul.burr@xnet.co.nz

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You will find the web site at  
[www.strokemidland.org.nz](http://www.strokemidland.org.nz)**

*Reducing the risks - improving the outcomes*

## Stroke Foundation of New Zealand Inc

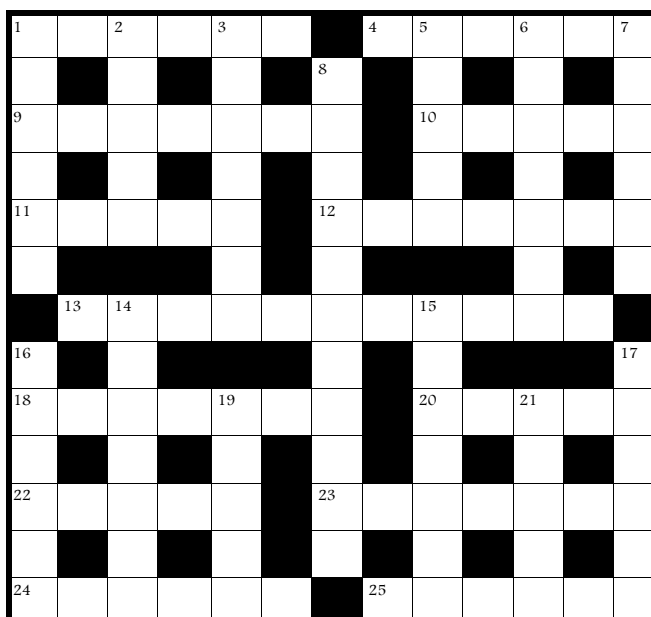
### Mission Statement

***Reducing the risks - improving the outcomes***

# CROSSWORD

## Clues Across

- 1 Old-fashioned (6)
- 4 Period of ten years (6)
- 9 Put under water (7)
- 10 Group of three (5)
- 11 Actor hired for crowd scenes (5)
- 12 One who betrays (7)
- 13 Receiver of a benefit (11)
- 18 Fair play, sportsmanship (7)
- 20 Throw out, eject (5)
- 22 Destroy surface of (5)
- 23 Enthusiastic applause (7)
- 24 Remove errors from (6)
- 25 Mother or father (6)



## Clues Down

- 1 Case for arrows (6)
- 2 Confess to (5)
- 3 To tell a story (7)
- 5 Special edition of a newspaper (5)
- 6 Person who flies aircraft (7)
- 7 To put up with (6)
- 8 Confinement, limitation (11)
- 14 Part of serial story (7)
- 15 Japanese art of flower arrangement (7)
- 16 Plan in underhand way (6)
- 17 Heavenly body (6)
- 19 Work flour into dough (5)
- 21 Estimate value of (5)

## Solution on Page 9

Crossword kindly supplied by  
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