



STROKE FOUNDATION HAMILTON

Hamilton Stroke Club Newsletter: July, August, Sept, October, 2016

Famous Kiwis Support Blood Pressure Campaign

TV star Miriama Kamo and comedian Mike King used their experiences with stroke to help save people from “the silent killer”.

The popular pair encouraged everyone to get a free blood pressure check on Saturday October 1 as part of the Big NZ Blood Pressure Check. Miriama, well-known for her work on TVNZ's One News, Sunday and Kiwi Living, says she knows about stroke from her family – her grand-mother had a stroke when Miriama was 10.

“I’m absolutely happy to help, my Dad has had a heap of TIA’s,” she says. “And I had blood pressure issues during my pregnancy.”

A TIA (Transient Ischaemic Attack) or ‘warning-stroke’ is the same as a stroke but the symptoms don’t last as long - it’s a sign there’s a high risk of a more serious stroke.

Mike, who’s now heavily involved in education and support around mental wellbeing, is a stroke survivor himself, after experiencing one in 2007.

“I’m always keen to help spread the word about stroke,” he says.

Both are working with the Stroke Foundation to raise awareness of the importance of regular blood pressure checks to prevent stroke.

The Big NZ Blood Pressure Check was a chance for all New Zealanders to get their blood pressure checked quickly, painlessly and for free at almost 200 venues around the country.

Last year, around 20,300 people had their blood pressure taken at our sites. In a survey taken afterwards, 53% of those surveyed said they’d made changes to control their blood pressure, including exercising more and improving their diet.

Any measures taken to reduce the risk could be a life-saver – hypertension or very high blood pressure is known as “the silent killer” for good reason.

High blood pressure puts too much strain on the blood vessels in your body. Over time, this strain can damage your blood vessels, making them more likely to block or burst.

“The more people who know to get this simple check, the more lives we can save,” said Stroke Foundation CEO Mark Vivian. “You can have high blood pressure and know nothing about it – the only way to know is to get it checked.”

Hundreds of volunteers from St John, Wellington Free Ambulance and Rotary helped people get tested at sites around the country, most notably New World and Pak’n Save supermarkets.

The Stroke Foundation encourages all Kiwis to get a quick, painless blood pressure test - it could save your life.

New Stroke Foundation Hamilton Committee members after the 2016 AGM

Following the 2016 AGM on the 27th July 2016 we have two new members of your governance committee longtime volunteer Sandra Treanor and volunteer & Home Visitor Steve Smith, this after two previous committee members Cathy Harbour and Annette Viviani decided not

Welcome to the committee to Sandra Treanor and Steve Smith we all appreciate your willingness to step up and offer yourself for election to the governance committee and we look forward to working with you in your new roles.

Quote

A woman is like a tea bag - you never know how strong she is until she gets in hot water.

Eleanor Roosevelt

stand this year.

Annette Viviani and Cathy Harbour are now facilitating the "Communication Peer Support Group" "Tea & Chatters" many thanks to Annette Viviani and Cathy Harbour for their service on the governance committee and for their continued work with the Communications group.

See the photos below of Sandra Treanor and Steve Smith if you don't already know who they are.



Sandra Treanor above and Steve Smith right started on the Committee as from the 3rd August 2016 committee meeting and we look forward to their contribution to the governance of the group. So if you have anything you would like raised at the committee meetings see them or any other of your Committee members.

ROLL CALL

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

Josephine Waterhouse
6th June 2016

Lynette Overton
18th July 2016

Margaret Smith
15th August 2016

Amy Coon
24th August 2016

Patrick Rice
31st August 2016



They will all be greatly missed by many friends at the Stroke Club and we give our sincere condolences to all their families.



Kyle MacDonald: When physical illness leads to depression

(Kyle MacDonald is an experienced psychotherapist and regular NZ Herald columnist who answers readers' questions like the one below regarding stroke and depression).

We're so used to thinking about the brain and the body as separate things, it can be hard to recognise when a physical injury leads to depression.

"A family member recently had a stroke, and while they were recovering they also got really depressed. Is that common?"

There's this weird split in medicine, right around the neck, between what's "physical" and what's "mental". (Philosophers interested in how the mind works call it "dualism".)

The problem is, we're so used to thinking about the brain and the body as separate things, it can be hard to recognise when a physical injury leads to depression. But it's actually quite common: even more so when the physical injury is to the brain itself.

A stroke happens when the blood flow to a part of the brain gets interrupted or blocked. Without the oxygen that the blood supplies, that part of the brain stops working. It can potentially lead to temporary or permanent loss of brain function in that area, physical disability or death.

Strokes are the third biggest killer in New Zealand and around 24 people a day experience one. The good news is they're largely preventable given they are caused by factors like weight, smoking, lack of exercise and alcohol and drug use.

While many people have heard of strokes, it's much less commonly known that around 70 per cent of stroke survivors suffer emotional consequences as part of their recovery, including depression.

Feelings of anxiety, fear, anger and frustration after a stroke can also develop into depression. Chronic pain can develop after a stroke, and pain is a common cause of depression. Of course the sudden onset of a stroke, and with it the intense fear, confusion, and thinking you're going to die, can also be highly traumatic.

So it makes complete sense that a stroke may lead to depression, because while we're getting better at recognising the emotional impact of grief, trauma, abuse and loss, what bigger loss is there than dealing with a change in how your own mind and body works?

In some ways I think part of the problem is we prefer not to think about how those affected by a disability might feel - to do so puts us face to face with our own fragile mortality. It still amazes me how little attention some pay to their physical health. At the risk of permeating a stereotype, men are often the worst at this. Abject denial is not a great health strategy.

The thing about avoiding strokes is that it requires long-term good health. It requires us to look after ourselves, consider those so called "lifestyle factors" as well as keeping a regular eye on some

pretty simple health markers. In the case of strokes the main one is blood pressure.

The good news is that on October the 1st the Stroke Foundation sponsored "The Big New Zealand Blood Pressure Check". At supermarkets around New Zealand where large numbers of people were able to get their blood pressure checked for free.

While being emotionally affected by sudden health challenges makes complete sense, what makes even more sense is to do everything you can to avoid the problem altogether.

Where to get help:

- **Lifeline:** 0800 543 354 (available 24/7)
 - **Suicide Crisis Helpline:** 0508 828 865 (0508 TAUTOKO) (available 24/7)
 - **Living sober**
 - **Youth services:** (06) 3555 906 (Palmerston North and Levin)
 - **Youthline:** 0800 376 633
 - **Kidline:** 0800 543 754 (available 24/7)
 - **Whatsup:** 0800 942 8787 (1pm to 11pm)
 - **Depression helpline:** 0800 111 757 (available 24/7)
 - **Samaritans:** 0800 726 666 (available 24/7)
- If it is an emergency and you feel like you or someone else is at risk, call 111.**

By [Kyle MacDonald](#) @kylemacd
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The following Poem has kindly been supplied by Vice President Lyn Harre



Walk with me while I Age.

*Walk with me while I age,
upon this Earth bound
stage,*

*keep in step with my
weakened gait, share time
with me before it is too
late.*

*Walk with me down
through the many years,
please share with me the
laughter and tears.*

*And if I cry far more than
my share, in your
kindness please wipe away
each tear.*

*Walk with me through
each passing phase, in the
sunshine of our days,*

*For every day is a jewel in
disguise, when I see your
smiling eyes.*

*Walk with me while I age,
help me to turn every
page,*

*Every page that I may
turn with you, makes a
dream to maybe come
true.*

*Walk with me and take
my hand, share with me
your dreams and plans.*

*Walk with me with your
youthful step, help me to
remember, should I forget.*

*Walk with me friend,
partner, or lover, walk
with me doctor, nurse, or
other.*

*Walk with me as you see
me age, help me to
prepare for my final stage.*

*Walk with me as I walk
with you, and know I love
you for being true.*



Members End of - Year Christmas Lunch Wednesday the 14th December 2016

The stroke Club End of -year Christmas Luncheon for members will be held this year on the Wednesday the 14th December 2016 and will be held at the Hamilton Combined Returned Services Club rooms in Rostrevor Street at midday.

The taxi's will pick you up at a later time around 11.00 am and will take you home again at about 1.30 pm that day the cost to members will be \$20 (see Menu below) which will include the taxi fare from home and back again for those eligible for total mobility and your End of year

Christmas meal, if you are able to give the \$20 for the Christmas Lunch to the front desk today or at the 23rd November 2016 Stroke Club meeting it would be appreciated

End of year Christmas Lunch

Menu

Sugar Glazed Ham Leg

Hot Roast Beef

Gravy & Mushroom Sauce

Various Sauces and condiments

Roast Potato, Roast Kumara, Roast Pumpkin

Minted Peas & Carrots, Cauliflower Mornay, Green Beans

Mixed Lettuce Salad, Coleslaw and Beetroot

Desserts

Bread & Butter Pudding, Pavlova, Chocolate Log

Hot Fruit Pudding with Brandy Cream, Caramel Brule

Tropical Fruit Salad, Fresh and whipped cream and tea and coffee

Stroke Foundation Hamilton

membership draw

There are benefits of being a financial member of Stroke Foundation Hamilton for the 2016 – 2017 financial year.

Every month at the monthly stroke club meeting a draw is done of all financial members and the winning member receives a \$50 Pac N Save gift card. You don't have to be present to win the draw but you must be a financial member & it's only \$10 a year.

"Accessible Change Places" campaign in Hamilton



Accessible Change Places is advocating for public toilets that are fully accessible and have a hoist and change bench.

The aim is to have one accessible change place in a public space in Hamilton in 2017 for people with a disability.

A collaborative leadership group is driving this project and consists of ambassador Bernadette Stewart, Community Living representatives Kim Simpson and Saffron Mitchell, (see photo above) Parent to Parent, CCS Disability, Tailored Accessibility Solutions, Active Healthcare NZ and Hamilton City Council.

Bernadette Stewart cannot access her community the same way her friends do.

Bernadette has a profound disability that requires a fully accessible change place.

Bernadette's story is not an isolated one, as there are many members of the community both in the Waikato and nationwide who struggle to live fulfilling lives, as they are bound by planning their life choices around toileting facilities.

This often means people will stay home rather than face an embarrassing public situation.

Other issues, such as loneliness, anger and extra stress on carers.

"Accessible" change places mean that people with a disability won't have to stay in incontinence products all day," said Bernadette.

"We can stay out longer when out with family, and can even go to the pub in the evening."

Often people in this situation are confronted by isolation due to not having adequate facilities that meet their needs.

In desperation, some families resort to changing their family members on the floor of public toilets - which is unhygienic, undignified and unsafe, presenting risks for recipients and carers.

The alternative is to sit in soiled clothing until they get home.

Accessible Change Places is advocating for public change places, and a move towards sustainable facilities for the future of Hamilton. Accessible Change Places will provide an adult-sized change bench, a tracking hoist and enough space in a safe, clean environment, for people to use.

This is a cause that affects a large portion of our population, the group says. It includes people with cerebral palsy, spina bifida, motor neuron disease, people who have a physical disability either from birth or from an accident, and the elderly.

"With baby boomers heading towards retirement we need to safeguard our futures and ensure

community and all of its facilities," said Saffron Mitchell, Community Living - a disability provider.

"This is something that could affect anyone one of us or someone we love. It is time for action," said Saffron.

"Inclusive communities mean people having all their basic needs met. It is not somebody else's problem, it is ours collectively.

"Currently we believe there are no public accessible change spaces in New Zealand and this is an opportunity for Hamilton to lead by example and inspire other areas to follow in our steps," said Saffron.

To find out more about the Accessible Change Places project, visit the facebook site and support the campaign.

www.facebook.com/accessiblechangeplaces

Kim Simpson and Saffron Mitchell made a presentation to the members of the CCS Disability Action Hamilton "Access for All" group on Thursday the 13th October 2016 about the campaign to have at least one accessible change place in a public space in Hamilton in 2017 for people with a disability.

Having an accessible change place available in Hamilton will hugely benefit stroke people including those with profound disabilities and their caregivers in being able to plan journeys into the Hamilton CBD and give them more choices and enhance their quality of life. So this campaign is very worthy of your support, let us help make this happen.

Under 65 Stroke Support Group formed

Member Catherine Bang is facilitating a stroke survivors support group for under sixty five year old stroke survivors and the inaugural meeting to form the group was held at the Marist Rugby Club Rooms following the usual 22nd June 2016 Stroke Club meeting, facilitated by Catherine Bangs Father Brian Bang.

A second meeting was held at Community Stroke Advisor Lynette Jones Office on the 6th July 2016 and will be held each month at a venue decided on by the members of the group on the first Wednesday of each month.

In August, September and October monthly meetings were held at a group members home for a movie, at the Roaming Giant for a late lunch and a drink and at the CSA Lynette Joans Stroke Foundation of New Zealand's Office to say good bye to OPR Stroke Ward staff member Pat Simpson who has resigned to continue studying for her PhD best wishes with this project Pat.

Regular monthly meetings of the U65 group will continue into 2017.

If you are interested in finding out more about the group contact Paul Burroughs and he will put you in touch with Catherine Bang.

Have you connected to the UFB Ultra-Fast Broadband Fibre network for your internet connection?

If fibre is available in your street the connection to you home from the street is currently free, but will in future cost you to connect.

So it is well worth contacting the internet provider you are currently with and find out if UFB is available in your street and what deals they have for a connection. Your landline can also be provided through the fibre network as well as your internet.

There are three steps to the actual physical installation process: (1) the Scoping Visit, (2) the Exterior Visit, and (3) the Installation Visit. You need to be home for the Scoping and Installation Visits so that our technician can discuss the process with you and agree the best location to fit the fibre equipment.

The length of time and the installation process required will differ for each property.

All companies have different plans and different costs so contact your provider or get your family to do it for you to see if and when you can get connected and what the cost of the different plans are, and the sort of plan that will suit your needs.



Communications Volunteer Scheme progress report:

The Communications Volunteer Scheme that was featured in the past newsletters has had a hitch due to the training of our Communications Volunteer training having to be delayed due to staff shortages of Speech Language Therapists at the Speech Language Department at Waikato Hospital.

This has meant the training that was to start early in the 2016 year facilitated by the Waikato Hospital Staff has had to be delayed until the Waikato Hospital and the Waikato DHB can recruit and appoint more qualified Speech Language Therapists to cover the vacant staff positions, it is looking like this will happen in 2017.

Once this has happened the training will be able to start so apologies for the delay but it will still happen, we will keep you informed.

Quote

**A good head
and a good
heart are
always a
formidable
combination.**

*Nelson
Mandela*



PRESIDENTS REPORT FOR OCTOBER 2016 NEWSLETTER.

Hi Members,

Well here we are almost at the end of another year. Hopefully the weather is going to settle and summer will come with the warmer weather we are all waiting for.

Club day activities are going well with a variety of entertainment, raffles, physio, and bingo.

Thank you to Annette Coombes and David Gunn for the great raffle prizes. Also to the entertainment sub-committee for the entertainers we have enjoyed since the AGM.

Danny Savage in August, John King in September and today for October Joy Adams. We are averaging a head count of 70 most club days.

All of the support groups that are organized during each month are being well supported and enjoyed by those who choose to attend.

Caregivers support group held

3rd Tuesday of the month.

Tea and Chatters group held on the first and third Wednesday each month.

Drop In at the Hamilton Workingmen's club 3rd Thursday of the month.

Choral Therapy group held on the second and fourth Tuesdays of each month.

Under 65 group held 1st Wednesday of the month.

Thank you to all who give their time to co-ordinate these groups.

At the AGM in July there were two changes to the members of the committee. Annette Viviani and Cathy Harbour did not stand for re-election and were replaced by Sandra Treanor and Steve Smith.

So thank you to Annette and Cathy and welcome to Sandra and Steve see photos on page two.

On 27th October we will again be having a display stand at the Kaumatua Olympics organized through the "Rauawaawa Kaumatua Trust" being held at the Claudelands Arena. Around 300 people attend this event each year and a great opportunity to get the F.A.S.T. Message out. We will also be doing free blood pressure testing with volunteer Adrian Coleman.

On 4th December we will be having a display stand at the NZ Brain injury awareness day at the Hamilton Gardens from 11am – 3pm. Again Adrian will be doing free blood pressure

testing.

For any of our members who have difficulty with pain management there is a MOBILE PHARMACISTS service available run by MIDLAND COMMUNITY PHARMACY GROUP.

They visit patients at home for a Medicine Use Review

- . Free service
- . Initial meeting and 3 follow ups
- . Discuss your medicines
- . Contact your doctor to raise any concerns you have

MOBILE PHARMACISTS

Rachel Bell
rachel@midcpg.co.nz
027 268 5704
Helen Morton
helen@midcpg.co.nz
027 430 3266

We need to acknowledge the work done by Heidi Stols and Harriet Gilmour Wintec Occupational Therapy students on the project which has resulted in the production of several small videos which are now being put on our web site www.strokefoundationhamilton.co.nz demonstrating various ways of doing things when affected by HEMIPARASISI (weakness on one side) and HEMIPLEGIA (paralysis on one side).

Well worth a look.

The monthly membership draw of a \$50 Pak N Save grocery voucher has taken the financial membership to 70 to date.

Membership subscription is \$10 per person for 2016-2017 financial year 1st July 2016 to 30th June 2017.

Thanks to all members for items provided for the sales table, with special thanks again to Joan Davies for all the lovely home baking brought along every month.

Thanks to Betty, Joan and Steve for their home visiting to our members.

To our committee and volunteers your commitment to the club is appreciated by all our members. Thank you all.

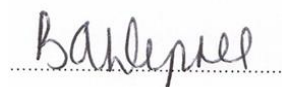
To Lynette Jones Community Stroke Advisor thank you for all the support you give to our club and the referral of clients to our support groups.

Don't forget our Christmas lunch will be held at the Hamilton Combined Returned Services Club on 14th December 2016 from 11am onwards. The cost is \$20 each which includes transport if you are eligible for total mobility and come by taxi. *(See details on page four).*

Don't forget if you need taxi voucher books to get you through the Christmas, New Year holiday period please see Betty Collis or Paul Burroughs.

As this is our last newsletter for the year, season's greetings to you all, take care and see you all again in 2017

Bev Depree



PRESIDENT



FITNESS REVOLUTION

Another reminder that Parafed Waikato give you the chance to make change with their free Fitness Revolution Program. Whether you are already into sport and want to get in some extra training, or are just ready to try something new, this is the program for you!

Designed for people who have physical impairments, this fun and social activity group allows you to meet new people, play games and work on individual fitness goals.

Supported by Life Unlimited, Athletes House, local coaches and physiotherapists. Their sessions focus on fitness, balance, strength, co-ordination and sport specific skill.

All ages and abilities welcome!

Some of Stroke Foundation Hamilton members are already regularly attending these sessions, Annette Viviani and Cathy Harbour can tell you about their experience of the free Fitness Revolution Program.

Register with David Klinghamer on 07 858 5388 or davidk@sportwaikato.org.nz
Phone: 027 212 5496
Best time to Contact: 9 am to 5 pm weekdays.

Training Times:

Day: Tuesday and Thursday

Venue: Athletes House, 502 Grey Street, Hamilton.

Time: 1.30 pm to 2.30 pm

Struggle with holding books

Another reminder that if you struggle to hold a book easily because of hemiplegia or have vision problems caused by a stroke that means you can't read a book, there is a new App which may be just what you need

The app is called Booklink, and Booklink was designed by the Blind Foundation for their own members of the Blind foundation but since November 2015 The blind foundation are offering it to anyone who has a print disability, this means anyone who struggles to hold or read an actual book for whatever reason, not just Vision impaired persons can access 11,000 audio books for free.

Booklink not only offers audio books but also Newspaper and magazines.

What do new clients need to do to access Booklink?

Provide a document signed by a medical practitioner stating you are print disabled to access Booklink for free. This could be faxed or emailed also to the blind foundation.

Have an Apple I-device *(Currently only for Apple devices but It is hoped that in Future Booklink will be also available for Android and Windows PC as well)*

There are staff at Hamilton city Libraries that can assist anyone wanting to join, and of course the Blind foundation can also assist with anyone wanting to join.

Hamilton City Council Librarians really want to get the word out there that this amazing app is available. If you are interested you can contact
Renee Morrison
Lifelong Learning Librarian
Hamilton City Libraries
Phone: 07 8386469 Email: renee.morrison@hcc.govt.nz



Social Lunch Group:

For those of you who don't know yet there is a Stroke Social Group who are now meeting each third Thursday of the month at the Hamilton Workingmen's Club in Commerce Street in Frankton for lunch. 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 blackboard specials of the day from \$10 to \$15 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 \$5.00 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 2016 on the third Thursday of the month at 11.00 am to the Workingmen's club in Commerce Street in Frankton the next meeting will be on the 17th November 2016.

Caregivers Support Group:



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

The group meets each month for coffee 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 2016 meeting times and the venue and any other questions for the groups meetings

Contact Betty Collis on Phone: 855 - 6440 or Email bettycollis@clear.net.nz at:

Or Contact Bev Depree on Phone: 847 - 9354 Email: bevdeprea@gmail.com

Or contact the North Waikato Community Stroke Advisor on:

Phone: 856 - 1654 or Email at: north.waikato@stroke.org.nz

The caregivers group also runs regular raffles to raise funds for the group so if you see them at stroke club or other group meetings please support them.

The raffles drawn since the last newsletter were won by:

**Graham Thomson
Maureen Morgan**



Brushstrokes

Regaining as much as possible of how you were before is the goal of every stroke survivor. But what if you were a painter and the stroke took away the power in your brush hand? That's the challenge that faced artist Judith Dixon when she had a series of strokes aged 69 in 2010.

Judith spent 12 weeks in Waikato Hospital where, as she puts it, "I learnt to survive", and began the long process of recovery. By a curious coincidence both Judith's own mother and grandmother had strokes, both also at the age of 69.

It was in hospital that specialist Robyn Sekerak encouraged Judith to start painting again, even though her second stroke had paralyzed her right hand. Weeks of mirror therapy eventually unlocked the paralysis but the hand is still weak.

"I believe the secret to the success of my recovery was my return to painting," says Judith. "Trying to paint with my right hand was a real challenge, so I decided to try with my left. This was to prove remarkably successful after a few hilarious attempts – as you can imagine

my initial paintings were somewhat weird!"

Trial and error was the rule, as with every other aspect of normal daily living. Some four months after her stroke Judith was taken by a friend to a local cafe and managed to walk up the steps with the aid of a walking stick and the rail. "A real achievement! My recovery was marked by many such celebratory moments, each one a milestone in overcoming the obstacles caused by my stroke. Each one born out of my sheer determination to survive and recover together with the wonderful encouragement and motivation by friends and family."

She started to cook, drove her car, and did her own shopping again. Bit by bit she progressed, fighting occasional waves of depression. Two years after her stroke Judith entered some paintings in the Morrinsville Wallace Art Gallery Annual Exhibition. The positive response boosted her

confidence and commitment to recovery. In January 2013 she finally completed a painting with her right hand.

Right-handed painting is still exhausting however. "I have had to come to terms with the fact that returning to life before the stroke is not totally possible. My right arm will never have quite the same strength as before and these are the facts of recovering from a stroke. But as the Monty Python song goes – always look on the bright side of life!"

"Over the years I have been asked by stroke victims or their families for advice or to share my experiences and I am always happy to do this. Sharing our stories and experiences makes us realize that we are not alone, that others too have walked this way and their stories can help us in our individual journey."

The above story is from the Stroke Foundation of New Zealand website at www.stroke.org.nz



Ten Minute Quiz

1. In which hit movie did Bill Murray play an aging actor visiting Tokyo to film an advertisement?
2. Which animals are humans' closest living relatives: gorillas, chimpanzees or orang-utans?
3. Which car maker produced a notoriously unpopular model called the Edsel?
4. Americans call it a résumé. What do we call it?
5. A leveret is a juvenile of what animal species?
6. Which coastal suburb on Auckland's North Shore took its name from a town in Devon, England?
7. Which Taranaki town was named after the New Zealand Company agent Sir Dillon Bell?
8. According to the Bible, who baptized Christ?
9. Which 1970's pop group had fans who wore tartan?
10. He was known as BJ and was a key character in the TV series M*A*S*H. What was his surname?
11. The Polish port city once known by the German name of Danzig is now called what?
12. What coal-powered steamer still operates on Lake Wakatipu?
13. The 2006 film Dreamgirls was loosely based on the story of which singing group?
14. In which century is the last British wolf believed to have been killed: the 14th, the 17th or the 19th?
15. What word can mean either a grating sound or a course type of file?
16. In which country would you be most likely to be served a blini?
17. If you ordered anguille in a French restaurant, would you be served lamb, snails or eel?
18. Former soldier Trevor Rees-Jones was the only survivor of which famous car accident?
19. Which biblical figure is the patron saint of carpenters?
20. Which three English-born actors have played James Bond?

ANSWERS: 1. Lost in translation 2. Chimpanzees, 3. Ford 4. A CV 5. Hare 6. Torbay 7. Bell Block 8. John the Baptist 9. Bay City Rollers 10. Hunnicutt 11. Gdansk 12. Earnslaw 13. The Supremes 14. The 17th 15. Rasp 16 Russia 17. Eel 18. The crash that killed Princess Diana 19. St Joseph 20 David Niven, Roger Moore and Daniel Craig.

STROKE FOUNDATION HAMILTON

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Newsletter editor and any contributions please contact Paul Burroughs

At the above address or email.



Stroke Foundation of New Zealand
Mission Statement

Reducing the risks - improving the outcomes

Without the generosity of the following Businesses organisations and Community Trusts, we could not continue to operate, so we thank them all most sincerely for their past & continuing support of our group:

COGS, Trust Waikato, Wel Energy Trust, Grassroots Trust, Countdown Dinsdale, Pak N Save Mill Street & Clarence Street, New World Rototuna, New World Te Rapa. New World Hillcrest, NZ Post Community Post, Techsoup (Microsoft). Westfield Chartwell. Page Trust. WDFK Karamu Trust B.P. Voucher for Volunteers, Lion Foundation, Red Cabs Hamilton, Animation Hair Design Cambridge ValRay Country Music Promotions Te Awamutu, Betta Electrical Te Awamutu, Clive Steenson Plumbing Te Awamutu, Pukete Northcare Pharmacy, Hamilton City Council Wellbeing and Sustainability Fund, Z Good in the Hood. Summerset Down the Lane Retirement Village, Trikiso Buses Ltd. SkyCity Hamilton, Tommo's Bakery & Lunch bar Hamilton, Len Reynolds Trust, St Joans Charitable Trust, VitalCALL/Chubb Medical Alarms, Wayne Cording, Waikato Lyceum Charitable Trust Inc. Tagaloa Gerard Soon from LJ Hooker Hamilton

Thanks also to those members and supporters who have made donations and supported raffles and the sales table at stroke club meetings by supplying items like knitting, baking, books, vegetables, magazines and plants and donating raffle prizes including the Caregivers Support Group Raffles.

Please support all the sponsors who support us



***Waikato Lyceum Charitable
Trust Inc***