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– Vicky B, Tauranga

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The Probus Community

Probus Chairman's Message, June 2025.

OUR WONDERFUL PROBUS ORGANISATION

faces an evolving landscape as the needs and interests of our demographic shift.

As new retirees join our clubs – many of whom are more tech-savvy, diverse in interests, diverse in ethnicity, and seeking active engagement – our organisation must adapt to remain relevant and vibrant.

A key adaptation is embracing technology. Club websites, marketing through Facebook and Instagram are becoming increasingly important.

By fostering an inclusive, flexible and forward-thinking environment, our Probus clubs can continue to thrive. Listening to member feedback, experimenting with new formats, and leveraging technology will ensure that our Probus organisation will remain a valuable and appealing community for retirees, both now and in the years to come.

I know of a number of clubs who are experimenting with new ideas. Weekend activities are becoming more popular, because many of our members are busy looking after grandchildren during the week but are free on weekends. Also, some clubs do not always have a guest speaker; this time in a meeting can be used to hold trivia competitions, games, fashion parades; the opportunities are endless.

As we enter a new Probus year, I would like to congratulate and thank members who have stepped forward to take on roles within the management committees of our clubs, providing a vital service to their community by helping fellow retirees stay engaged and connected. As club leaders, I ask you to take some time



Probus Chairman Michael Ransom.

to consider the future, and how many members your club will enable to stay engaged and connected in the coming years. That thought alone is very rewarding.

I know that there are many of you, across the country, that are continuing to serve on management committees beyond the amount of time you originally expected because you believe in Probus and what it brings to your fellow members. I know, firsthand, how rewarding these roles are and thank you again for your continued efforts. I know your fellow Probusians appreciate your efforts, and this also extends to all those new committee members. I look forward to witnessing all the new ideas that you will bring to your Club.

This coming October, we will be celebrating **Probus Month**. The theme this year is “**Re-invent your retirement**”. When we retire

from full-time work, we have the opportunity to meet and become friends with a whole new group of people, learn new skills, and live a healthy, fulfilling life in our local community.

I recall that when I retired and joined my local Probus Club, I was so grateful to meet a whole new community of people who lived nearby, people I had never met because I was busy at work. I discovered a large number of people who have had amazing life experiences, all of whom, like me, were keen to continue to have active, busy lives, with the companionship of other local people in their community.

I encourage you to use **Probus Month** to promote your local Probus Club in your community, so that more and more people who are retired or semi-retired can enjoy the benefits of Probus membership. ■



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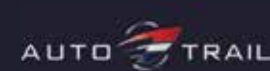
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Romantic Venice

There's nowhere as magical as Venice, so don your walking shoes and start exploring.

Story & photos: Gillian Vine

I ENTERED VENICE by what a German writer nastily called the back door, by rail rather than sea, arriving at Santa Lucia station on a mild October afternoon.

Fluffy pink clouds floated above the Grand Canal, reminiscent of the cityscapes of 16th century painter Jacopo Tintoretto when he wasn't in Venetian churches whipping up religious masterpieces.

I was looking forward to seeing some of his and other great painters' work but first I had to get to my

hotel. A short distance from the station, it was (on paper) an easy walk but I had reckoned without two bridges en route.

Elegant though it was, the glass bridge (Ponte della Costituzione) was daunting, a steeply arching walkway over the Grand Canal whose fancy steps prevented towing my wheeled suitcase.

Enter a porter, one of a team with special trolleys that made short work of the steps and then a small bridge over a side canal. I blanched at having

to pay €30 (more than \$NZ50) for the short hike but it certainly was easier on my ageing body than lugging my case.

Venice is made for getting around by water or on foot. Walking tours cost from about \$45 but if you're happier doing your own thing, browse online free DIY options that take in the main sights – and sometimes the lesser known ones. The tallest building, the Campanile di San Marco, the bell tower of St Mark's Basilica, is visible from almost



The Bridge of Sighs takes its name from prisoners' murmurs as they walked from court to prison. St Mark's Square with the distinctive brick bell tower.



every part of the city, helpful for getting your bearings.

There are 438 bridges in Venice, of which four span the Grand Canal. Oldest is the Rialto (Ponte de Rialto) with a crossing here since the 12th century. However, the present stone structure is positively modern, having been built in 1591. Like almost every other Venetian bridge, it is arched to

let water traffic through, so if you're planning on walking, it pays to get reasonably fit before you leave home.

A decade after the Rialto, Ponte dei Sospiri (Bridge of Sighs) was erected over the Rio di Palazzo to connect the Doges Palace with the city's new prison. The name came from prisoners' murmurs of despair as they gazed through the latticed

limestone and took a final look at the island of San Giorgio Maggiore across the lagoon.

After braving the queues to get in, visitors to the Doges Palace (€30 admission) can visit the Bridge of Sighs, the prison and interrogation rooms. In theory, buying tickets in advance can avoid long waits but even then, you may have to stand



Everything is transported on Venice's canals – even courier parcels, and (right) cool off with a gelato.



(Clockwise from left:) Gondolas waiting for tourists; Giardini Napoleonici is a quiet park, perfect for a picnic; Jacopo Tintoretto's depiction of Christ with Saints Francis of Paola and Justine in Santa Maria del Giglio church.

around for half an hour or more before being admitted.

To get free or discounted entry to 30-plus attractions, including the Doge's Palace, the Venice Pass covers one to seven days and costs €99.90 to €159.90 (\$NZ190.15 to \$NZ304.35), depending how many days you want it for.

Water is the other way to get around. Venice's 400 gondolas ferry tourists on various canals. The official rate for a half-hour trip is €80 (\$NZ151.84), jumping to €100 (\$NZ189.80) after 7pm. Music costs extra.

Much cheaper is a public water bus (vaporetto). The Venice Pass includes public transport or you can buy a tourist travel card from €20 for 24 hours, making hopping on and off vaporetto very simple. I used mine to admire the cityscape from the water and get to quieter spots, like the Giardini Napoleonici, Venice's biggest park.

The only drawback with Venice is that it attracts more than 20 million tourists a year; no wonder the city is sinking!

Naturally, the principal tourist attractions are the busiest. Going



early in the day is usually less frantic or aim for quieter churches and palazzi. Skirting the crowds in St Mark's Square and the long queues outside the Doge's Palace, I stumbled on the church of Santa Maria del Giglio, originally built in the 10th century. Its Moulin chapel boasted a painting by Rubens and the ceiling by Tintoretto (one of several in this church by the great 16th century Venetian artist). Best of all, it was blessedly peaceful, with only four other tourists.

Santa Maria del Giglio is one of the 18 churches in the Chorus scheme, whose €14 card gets you into all of them instead of paying €3 or more for each.

If you can, avoid going to Venice in

the high season. Instead, plan to visit between late autumn and early spring. For a few days between October and January, you may have to contend with the aqua alta ("high water") when St Mark's Square floods but don't panic, these are great days to visit museums outside the flood zone.

Leaving Venice for Florence, I arrived at the Venice Mestre station on the mainland with an hour to wait for my train, time to get my hair trimmed at a father-and-son barber shop nearby. My lack of Italian and their lack of English was no barrier – there was lots of sign language and laughter, and a great trim for €10, less than a quarter of what I pay at home. Definitely my best Venetian souvenir. ■

Rediscover Rail. Reimagine Travel with Glenbrook Vintage Railway

UNTIL RECENTLY, rail exploration across New Zealand was somewhat limited, with only three services available, two of which traversed the breathtaking landscapes of the South Island. The third, a stalwart journey between Auckland and Wellington, has undergone many transformations over the years, still offering a voyage from one end of the North Island to the other in just under 12 hours.

However, to truly immerse yourself in the hidden beauty of New Zealand's diverse landscapes, a slower pace and a willingness to veer off the beaten track is essential. This is where the Glenbrook Vintage Railway shines, providing unparalleled service, exclusive activities, and bespoke travel experiences on New



Zealand's railway network, much of which is typically reserved for the passage of freight trains.

With the remarkable ability to navigate almost any serviceable railway line in the country, the Glenbrook Vintage Railway opens up avenues less travelled, inviting travellers to embark on a journey

rich in history and natural splendour, much of which can only be accessed by rail.

As you marvel at the ever-changing scenery unfolding before your eyes, the train whisks you through iconic landscapes, from untamed pastures to remote hamlets and bustling cities, each offering its own unique charm and allure.

Beyond the scenery, rail travel in the North Island also provides access to charming towns and cultural attractions along the route. From the vibrant city of Auckland, Napier's Art Deco appeal, New Plymouth's coastal landscape, the mountain backdrop of Ohakune to the forgotten world of native bush around Taumarunui, each stop offers a chance to immerse oneself in the local culture and hospitality.

What sets rail travel, by our private train, in the North Island apart is the unhurried pace and comfort it affords passengers. Here, you can 'switch-off', savouring the gentle rhythm of the train as it meanders through picturesque countryside, providing ample opportunities to soak in the vistas or engage in lively conversation with fellow travellers.

In essence, embarking on a rail journey with the Glenbrook Vintage Railway in New Zealand's North Island transcends mere transportation; it's an immersive experience unto itself. Whether you're a nature enthusiast, a history aficionado, or simply seeking a leisurely way to discover the beauty of the North Island, stepping aboard a train promises an unforgettable adventure filled with scenic marvels and the renowned warmth of Kiwi hospitality. ■



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Travel with us through the South Island. Beginning in **Christchurch** and concluding in **Queenstown**, this journey showcases the South Island's magnificent scenery and rich rail heritage.

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Fully escorted. 3.4-4.5 Star accommodation through out. **All breakfasts, 8 lunches & 7 Dinners**

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A small ship cruising story

Greg Fleming



I BOARDED THIS FIVE-NIGHT VIKING CRUISE down the east coast of the North Island of New Zealand with a mission.

After cruising on the mainstream lines (Royal Caribbean, Norwegian, Holland America) – all of which I enjoyed – I wanted to see how a small ship inclusive, adults-only experience compared.

Viking's ocean ships offer guests destination focused small ship luxury – there are just 930 guests on board, while there's anything from three to five thousand guests on the larger ships. Sky, like its identical sister

ships, has a distinctive Scandinavian design – full of open, light-filled spaces that instantly puts one at ease.

Thanks to the sleek design, the ship felt larger than it was and although our sailing was full – it never felt crowded. There were few lines at the buffet, and it was always easy to find a quiet space to read.

While a Viking cruise does cost more than a cruise on one of the larger ships, almost everything is included in your fare – gratuities, WIFI, wine and beer with meals and complimentary shore excursions at every port. There's also a stunning

thermal suite – with a snow grotto, plunge pools, a steam room and sauna at no additional charge, which I visited every afternoon.

There's also a self-service laundry – so handy for long cruises – and no charge for 24-hour room service or to dine at any restaurants on board – and that includes the renowned Italian themed Manfredi's and the much-vaunted Chef's Table which features a five-course degustation menu that changes every three days.

Ours was an Asian-influenced menu whose pièce de resistance was Peking Duck in a Mandarin pancake.

Not every course worked but when it did the results were spectacular.

The service and our cabin were excellent (our bathroom floor was heated!) but if I had to focus on one element that sets this cruise apart it would be the food; little wonder Viking recently received a five-star rating on Cruise Critic.

My dining began in that bane of all cruises, the buffet – World Cafe on Viking ships.

My freshly roasted harissa chicken breast was carved off the bone, tender and tasty – and, while there isn't the variety of stations as on the bigger ships – that's more than made up for by the quality of food on offer.

My dining partner – a fellow cruise aficionado – exclaimed as she tasted the fruit salad – “wow, this fruit really tastes like fruit!”

Sometimes it's the simple things.

Everything on board a Viking ship, from the breads to the sauces, is made from scratch; and the team like to surprise: one lunchtime a pie buffet appeared in World Cafe, offering a range of delicious dessert pies, on another unexpected sea day – a fresh pasta station appeared.

Each evening there's also a sushi bar – serving superb sashimi and other sushi delights. I often began and ended my night there, it was truly exceptional.

Additionally, every afternoon at 4pm a gorgeous afternoon tea is served, complete with clotted cream and scones.

However, the restaurant I was most looking forward to was Manfredi's.

This requires a prior booking but you're pretty much guaranteed to dine there at least once per cruise.

Pictures of Italian movie stars line the walls and the decor's relaxed and homey, keeping to its trattoria roots, and, while Italian restaurants at sea are nothing new, Manfredi's is exceptional.



I knew what I wanted as soon as I saw the menu – the Florentine classic Bistecca alla Fiorentina – a herb marinated grilled bone-in rib-eye – while this is not cooked over an open flame as per tradition (these are banned on cruise ships) the result was delicious.

The ship's main dining room is dubbed simply The Restaurant and offers favourites like Angus New York Strip steak and Norwegian salmon, along with an evening menu that changes nightly.

So, is the extra outlay for a Viking experience worth it?

Once all the inclusions are taken into account, Viking's prices seem reasonable – but there are a few caveats.

If you like a loud, party-forward cruise, a Viking cruise might not be for you.

On Viking – which calls itself “the thinking person's cruise line” – there are classical music performances in the evening and cultural enrichment lectures – and the late-night onboard entertainment, while solid, isn't a strong suit.

And if you like to gamble, you're out of luck – there's no casino on Viking ships.

The line attracts an older demographic; most on our cruise were over 55 – many undertaking a world cruise which began in Fort Lauderdale, Florida and would end in London more than four months later – and many I talked to were longtime Viking fans, rarely cruising on other lines.

But, whatever your age, if you like exploring destinations in depth (Viking ships often overnight in ports) excellent food, a stunning art-filled ship (there are seven Munch artworks among the extensive art collection on board) and one of the best spas at sea, a Viking cruise should be at the top of your list. ■

Greg Fleming was hosted by Viking.



All You Need Is You

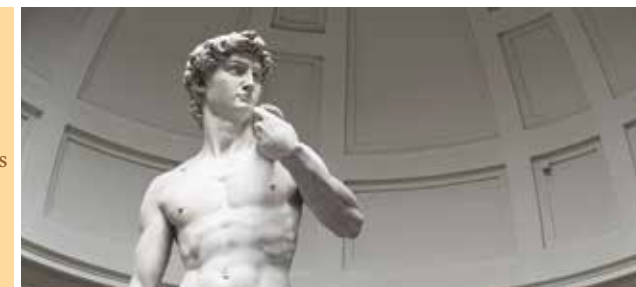


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<p>Southern Circle <i>Featuring Tranz Alpine & Coastal Pacific Trains and Abel Tasman National Park</i></p> <p>9 Days – Departs 11 Oct, 20 Nov 2025 \$4895 pp twin share</p> <p>Fly to Christchurch (2 nights) including dinner onboard Tramcar Restaurant. Tranz Aline train to Greymouth then coach to Punakaiki for overnight staying right on the beach. Pancake Rocks and then to Charleston and Nile River Rainforest Railway Journey. Via Westport to Nelson (2 nights). Cruise Abel Tasman National Park with lunch, then to Blenheim (2 nights). Visit Omaka Aviation Heritage Centre. Lunch on the riverside. Cruise the Sounds to Lochmara Lodge for morning tea. Join scenic Coastal Pacific train along the stunning coastline via Kaikoura to Christchurch for overnight before flying home. Includes return airfares from AKL, WLG, Tauranga (ask about other centres). All breakfasts, dinner, quality accommodation, full size touring coach with experienced coach driver, all sightseeing and cruises, tour manager from AKL back to AKL.</p>	<p>Queensland Coast Escape</p> <p>9 Days – Departs 3 July 2025 \$4995pp share twin – <i>Limited availability</i></p> <p>Includes flights to Brisbane, coach to the beautiful Sunshine Coast where we spend a relaxing 4 nights at our resort style accommodation. Enjoy a seafood cruise in Mooloolaba, Devonshire tea at the botanical garden in Maleny and shopping in Montville. Visit the renowned Eumundi Markets. Travel to Gold Coast (4 nights). Enjoy local sights, a day trip to Mt Tamborine with lunch at St Bernards hotel-known for the St Bernard dogs that live at the property as well as the amazing views from the decks, visit Currumbin Wildlife Sanctuary and a sunset cruise around the multi million dollar homes on the canal before dinner at a waterfront restaurant. Including all breakfasts, most dinners and sights.</p>	<p>Tropical North Queensland <i>Escape the winter</i></p> <p>8 Days – Departs 2 August 2025 \$5590pp share twin</p> <p>Fly to Cairns (7 nights) – unpack once, enjoy our central hotel with all breakfasts, dinner and some lunches. Enjoy the spectacular Kuranda Railway and Cable Car. Ride a WW11 Aquaduck through the rainforest. Get up close and personal with the Cree's at Hartleys. Visit the stunning Atherton Tablelands, cruise Lake Bamine, famous curtain Fig tree. A twilight tour and dinner at the Cairns Aquarium. Dinner cruise on Cairns Harbour. Plenty of variety and time to enjoy some personal sights or just soak up the winter sunshine. Includes return airfares on direct flight from Auckland (contact us from other centres for flight options)</p>	<p>Taranaki Garden Festival</p> <p>5 Days – Departs 31 Oct 2025 \$2799 from Akld, \$2999 from Tauranga pp share twin <i>First 5 single rooms no extra supplement</i> <i>Prices available from other centres</i></p> <p>Travel by coach to New Plymouth (3 nights) Novotel Hobson. Take in a variety of Festival gardens, visit iconic Len Lyne Gallery and enjoy views of Mt Taranaki. Visit Tawhiti Museum. Travel Forgotten Highway stop at Whangamomona for a light lunch. Overnight at Taupo. A visit to the stunning Hamilton Gardens. Includes full size touring coach, quality accommodation with private facilities, all breakfasts, dinners, entrance to festival gardens, tour manager from Akld back to Akld.</p>
<p>Scenic Southern Splendour <i>Including Stewart Island and The Catlins</i></p> <p>9 Days – Departs 10 April, 10 Oct 2025 \$4699 pp share twin</p> <p>Fly to Dunedin, full of Scottish Heritage (3 nights). Visit the Albatross Colony, Botanic Gardens, Chinese Gardens. Visit Lamach Castle with a guided tour and a high tea. Coach through the Southern Scenic Route – the Catlins. Thru rural heartland and rugged coastlines. Views from Nugget Point and the Petrified Forest at Curio Bay. Overnight Invercargill. Fly to Stewart Island (2 nights) Explore Oban, and leisurely cruise of Paterson Inlet and visit Ulva Island, a renowned bird life sanctuary. Try the local Blue Cod as we dine at the South Sea Hotel. Fly back to Invercargill and coach to Queenstown (2 nights) Novotel Lakeside Hotel. Visit Arrowtown, Step aboard the historic TSS Earnslaw for a farewell dinner cruise to Walter Peak. Return airfares from Auckland, Tauranga, Wellington or Christchurch, quality accommodation, sightseeing, full size touring coach, ALL Breakfasts, most Dinners, and some Lunches.</p>	<p>Sydney Stayput <i>Featuring Carmen & Opera Hits at Sydney Opera House</i></p> <p>5 Days – Departs 10 Sept 2025 \$4199 pp share twin from Akld, Well, Chch</p> <p>Join your Tour Manager for the short flight to Sydney (4 nights) Marriott Sydney Harbour. All breakfasts & most dinners including a special dinner at the Sydney Opera House and Dinner cruise on Sydney Harbour. Sit back and enjoy premium seats to that well known opera – CARMEN in the Joan Sutherland Theatre at the Sydney Opera House. This opera is Thrilling from the moment the curtain rises & the orchestra begins. Featuring the famous Toreador song! We also enjoy premium seats to a matinee of OPERA HITS with well-known Arias from favourite operas sung by some of Australia's most talented Opera Singers. (There is an option to enjoy The musical comedy full to brim with Dolly Parton's hits "here we come Again" at the Theatre Royal). We take in the sights of Sydney suburbs and a cruise on the Hacking River, one of Sydney's most unspoiled waterways. Don't miss out as we only have limited seats.</p>	<p>Tasmanian Tempter</p> <p>13 Days – Departs 4 Nov 2025 From \$7999pp share twin</p> <p>Fly direct from Auckland to Hobart (3 nights). Enjoy sights : Tasman Bridge, Battery Point, Salamanca Place, Port Arthur Convict Settlement. Travel thru Derwent Valley, Russell Falls, Tarraleah Gorge to Queenstown (2 nights). Cruise Gordon River into the heart of Tasmania's wilderness, Hells Gate, Strahan. Visit Cradle Mountain National park two nights at Smithton. Visit to Woolnorth Farm on the far North West tip of Tasmania and Stanley. Lunch Hellyer Road Whiskey Distillery. Stay Launceston (2 nights), Cruise magnificent Cataract Gorge and check out the Swiss style Grindelwald Village. We visit Legerwood to view the War Memorial Tree carvings, meet a Tasmanian Devil at the East Coast Nature world and visit Bicheno and Freycinet National park with its jagged pink granite peaks and crystal clear waters. We include return airfares from Auckland, Wellington or Christchurch quality accommodation, all breakfasts and dinners and several lunches, all entrances and sights as mentioned, 5 star luxury touring coach along with a professional tour driver, experienced Tour Director from New Zealand.</p>	

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Bill Peach Journeys: Exceptional touring for the Discerning Traveller in the air and on the ground

WHEN COMPANY FOUNDER, respected journalist and intrepid traveller, Bill Peach, hosted the very first Great Australian AirCruise in May 1984, he was noted for his passion for the Outback and travel. Providing personalised, stylish and enlightening outback experiences in Australia and beyond, Bill and co-founder Nancy Knudsen became the pioneers of private aircraft travel for over forty years.

Today, Bill would be proud that many Air Tours have sold out as interest in aerial spectacles such as the filling of iconic Lake Eyre (Kati Thanda) is set to be historic as flood waters regenerate a desert land usually arid and stark.

As devotees travelled on each of the core Airtours, they requested more and varied travel experiences bringing the same level of seamless attention to detail to

new programmes in Australia, New Zealand and abroad.

These range from in-depth regional explorations such as the Reef & Rainforest Sojourn in Northern Queensland to event-based touring such as Floriade and Tulip Time, a celebration of nature's palette. Exceptional Outback experiences include the multi-award-winning Wintjiri Wiru drone show, 'flightseeing' the Red Centre and the remarkable Sounds of Silence Dinner experience under the Southern Desert Sky, the majestic Uluru in the distance.

For those who wish to be enriched by their touring experience at a profound level, Bill Peach Journeys has perfected the art of luxury small-group touring, catering to travellers who seek deeper connection, cultural richness, and the finer things in life. ■



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Beyond the tourist trail – discover the New Zealand few ever see

In a world of fast-paced travel and tightly packed schedules, it's refreshing to find a journey that moves at a different pace – one that values stories, people, and places often missed on typical tourist routes.

That's the idea behind Driftwood Eco Tours – a Marlborough-based company that's been guiding guests through some of the South Island's most remote regions for over 20 years. Travelling with an average of just 8 guests in a modern and comfortable 4WD, you'll venture through high-country stations, along rugged coastlines, and explore hidden backroads. In these isolated locations, you'll meet the locals who choose to call these wild places home – and experience their warm hospitality.



Along the way, you might drop a line for blue cod and have your catch freshly cooked, share morning tea in a quiet alpine valley, visit a small, family run gold mine and enjoy a meal with the owners afterwards. From stories told in shearers quarters to tracking down giant trees in a remote rainforest, these are the kinds of moments most travellers never get

to experience – in places few ever get to go.

What sets these tours apart isn't just the unique experiences and scenery – though that's certainly unforgettable – but the genuine people you'll meet and the chance to feel part of something truly local.

It's travel done a little differently – and all the better for it. ■

The role of hydration in senior health

AS WE AGE, our bodies experience various changes that can affect our ability to stay hydrated. For New Zealand seniors, particularly those enjoying the warm climate and active lifestyle, proper hydration is crucial

regulate body temperature, transport nutrients, remove waste, and keep joints lubricated. For seniors, staying hydrated is particularly important because dehydration can exacerbate existing health conditions and increase the risk of complications such as kidney stones, urinary tract infections, and even confusion or dizziness, which may lead to falls.

In New Zealand's often hot and humid climate, seniors face an increased risk of dehydration. Factors such as high temperatures, humidity, and outdoor activities can lead to greater fluid loss through sweat. Without adequate hydration, the body struggles to perform basic functions, potentially leading to serious health consequences.

HOW AGING AFFECTS HYDRATION

As we grow older, our bodies experience physiological changes that make maintaining hydration more challenging:

- **Reduced thirst sensation:** Aging dulls the body's ability to recognise thirst, meaning seniors may not feel the urge to drink even when their body needs fluids.
- **Decline in kidney function:** The kidneys become less efficient at conserving water, which means the body loses more fluid through urination.
- **Medication side effects:** Many common medications, including



for maintaining overall health and well-being. Despite its importance, dehydration is a common yet often overlooked issue among seniors. Today we look at why hydration is essential, how aging affects water balance, and practical ways seniors can ensure they drink enough fluids.

WHY HYDRATION MATTERS FOR SENIORS

Water is essential for nearly every function in the body. It helps



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diuretics and certain blood pressure tablets, can contribute to dehydration.

- **Decreased mobility:** Some seniors may find it physically difficult to fetch a glass of water or may avoid drinking to prevent frequent trips to the bathroom, particularly if mobility is an issue.

SIGNS OF DEHYDRATION IN SENIORS

It is important for seniors to recognise the signs of dehydration early. Common symptoms include:

- Dry mouth and lips
- Dark-coloured urine or infrequent urination
- Fatigue or dizziness
- Confusion or memory issues
- Dry skin and sunken eyes
- Muscle cramps or weakness

Severe dehydration can lead to more serious complications, including hospitalisation. That's why proactive hydration is essential for maintaining good health.

HOW MUCH WATER DO SENIORS NEED?

Health experts generally recommend that adults drink around **eight cups (2 litres) of water per day**, though individual needs can vary based on factors like body size, activity level, and climate.

HYDRATION TIPS FOR SENIORS

Ensuring adequate hydration doesn't have to be a chore. Here are some practical ways seniors can maintain healthy fluid levels:

- **Make water a habit:** Keep a water bottle nearby and sip throughout the day, even if you don't feel thirsty.
- **Flavour your water:** If plain water is unappealing, add a slice of lemon, lime, cucumber, or mint for a refreshing taste.
- **Eat water-rich foods:** Fruits and vegetables such as watermelon, cucumbers, oranges, and tomatoes contribute to hydration.

- **Set reminders:** Use alarms, smartphone notifications, or sticky notes as reminders to drink water regularly.
- **Monitor your urine:** Pale yellow urine is a good sign of adequate hydration, while dark urine may indicate dehydration.
- **Drink herbal teas:** Caffeine-free teas, such as chamomile or peppermint, can be a good way to add fluids without unnecessary stimulants.
- **Limit alcohol and caffeine:** These substances can have a diuretic effect, leading to increased fluid loss.
- **Address mobility issues:** Keep water bottles or cups within easy reach, or use a lightweight pitcher to reduce strain when refilling drinks.

HYDRATION AND CHRONIC HEALTH CONDITIONS

Many seniors manage chronic health conditions such as diabetes, high blood pressure, and kidney disease, all of which make proper hydration even more critical. For example:

- **Diabetics** are at higher risk of dehydration due to increased urination. Drinking water regularly can help regulate blood sugar levels.
- **People with hypertension** should balance hydration with any fluid restrictions their doctor has advised.
- **Those with kidney disease** need to follow medical guidelines to ensure they don't overhydrate or underhydrate.

Staying hydrated is one of the simplest yet most effective ways for seniors to maintain good health and quality of life, enhancing their energy levels, supporting their cognitive function, and preventing many health complications. ■



High Country Salmon: A Taste of New Zealand's Sustainable Quality

AMIDST the pristine landscape of New Zealand's Southern Alps, a culinary treasure thrives in the glacial waters of the Mackenzie Country hydro canals. High Country Salmon offers a taste of luxury that is not only unparalleled in flavour and texture but also a testament to their sustainable farming practices. As connoisseurs of fine food and wine, we understand the importance of the origin and cultivation of our ingredients, and High Country Salmon is delivering on quality and sustainability in the world of aquaculture.

These Chinook (or King) salmon are nurtured by the staff and the pure, fast-flowing waters that descend from the rivers and glaciers in the region. This unique environment contributes to the development of a salmon that is



fitter than sea-farmed salmon, with a texture and flavour profile that is distinct to New Zealand freshwater salmon. The cold, oxygen-rich waters allow these fish to grow at a natural pace, free from the stresses of overcrowding, ensuring a firm flesh with an incredibly clean flavour and distinct mineral notes.

It was in the late 1990s that freshwater salmon farming pioneer, Richard Logan, decided that the site at the junction of the Ohau B canal and Wairepo Arm was the perfect place to grow Chinook salmon. The first smolt arrived on the farm in





December 2000, and Richard put all his efforts into raising the salmon, and his wife Margaret set up a floating shop. While the business has evolved to now include a licensed café, a specialty salmon store and a “Catch-A-Fish” experience, there is still a noticeable family feel with loads of rustic charm.

At High Country Salmon, the philosophy of sustainability is at the core of every practice. The farm operates with a deep respect for the environment, ensuring that the canal bed remains as clean as it was when the hydro system was built. This commitment extends to every aspect of their operation, from the absence of hormones, chemicals, and antibiotics to the hands-on care given to each fish. It is this dedication that has seen the company win an Environmental & Sustainability Award, and has led them to invest into research and development to turn salmon waste into a plant fertilizer.

High Country Salmon is the smallest commercial salmon farm in New Zealand and is the only one that doesn't export their salmon. Sales



& Marketing Manager Tracey Gunn says it is an important company value that we provide New Zealanders and people visiting our country the opportunity to try the best salmon the country can provide. The farm's location just off the main road, 3km south of Twizel, is perfectly situated to entice visitors in, and they also courier their “glacial mountain salmon” nationwide.

The difference in texture and flavour profile of High Country

Salmon is not only a culinary delight but also a conversation starter about the importance of sustainability in our food sources. As we pair these delicate flavours with our favourite wines, we also celebrate the efforts of those who work tirelessly to maintain the balance of our ecosystems. High Country Salmon is a great example of how quality and environmental stewardship can coexist harmoniously.

www.highcountrysalmon.co.nz ■

SALMON W SHAVED FENNEL SALAD & WHIPPED FETA



Ingredients:

- 4 x 180g High Country Salmon boneless portions, butterflied
- ½ fennel bulb
- ½ red onion
- 1 orange
- 8 T extra virgin olive oil
- Zest and juice of 1 lemon
- 200g feta
- ¾ C Greek yoghurt
- 1 C mixed herbs (basil, parsley & mint)
- Mint leaves & purple cress for garnish

Method:

1. Shave fennel and onion very thin with a mandoline. Peel and segment the orange, then place in a bowl with the fennel and onion. Add 2T of the olive oil and the juice of half the lemon. Season with salt and leave to marinate.
2. Blend feta, yoghurt and lemon zest in a food processor until smooth. With the motor running, drizzle in 2T of the olive oil. Refrigerate until ready to use.
3. Place the herbs, juice of the other half of the lemon, and remaining 4 T of olive oil into a blender. Blitz until the herbs are very finely chopped. Season and set aside.
4. Cook salmon in a frypan over a medium-high heat for 3-4 minutes each side, or until cooked to your liking.
5. Add mint leaves to salad, drizzle salmon with herb dressing, top with cress and serve with whipped feta.

MATCHED WITH

125 GIMBLETT SINGLE VINYARD CHARDONNAY

Scents of white peach,ripe grapefruit, and citrus blossom combined with toasty, nutty oak aromas to produce a complex and engaging bouquet.

The wine is rich and complex, yet remains focussed and composed with outstanding persistence and length of flavour.

A fine backbone of acidity combines effortlessly to produce a seamless, harmonious palate with a mouthwatering finish.





SMOKED SALMON & AVOCADO SALAD

Ingredients:

- 300-350g Hot Smoked High Country Salmon
- 3 avocados
- ½ C sour cream
- 2 T lime juice
- ½ punnet mixed colour cherry tomatoes, halved
- Sardinian crispbread (or other thin, crisp bread)
- 1 C basil leaves, plus extra for garnish
- ½ C extra virgin olive oil

Method:

1. Place avocados, sour cream and lime juice in a food processor and blend until smooth. Season with salt and pepper and set aside.
2. Place basil in a heatproof bowl and pour over boiling water. Blanch for 15 seconds then fresh in a bowl of iced water. When cold, squeeze out the water and dry on paper towels. Place in a blender with the olive oil and season. Blend until the basil is very fine. Set aside.
3. Smear avocado cream over the bases of four serving plates. Flake the smoked salmon and arrange on the plates. Scatter over tomatoes and add broken crispbread pieces. Drizzle with basil oil and scatter over extra basil leaves.

MATCHED WITH

CRAGGY RANGE CHARDONNAY

KIDNAPPERS VINEYARD,
HAWKE'S BAY

Kidnapper's Chardonnay is shaped by its coastal proximity and clay soils, with a pale straw hue and a bouquet of oyster shells, sea spray, and cashews that evoke its seaside character. Crafted for balance, it offers intense citrus flavours and fresh mineral complexity with a subtle oak presence. On the palate, lively acidity and the taste of fresh lemon curd provide richness and vibrancy. Paired with salmon, its fresh citrus notes and acidity harmonise beautifully with the fish's delicate richness, enhancing the dish with its oceanic essence and nuanced flavours.



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World Press photo competition

THE ROTARY CLUB of Auckland is once again running the exhibition from Saturday 26 July to Sunday 24 August at Smith & Caughey's in Queen Street.

As you will recall, this incredible exhibition showcases the winning images of the World Press Photo competition, selected from over 60,000 entries from around the world.

It is also a major fundraising initiative, with the profits being given

to various Rotary charities.

Once again, we have packages available for senior groups. For groups of 10 or more during the week, we will reduce the advertised seniors' concession price of \$20 down to \$15 per person.

Your group might enjoy a wander around Smith & Caughey's before or afterwards, or lunch at a nearby café.

This year we are on level one of Smith & Caughey's, meaning you can access the exhibition from Elliot

Street. This makes it nice and easy for pickups and drop offs outside the store.

Group bookings can be made by contacting the Exhibition Manager, Natalie Dyer, by replying to this email. You can find out more at – <https://worldpressphotoexhibitionauckland.co.nz/>

We hope to see you there and thanks for your continued support of Rotary.



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RETIREMENT VILLAGES

Shedding light on the realities of retirement village economics

Independent report busts myths about cash surpluses in the sector.

MANY PEOPLE THINK retirement villages are cash cows, delivering big profits to operators in just a few years. But a new independent report has shown that's far from the truth.

The study by Grant Thornton looked at 25 years of data from two



very different villages – one a rural village in Canterbury, the other a city-based apartment complex in Auckland.

The results were eye-opening: in both cases, it took more than 20 years before the villages “broke even” and generated a return on the initial investment.

“This confirms what we’ve always known,” says Michelle Palmer, executive director of the RVA.

“Retirement villages aren’t short-term money makers. They’re long-term commitments that require a huge upfront investment, a lot of patience, and a commitment to providing high-quality living environments for older New Zealanders.”

The report, *The Path to Profitability*, explores all the steps involved in bringing a retirement village to life – from buying land and constructing homes, to attracting residents and delivering services.

It also digs into the factors that affect a village’s financial sustainability, including the price of units, construction costs, and the timing of residents moving in and out.

Pam Newlove, the retirement village services lead at Grant Thornton, says the research shows how complex the sector really is.

“People often think operators are making big profits from deferred management fees or weekly charges,

but the reality is more complicated,” she explains.

“Weekly fees typically just cover the day-to-day costs of running a village, and in many cases, those costs are increasing faster than the fees can keep up.”

In fact, the study found that while operators may receive an initial boost when units are first sold, operating cash inflows level off after seven to 10 years – while expenses like maintenance, staffing, and refurbishing units continue to rise.

Palmer says the findings also reinforce the need for any reform of the Retirement Villages Act to recognise the sector’s complexity and avoid unintended consequences.

“We’re seeking a balanced and sustainable framework that meets residents’ needs while recognising the realities of operating villages.

“We support the Government’s decision to accelerate changes to the Act, which will bring much-needed certainty and clarity for both residents and operators.

“However, we’re not waiting for the law to change. Around 70 per cent of villages have adopted a range of best practices and we’re committed to lifting the bar across the board.

“This includes re-licensing vacant units as quickly as possible because we know how important timely settlement is for families, and enhancing disclosure around the transition to care, giving residents and families greater clarity.

“Many operators have stopped charging weekly fees once a unit is vacated. The RVA also supports paying interest on outstanding capital sums after a period and clarifying responsibilities for chattels, repairs, and maintenance.”

While most repayments already occur within a reasonable timeframe, Palmer warns that mandatory buyback requirements could have significant negative consequences.

“A prescribed repayment period



would disproportionately impact smaller regional villages and many independent villages. It could delay new developments – especially those with hospital-level care – and drive up costs for residents.

“In a soft housing market like today’s, re-licensing naturally takes longer – and both operators and residents feel that pressure.

“If investment slows, development slows. And at a time when older New Zealanders need more options – not fewer – we can’t

afford to lose sight of this.”

Despite the challenges, Palmer says retirement villages remain a trusted and popular option.

“The sector is focused on balancing the need to continue delivering excellent outcomes for residents while ensuring the industry remains financially sustainable for the future.”

The report can be viewed at: www.grantthornton.co.nz/insights/the-path-to-profitability/ ■



In tune with an active retirement

FOR BUPA Tōtara Gardens Retirement Village residents Robin and his wife Karen, the decision to make the move to retirement village living was fuelled by their desire for security, little or no home and garden maintenance, and the opportunity to take part in a variety of activities.

“We wanted to make the move to a retirement village before we were no longer able to carry on maintaining our home and property,” says Robin. The couple opted for Tōtara Gardens based on its smaller size, attractive layout, proximity to local facilities, and variety of activities on offer. “The communal vege garden, residents’ workshop, community centre, putting green and ukelele group to name a few!” laughs Robin.

Robin and Karen spent most of their younger married and working life in



Whangārei, and after a period of time spent living in Hamilton, decided to make the move north back to where it all began. “We have family here, including children and grandchildren, who we are able to visit and who also come to see us,” says Robin.

Robin says if he were to give advice

to others thinking about making the move to retirement village living, he’d suggest ticking all the boxes beforehand, and to “make sure you’re comfortable living within a close-knit community.” And with that, he’s back to his ukelele group!

To find out more visit bupa.co.nz ■

THE TASSIE GETAWAY WINNERS...



Gillian and Errol Howard of Lower Hutt are off on a six-day guided tour as winners of the TASSIE getaway prize.

We don’t think their horse is invited, but congratulations to the winners!

Thank you to all those who entered. If you are keen to book a similar trip, do contact your Travel Agent for info and pricing.



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THE COOK ISLANDS. Just a 3.5 hour flight from Auckland, and you've landed on luscious Rarotonga where you're greeted with fresh frangipani garlands called 'ei. Plenty to see and do, relax, read, sip a cocktail, gaze over the azure waters. That's exactly what we did, soaking up the atmosphere.

We stayed at the adults-only resort on Rarotonga's south-west coast, **Sanctuary Rarotonga-on the beach**, from where you can see turquoise lagoon waters and breathtaking sunset views right from your balcony.

Sanctuary Rarotonga welcomes guests aged 16 and over, but if you're travelling with younger family members, the family-friendly sister resort next door, The Rarotongan Beach Resort & Lagoonarium, makes it so easy for grandchildren to stay with Mum and Dad, yet still enjoy holiday time with Nana and Granddad.

All Sanctuary guests are also able to use The Rarotongan's facilities, so you can join up anytime with the rest of the family for lunches, dinners, or a refreshing sundowner on the new Lagoon Deck at Captain Andy's Beach Bar & Grill, named after a famed South Seas trading schooner skipper.

Both resorts now offer guests a delicious and extensive Daily Full Cooked Breakfast Buffet, the perfect way to set up the whole family for another great day on your Rarotongan holiday. You can enjoy a quiet breakfast at Sanctuary Rarotonga's sand-floor BlueWater Grill, or choose to join the rest of the family at The Rarotongan's Te Vaka Room. Either

way there's a wide range of hot and cold breakfast dishes to select from, including eggs, bacon, sausages, quiche and much more.

During the day, the whole family can also enjoy playing or relaxing on the white sands of

The Rarotongan's Aroa Beach. For a special treat, snorkel straight off the beach in the sheltered waters of Aroa Lagoonarium Marine Sanctuary where you can even swim with gentle Green Turtles as well as colourful angel fishes, parrot fish,



Sanctuary Rarotonga-on the beach.



The popular swim-up bar and swimming pool at Sanctuary Rarotonga-on the beach.

sunset wrasses and many more colourful and approachable tropical fishes. Snorkelling plus stand-up paddleboarding, kayaking, gym, games room and tennis along with fish feeding, learning to husk a coconut, make a fresh flower garland ei, dance the 'ura (hula), play the ukulele and island log drums, bingo, karaoke, are all complimentary to resort guests at both resorts.

Younger adventurers will also enjoy splashing about at The Rarotongan's Little Dolphin's Mini Waterpark, as well as all the activities at the resort's free Moko Kids Club for children aged 4-11 years.

After all the fun times together, feel free to retreat the few steps away back to Sanctuary Rarotonga where the adults-only swimming-pool with a unique swim-up bar awaits just the two of you for a quiet drink and a bit of R&R. ■

www.sanctuaryrarotonga.com and www.therarotongan.com

Here's what you can win!

The Cook Islands' boutique adults-only resort, Sanctuary Rarotonga-on the beach Adults Only, in conjunction with Seniors Magazine + EXPO, congratulates you on your fabulous RELAXING RAROTONGA COUPLE'S ESCAPE Prize Package!

YOU RECEIVE:

FREE 7-Nights in a Beachfront Suite at Sanctuary Rarotonga-on the beach www.SanctuaryRarotonga.com
Enjoy stepping from your absolute Beachfront Suite onto the white sands of Aroa Beach and into the sparkling crystal blue waters of Aroa Lagoonarium marine sanctuary, right here in the heart of the South Pacific!

- FREE Daily Full Cooked Breakfast Buffet
- FREE Signature "Island Goddess" Cocktail for Two
- FREE "Legends of Polynesia" Island Night Umu Feast * Drum Dance Show (Monday nights only)
- FREE Unlimited Wi-Fi
- FREE Snorkelling Equipment, SUP & Kayaks
- FREE Print Your Own Pareu (Island Sarong) to enjoy wearing on your tropical holiday
- FREE Explore our fascinating Polynesian culture! Learn to make an 'ei (lei) from fresh tropical flowers, dance the 'ura (hula), husk a coconut, weave a sunhat from coconut palm leaves, and play the ukulele and island log drums with our friendly Activities Team
- FREE Return Airport-Resort Transfers on Rarotonga
- Discover the Cook Islands' beautiful Frangipani Season! Valid for a stay during Rarotonga's glorious Frangipani Season – 01-20 December 2025 and 01-28 February 2026.

TERMS & CONDITIONS

To redeem your awesome RELAXING RAROTONGA COUPLE'S ESCAPE Prize Package for 2, please contact The Rarotongan Resort Group's Director of Sales & Marketing, Liz Raizis Liz.Raizis@TheRarotongan.com and we will be pleased to make arrangements for you. RELAXING RAROTONGA COUPLE'S ESCAPE Prize Package is for up to 2 adults aged 16 and over, valid for travel dates as shown, subject to availability at time of booking.

Island Night Feast & Dance Show is available on Mondays only (subject to availability at time of arrival).

Prize is non-refundable, non-transferable and not redeemable for cash. Includes all items as shown. Any other expenses are the responsibility of the prize package recipient.

Airfares are not included. Travel insurance is not included, and is winner's responsibility.

Travel insurance for both adults is mandatory prior to winner being able to take up their Prize Package. Congratulations once again on your RELAXING RAROTONGA COUPLE'S ESCAPE PRIZE!

Here's how to enter...

Simply email your name address and phone number to colin@affinityads.com to enter.
DOUBLE your chances by entering again at one of our expos.

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Probus Club News

Out and about with the Probus Community.

An immersive film experience

Manurewa Ladies Probus Club enjoyed a beautiful day for a drive into Auckland City for their trip to the Weta Workshop for a behind the scenes experience.

Weta has become world famous for its fantastic contributions to both the Lord of the Rings and The Hobbit Trilogies, and members were fortunate to get amongst some of the magic. The group took a few snapshots upon entering into the depths of boxes filled with props and pieces used for making movies. Further in

was a huge room full of neon colour, prosthetic body parts, and a magic mirror where one could change your facial features. It was a full hands-on experience which the club absolutely enjoyed. The club would like to extend its thanks to Win for organising the incredible day.



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Exploring a signal station facility

Boulcott Probus Club recently visited the Beacon Hill Signal Station on Seatoun Heights. The station's staff act as the city's gatekeepers, like a watchtower over the capital 135m above sea level. A team of six people work on rotation to feed information through to hundreds of commercial and recreational vessels every day. The signal station is also incredibly important as one person's gaze over the coastline and waters can decrease the number of collisions, shipping delays, and prevent financial ruin. Lunch was followed at a nearby cafe in Seatoun Village. It was a great day out for all who attended.



A mystery bus trip to Titirangi

Howick East Combined Probus Club recently enjoyed a beautiful sunny day for their mystery bus trip to Titirangi. The tour guide, Jack, proceeded to tell the group the history of the area as they headed for Huia and Cornwallis. The Huia town was named after Te Huia, a Maori chief. In the past, the area was a hive of activity with the timber



mills and a wharf built for shipping the timber out after it was brought down from the bush. Today, the town is very small, with just a fishing club, a fire station, a village hall and a cafe.

The group then visited a museum that was bursting with memorabilia, artefacts and pictures of the past. The museum was fascinating and hard to leave, but lunch at Cornwallis beach was calling. They set up their chairs on the beautiful beachfront park and enjoyed the individually packed lunch made by Jan and friends. It was a beautiful day with perfect weather and lovely company enjoyed by all.

A refreshing hike on the peninsula

Dunedin South Probus Club members embarked on a refreshing hike on the Otago peninsula on a beautiful autumn morning. The unique hill-free hike began with a gentle walk across paddocks before reaching a picturesque beach. The beach was bustling with about 20 sea lions lounging on the sand, accompanied by a variety of seabird life. The concept of hill-free hiking is designed to accommodate people with medical conditions that prevent



them from walking on hilly terrain. For those who can no longer manage hills, it offers an opportunity to regain fitness without the fear of running out of breath on uphill slopes.

Walking along the beach provided an excellent setting for exchanging ideas and chatting about everything. Everyone had a fantastic time and is looking forward to next month's hike.

A fun outing to New Brighton

Rolleston Central Probus Club recently went for a fun day out to New Brighton Beach. The bus trip took over an hour with lots of stops on the way with passengers getting on and off at various stages. It was a unique way to see the city and the outlying suburbs. Upon arriving to the beach, everyone dispersed to their favourite spots such as walking the pier, talking to the fishers, and admiring the sand art. Lunch was followed at a nearby restaurant with most having whitebait fritters or fish and chips. The club would like to thank Christine for organising this trip.



A visit to the Gow Langsford Gallery

Newmarket Probus Club recently enjoyed a visit to the Gow Langsford Gallery in Kitchener Street taking in the 'New Ways of Being' exhibition featuring four contemporary New Zealand artists. Each of the works were very different with the group's understanding thereof being enhanced by a gallerist. All who attended had thoroughly enjoyed this outing.

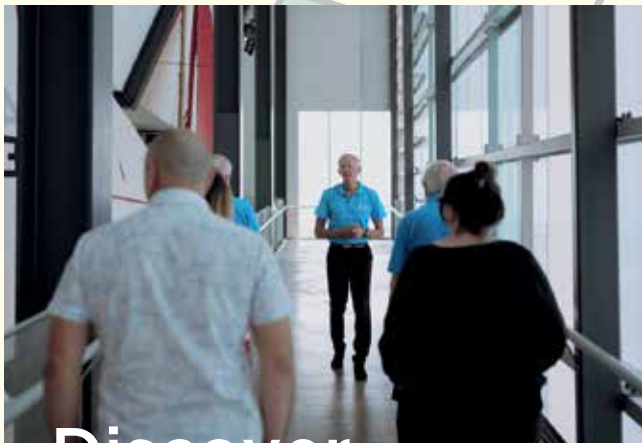


Dining Out group enjoys Thai food

Members of Wellington Combined Probus Club recently enjoyed supper at a Thai restaurant. This was the final Dining Out outing organised by Sheila, and the club would like to thank her for all the delicious meals she has found for them over the years. The club welcomes Pat, who will be in charge of organising outings for the Dining Out group now.



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Social clubs like Probus provide a vibrant community of like-minded people who come together for fun and friendship. Probus promotes mental and emotional well-being by fostering a sense of belonging and purpose. The shared experiences and mutual support within Clubs help retirees navigate the significant life transition with confidence and enthusiasm.

Members meet monthly and stay active and involved through a wide variety of activities that meet individual needs. From coffee catchups and cinema groups to day trips, walking groups and overnight tours, each Club offers various options to keep members engaged. What all Probus Clubs have in common, however, is the opportunity to meet with fellow retirees regularly, to maintain healthy minds and active bodies, to expand interests, and to enjoy the fellowship of new friends.

So, if you are looking to turn your retirement into an adventure filled with learning, connection and growth, Probus offers a compelling path forward.



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Day 1: Home pickup, transfer to airport, fly to Christchurch, on arrival met and transferred to hotel. Christchurch (2 nts) 2: CHC at Leisure 3: Join Tranz Alpine Train, Arthurs Pass, Greymouth, Shantytown & Steam Train Ride, Hokitika (1 nt). 4: Fox Glacier (1 nt). 5: Haast Pass, Wanaka to Queenstown (2 nts). 6: Arrowtown. Evening cruise Lake Wakatipu on TSS Earnslaw Steam on Lake Wakatipu + Dinner & Show Walter Peak. 7: Scenic Cruise Milford Sound, Te Anau. (1 nt). 8: Invercargill, Bluff, Optional: Stewart Island. (1 nt) 9: The Catlins, Dunedin. (2 nts). 10: Taieri Gorge Railway, Olveston House, Larnach Castle & Dinner (Exclusive to Gold Club Tours only!) 11: Travel to Oamaru, Oamaru Vintage Railway & historic precinct, Omarama (1 nt). 12: Mt Cook, Christchurch (1 nt). 13: Day at leisure until transfer to join return flight, met & returned home.

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