

SUMMER 2021 QUARTERLY NEWSLETTER
www.ageconcern.org.nz



Age Concern Marlborough

Serving the needs of older people

A large, stylized graphic for "Hello Summer". The words "Hello Summer" are written in a large, black, cursive script. Above the word "Hello" is a simple yellow sun with rays. The text is set against a background of a yellow sandy beach with various seashells and a large starfish. The beach area is depicted with a textured, dotted yellow background and a white, splattered edge at the bottom.

Hello
Summer

For advertising phone Dave 027 652 5220 or email dave@kiwipublications.nz

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OFFICE HOURS

Community Welfare Coordinator

Bobby Houlahan

9.00am - 3.00pm Monday to Thursday

Office Administrator

Sandy Stowell

10.00am - 1.00pm Monday to Friday

Volunteer Coordinator

Sandy Stowell

admin@ageconcernmarlb.org.nz

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The views expressed in this newsletter are not necessarily those of Age Concern Marlborough. The inclusion or exclusion of any product does not mean that the publisher advocates or rejects its use.

A Word from the Chair

What an interesting time we have had since my last note. The most noteworthy was the hail, followed by thunder, lightning and rain event on November 1st. It was limited to a relatively small area in the centre of Blenheim but our office was badly affected. The hail blocked the downpipes and the following heavy rain flowed into the building and several of the offices were soaked. The ceiling collapsed and water gushed into our office, destroying computers, printers, furniture and many files. The water was several cms high on the floor and we await repairs to the walls and ceilings as well as the carpet being dried out. Throughout this time Bobby and Sandy have continued to work from home and have tried very hard to provide a full service to the community. We are very grateful to them both for working so hard under such difficult conditions. We hope to be back in our office before the end of the year but it has meant we have had to cancel our end-of-year activities.



On November 20th we held a fund-raising Bridge Tournament at the Clubs of Marlborough – this was touch and go for a while as their building was also damaged but fortunately it was fixed in time for a very successful “Christmas Tournament”. My thanks to our Staff and Board for their tremendous efforts for this very successful occasion.

These are very difficult times with the spectre of COVID-19 so prevalent in our community and now it is spreading out over NZ. I hope you have all managed to get both your vaccinations and will be lining up for your booster shot when you are eligible 6 months after your second shot. Please get in touch with us if you need assistance getting transport and/or appointments for your booster shot.

We met with a small group of the Friendship Group and we have all decided we will get up and running in February 2022.

Our AGM was held in October, having been postponed from September because of another lockdown. We were delighted to welcome three new Board members each of whom has a range of skills and experiences which will be invaluable to our organisation.

- **Lyn Hosie** with a background in Nursing, Public Health and the Age Care sector
- **Diane Horton** with a background in Management, IT, Property and Event Management
- **Wendy Smith** with a background in both Governance and Management in the Age Care Sector

I hope they enjoy their time with our Board as we continue to build our services to Marlborough’s growing Senior community.

On behalf of the Staff and Board, could I wish you all a Happy Festive Season as we look forward to 2022, whatever surprises it may spring on us.

Marge Scott | Chair

CHRISTMAS OFFICE HOURS

CLOSE DOWN Tuesday afternoon
21st December 2021

RE-OPEN Monday 10th January 2022



SOME PEOPLE ARE SENT FROM HEAVEN!!

Are you or someone you know going to be alone this Christmas?

We have a wonderful woman that is going to be spending her first ever Christmas alone this year. She is wondering if there is anyone else out there in the same position. She has offered to share some company and Christmas dinner around 3-4pm.

A little about her: She is in her 70's and a fit and healthy, happy, positive person. She appreciates that going for dinner at a stranger's house would be daunting, so would be happy to meet them before Christmas Day.

What a wonderful community we are part of! If you or someone you know would like to reach out, then please ring the office 03-579 3457



Do you need help with printing or getting your Covid Passport??

If you need help with this, then the team at Age Concern Marlborough are more than happy to help! Even with our office destroyed by a flash flood, we would love to help you. We want to keep the older people in this community connected and able to enter shops/cafes etc. So, if you need help with this then please call the office. Leave a message if we are not there and we will get back to you. Stay positive, we're nearly there...hopefully.

Thanks to our wonderful volunteers

Age Concern Marlborough couldn't achieve what we do without our amazing and caring volunteers! They really are the soldiers on the ground for us at Age Concern Marlborough. With much promotion and advertising we have been lucky enough to have a huge increase in volunteers over this last month! It just goes to show the wonderful community we are part of and how people are willing to help other people, even while dealing with a worldwide pandemic. The team at Age Concern would like to say thank you and let you know that we appreciate all that you do! We also must inform you that we will not be holding our usual Christmas Thank-you event for our volunteers this year. The damage to the office/office equipment and the Covid-19 restraints has made it too tricky. But don't worry, we are planning an event for early in the new year. Hope to see you all there.



Alistair Sowman

Faye Partridge

Thelma Sowman

Paula Aires

Barry Holmwood

Terry Ryan

Bob Barnes

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www.sowmans.co.nz

Bonus Bonds

You may be aware that the Bonus Bonds scheme is being wound up and the proceeds returned to the holders of Bonus Bonds (Bondholders). If you have Bonus Bonds, here's important information about the wind-up process and how you'll receive your payment.

What do you need to do?

We will deposit your payment into any New Zealand bank account you choose. Simply get in touch by calling the Bonus Bonds Wind-up Contact Centre, on 0800 266 374 between 8am and 6pm, Monday to Friday. Please note, you don't need to come into an ANZ branch – when you call we'll let you know how to provide us with the details of your bank account. In many cases you will be able to provide your bank account details to us straight away over the phone. If you have the details of your Bondholding (for example, your Bondholder number or a serial number from a Bonus Bonds certificate), it would be helpful to have these at hand when you call.

How much will you get and when will you get it?

We expect to make a payment of \$1.10 for each Bonus Bond you hold, between October and December this year. If there are any remaining funds when the Bonus Bonds scheme wind-up is finalised, you may receive another small payment then.

For more information, check the Frequently Asked Questions on the Bonus Bonds website at bonusbonds.co.nz/faqs, or give us a call on the numbers above.

ANZ Investment Services (New Zealand) Limited is the manager of the Bonus Bonds scheme.



Friendship Group

It is with great pleasure that we can announce we will be recommencing our Friendship Group in the new year!

This group is available to anyone that wishes to attend. For just \$2 we will provide morning tea and tea/coffee. There will be entertainment and guest speakers, but more importantly the opportunity to meet new people and make new connections.

It is held on the 2nd Tuesday of the month and will commence in February. If you are interested in coming along, please ring the office for more information.



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www.aberleigh.co.nz

Staying Safe

a refresher course for older drivers



Has it been years since you have had a driving refresher course? Have some rules changed that you may not be aware of? Are you now taking new medication that may or may not affect your driving? Do you want to keep your driving skills for as long as possible?

If you answered yes to any of these things, then you should come along to our FREE driving refresher course for seniors!

The Staying Safe Course is a theory-based refresher course for seniors facilitated by local Age Concerns.

During the course participants will re-familiarise themselves with traffic rules and safe driving practices as well as increase their knowledge about other transport options available to help keep them mobile for as long as possible, whether behind the wheel or when they stop driving.

We want to keep our seniors in New Zealand safe and connected, so if you are interested in doing the driving course, please phone the office and we will book you in. Alternatively, if you have already put your name down for the course, Liz will be in contact soon!

Your vehicle plays a major role in keeping you safe on the road. Safety ratings are the best way to know how well your vehicle will perform in a crash.

The higher the safety rating of your vehicle, the safer you are on the road.

Go to the rightcar.govt.nz website to see what star rating your current car has, and any car you are planning to purchase.



MARLBOROUGH ROAD SAFETY



rightcar.govt.nz

Locals Helping Locals This Festive Season

We would like to extend a warm thank you to Kevin Courtney at Riverby Estate for kindly sponsoring the Christmas Bridge Tournament. Kevin is part owner of Riverby Estate and loves the work that we do here at Age Concern Marlborough.

Thanks Kevin,
we love your kind Christmas spirit.



Our Advice for coping with the uncertainty COVID-19 has brought

- Find a rhythm and stick to routines. It is hard when days blend together; but create differentiation between day/evening, week/weekend and find goals to work towards.
- Try not to focus too heavily on updates, ignore the news for a few days; the constant updates can be depressing, especially as we get used to high case numbers now that we are not so focused on elimination.
- Give yourself a break and allow yourself to feel uncertain or anxious but remember that we've done it before in previous lockdowns and in previous global pandemics.
- Keep in touch with people. If you have a tablet, laptop or smartphone then skype with family and friends, seeing someone you care about on screen is very uplifting.
- For those people who aren't digitally savvy, make sure you are phoning friends and loved ones regularly. Or call a friend or relative you haven't spoken to for a while, we guarantee you will love catching up on each others news!
- If hearing is an issue, then write a letter to someone or drop a note into a friend's letterbox it shows you care and is a great way to feel more connected to people you are missing.
- Celebrate small things, like a sunny day or flowers, it's easy to become caught up in negatives and not focus on positives.
- Make the effort to get outdoors, or get some exercise, do something to take your mind off it all and get lost in what you are doing.
- Do something you enjoy – reading, listening to music, a creative hobby, this can help take your mind off your loneliness.
- People have a life-long capacity for learning and development, so learn something new. Is there a language you always wanted to learn, or craft you wanted to take up, a type of cuisine you want to learn to cook?

Seize the moment!

It's also important to remember that resilience is different for different people, some people cope really well on their own, others not so much, so it's very important to recognise what you need and don't be afraid to reach out for support. Reach out to someone you know. Or call Age Concern Marlborough on 579 3457 and ask how we might be able to help, we have different services and may well be able to help you or link you into someone that can. We are resilient when we feel we have support we can rely on, so it is really important to know who to contact when we need to.

COVID-19 Vaccination Certificates

From late November 2021 COVID-19 Vaccination Certificates will be available to COVID-19 vaccinated people in New Zealand. There will be 2 different vaccination certificates depending on whether you are using them within New Zealand, or for international travel. The QR codes for the 2 certificates will be different, and your international certificate will have more personal information. You will be able to either print these certificates or save the QR codes on your smartphone in your Apple Wallet or Google Pay.

Domestic digital vaccination certificate

Your domestic digital vaccination certificate will include a QR code, which you can print or save to your phone. You may be required to show this certificate as proof of vaccination in a range of public settings. This could include:

- events
- retail
- faith-based gatherings.
- hospitality
- sport

Requiring vaccination certificates will be optional for many locations.

You will not be required to show proof of vaccination to access supermarkets, pharmacies, health services, food banks and petrol stations.

You can request your vaccine passport online at mycovidrecord.health.nz. You can also call 0800 222 478 to request your vaccine passport, make sure you have your NHI number ready.

Exemptions

Children under the age of 12 will not be required to show proof of vaccination.

There will be an exemption process to get certification for the small number of people who are unable to get a vaccination for medical reasons.

International digital vaccination certificate

From late November 2021 you will be able to download a digital certificate as proof of vaccination for international travel. You can choose to print this and carry it in your passport or save it on your phone or laptop. These certificates will meet international standards.

If you have any questions about how to get a vaccination certificate or what it will be needed for please call us on 579 3457.

Information for this article was sourced from:
<https://covid19.govt.nz/>

Walk and Talk - Expressions of interest

At this stage we are gauging expressions of interest to start a walking group in the new year.

We have a fabulous, friendly and fun volunteer that is willing to lead the group every Thursday at 10am (weather dependant). The current plan would be to meet at Raupo, walk down the Taylor River, then loop back to Raupo for coffee. If you are looking to meet new friendly people, increase your exercise and get out and about more then we would love to hear from you! Please either email or phone the office if this sounds like something you might be interested in.



Stuart Smith
MP for Kaikoura

Amberley 03 314 7441

Blenheim 03 579 3204

0800 STUART (0800 788 278)

stuart.smithmp@parliament.govt.nz

[f stuartsmith.national](https://www.stuartsmith.national.org.nz)

National
Authorised by Stuart Smith MP, Parliament Buildings, Wellington.

Christmas Bridge Tournament

It was a very successful day at the Age Concern Marlborough Christmas Bridge Tournament fundraiser. The tournament was held at the Marlborough Bridge Club at the Clubs of Marlborough. All ages and stages of bridge players were welcomed, and 76 players came along and joined in on the fun. There was prizes galore throughout the day with raffles, spot prizes and lucky dips. There was a real atmosphere of fun and conviviality from the competitors, who had a really good time. After all, one of Age Concern's important goals is to combat loneliness in our community and that was certainly achieved with several of the players saying they hadn't had so much fun in ages. It certainly would not have been possible without the wonderful Chair of Age Concern Marlborough, Marge Scott who took the lead role in organising the event. Marge was also assisted by the board and together they managed to make the day fun, exciting and run smoothly.

Congratulations to the winners of the day:

Rudolf Division:

1. Marsha Woodbury and Ginny Warren

Overall winners

2. Barbara Fechny and Ann Baker

Overall runners up

3. Marge Scott and Jane Jordan

Dancer Division:

1. Christine Holdaway and Neil Burrell
2. Colin Davenport and Robyn Sumner
3. Alison Graham and Angela von Krosigk

Donner Division:

1. Trevor Emmett and Aileen Ambler
2. Yvonne Hore and Margaret Dorreen
3. Don Jamison and Susan Rapach

Blitzen Division:

1. Carolyn Strongman and Sue Hutchinson
2. Diane Smith and Joan Golding
3. Alison Fletcher and Sue Syme



Who would you like to speak for you if you can't?

If you have dementia, having an advance care plan means people will know your wishes, even if you can no longer tell them. An advance care plan is a way for people to think about, talk about and share what matters to them now in case they are unable to say it later. Find out more about advance care planning and dementia, including a series of videos at www.myacp.org.nz

Sarah Togher - Dementia Wellington

Advance care planning for people with dementia takes time and needs sensitivity, says Sarah Togher, an educator and advisor with Dementia Wellington.

'Talk to your whānau and others close to you about things like where you would want to be cared for, who you would like with you towards the end, who you would like to speak for you if you can't, and your worries or concerns about being ill or dying.'

Sarah says it's important for people with dementia to start having their advance care planning conversations early, when they have the ability to understand what they're documenting.

'However, it's also important to be sensitive to where a person is in their dementia journey.'

'Talking about advance care planning can be overwhelming if someone has just been given a dementia diagnosis. It's an emotional time. I've found some people are keen to make a start, while others aren't ready to think too far ahead.'

She says advance care planning for people with dementia often ties in with them 'getting their affairs in order' and perhaps appointing an enduring power of attorney.

'Take time with it. Talk about how you're feeling and share that with your loved ones. It can be simple, such as wanting to make sure your feet are never cold. It may be about how it would be nice to overlook a river if you are in residential care.'

It's important for someone with dementia to review their advance care plan often to make sure it still reflects their wishes.

'When someone with dementia no longer has the capacity to make decisions, an advance care plan eases that very emotional time for those making decisions on their behalf, knowing they've had the conversation,' says Sarah.

Terry and Colin

Terry Webb recently helped his brother Colin complete his advance care plan. Colin has dementia and began his advance care plan when he and Terry attended a 'Living well with dementia' course run by Dementia Wellington. Colin later completed a draft of his plan and then he and Terry went through it together, removing any ambiguities.

Colin's plan details what matters to him, what he would do if his time were limited, how much he wants to know about his treatment, how much he wants his loved ones to know about his health, and whether he wants to be kept alive on life support.

Terry says Colin having an advance care plan is very helpful for the family. 'We're not worried about what to do because Colin's intent is very clear.'

Sarah, Colin and Terry feature in new videos discussing advance care planning for people with dementia.



editorial supplied by Nelson Marlborough Health

Kia kōrero

Let's talk

www.myacp.org.nz

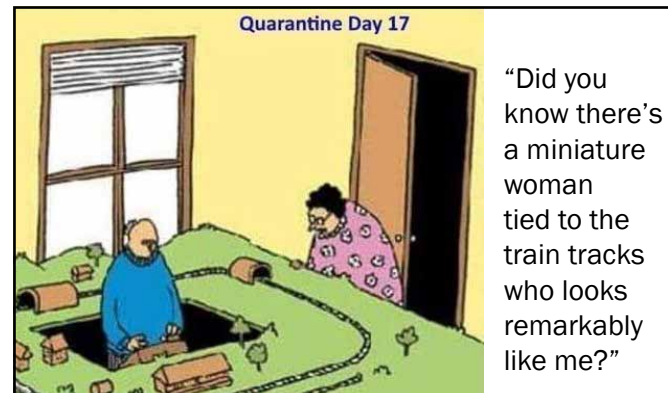
Plan for your future healthcare with an Advance Care Plan



Two Mafia hit-men are walking deep into a forest in the middle of the night.

One of them says, "I gotta admit I'm scared out here."

The other replies, "You're scared. . . I gotta walk back alone!"



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Their continuation enables our newsletter to be provided free of charge - they need to know where you found them and that the advertising is working for them too.

Thanks

How to make an instant noodle omelette

An instant noodle omelette is a quick snack meal with the redeeming health feature of protein- and nutrient-rich egg. It's so easy, very little dishes and perfect for 1-2 people.

Ingredients:

- 185g packet of noodles, with flavour sachet
- 1 cup water
- 1 cup chopped tomato and celery
- 2 teaspoons fresh parsley, chopped finely
- 2 eggs, lightly beaten
- 2 tablespoons grated cheese
- 1 tablespoon butter or oil

1. Cook the noodles according to the packet instructions.
2. Remove from the heat once cooked. Drain well and set aside
3. Crack the eggs into the bowl. Add the parsley, chopped tomato and celery pieces and mix well. Then add the noodles and mix through
4. Pour the butter or oil into the frying pan. Heat gently.
5. Add the omelette mixture. Cook for 5 minutes without stirring.
6. Sprinkle the cheese over the omelette
7. Serve hot. Slide the omelette onto a serving plate. Serve with a side salad.



Office damage

As I'm sure you are all aware, Marlborough was hit with a massive weather bomb which caused significant damage to several businesses and homes in the region.

Sadly, the front half of the Community Centre building which is home to our offices did not escape unscathed. Our Age Concern Marlborough's offices have been devastated by water damage, fallen ceiling tiles, and more. Both furniture and technology will need to be replaced.

Over the coming weeks, we will be dealing with insurance companies and the cleaning up process so will be unable to use our offices. We are trying our hardest to get the rebuild done as quickly as possible, but for now we are working from home. Should you need to contact us, we are still available via phone, email and our Facebook page.



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Steady As You Go® Falls Prevention

Did you know 1 in 3 people over 65 fall every year, this increases to 1 in 2 for people over 85. Almost 4000 people over 50 fall and break a hip.

Our team at Age Concern Marlborough have just completed the most recent training for Steady As You Go and want to get the word out!!

Participating in our Steady As You Go class reduces your risk of a fall by 27%

What is Steady As You Go?

- Simple exercises, seated in a chair, standing and walking.
- Proven to improve balance, flexibility and leg strength.
- Participants feel physically better and more able.
- Class members enjoy being with a friendly group of likeminded people.
- Classes are for one hour, once a week.
- Only \$2 per class

Falls in older people are almost always associated with weakened leg muscles and poor balance. Strength and balance exercise programmes can reduce falls, and even the most serious injuries from falls. This enables older people at risk of falls to remain independent and well at home.

At Age Concern Marlborough we have a genuine interest in the wellbeing of older people and want to help, get in contact with us today about joining one of our classes. These people love Steady As You Go, and so will you.

Physical benefits

"I can walk better...now I walk a lot straighter".

"I don't have to pull on the seat when standing at church".

"I can reach the top of my windows to clean them without getting up on a step now".

Social benefits

"We come because it's an outing".

"I am developing a new circle of friends".

"I live on my own and find that the companionship is lovely".

Steady As You Go®

We currently have 5 weekly SAYGO classes running.

Monday 10.30 - 11.30

The Foundry in John Street

Tuesday 11.30-12.30pm

St Christopher's Church Hall

Tuesday 1.45 - 2.45pm

Bright Centre in Dillons Point Road

Tuesday 1.30 - 2.30pm

Union Parish of Picton, Picton

Wednesday 1.30-2.30pm

Marlborough Community Centre

WHAT IS SAYGO?

SayGo is a weekly exercise class that concentrates on strength and balance and these two together statistically help with Falls prevention, not to mention a social time. These classes have been going throughout New Zealand since 2003 and we have over 50 participants in Marlborough each week.

For more information, please contact the office
Phone 579 3457.



Our Picton Steady As You Go classes are back up and running!!

****New venue because of Covid-19****

Union Parish of Picton Tuesdays 1.30-2.30pm

Come along, we would love to see you! Any queries call the office



Above: Age Concern staff participating in the 'Steady As You Go' classes

Below: The team at The Foundry enjoying one of their weekly Steady As You Go classes



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Growing diversity in retirement villages

Traditionally, retirement village residents have tended to be mostly pakeha and come from a fairly standard background. We're often asked what we're doing to encourage older people from other ethnic backgrounds to move in, and for a long time, the answer was "not very much". However, more recently that's started to change, so we asked our writer Janet Brown to investigate.

By Janet Brown, Head and Heart Ltd

I'm talking with a group of Chinese residents at Summerset at Heritage Park when it becomes clear that it all started with Heidi's housewarming party. Heidi Ng and her husband moved to effects of his Parkinson's Disease. Heidi invited about forty of their friends to come and celebrate their new home, and that party sparked a chain reaction that's still continuing.

Village managers often say that it's quite common for each new resident to trigger one or two inquiries from their friends and family. In this case, Heidi and her husband are Chinese, as are many of their friends. And that party has led, in just over a year, to fifteen apartments (and counting!) in Heritage Park's new Heritage Apartment Building being occupied by other Chinese residents. Heritage Park Village Manager Leticia Chuck believes this trend is likely to continue, "The village is really a reflection of the wider Auckland community."

Heidi picks up the story and explains how it started. "We looked at several villages, then the first time I walked in here I felt the warmth, the welcome. But when I told people we were moving to a retirement village, they often said "Poor you!", so I had a party to show them how lovely it was." She doesn't mind not getting capital gains because of the support and activities retirement village living offers. That view has been strengthened by the marked improvement in her husband's wellbeing and enjoyment of life since they moved in. Everyone in the group nods and agrees.

About the same time, Graham and Janet moved in. Graham is New Zealand born, an accountant who's still working, and doesn't speak either Cantonese or Mandarin, and Janet came to New Zealand from Hong Kong aged

nine. She speaks Cantonese, and before they moved in mostly did so with her mother in her nineties; now she has a group of neighbours to talk with in Cantonese. Janet had looked at a number of retirement villages and brought Graham to look at Heritage Park; he knew the area and liked the lake views, so they put a deposit down on their three-bedroom apartment.

Raymond Sun was the first party-goer to act: "After the party I picked up some fliers on the way out, and started looking at villages." He settled quickly on Heritage Park, and next thing his friend Sylvia was keen as well. Others were interested too: Kitty, Jenny and May from Raymond's tai chi class, and Heidi's friends from Eastern Howick Baptist Church. All have now moved in, as well as others. They all appreciate the amenities, each enjoying different aspects. Raymond enjoys getting to know non-Chinese residents at happy hour, and encourages others to come: "Everyone should go to happy hour, it helps you know what's going on and it's great for getting to know people." Chinese New Year became a village-wide celebration, enthusiastically supported by residents, who watched Raymond demonstrate the art of the traditional tea ceremony, while Heidi introduced them to Chinese calligraphy.

Living on two floors of the same apartment block, it's easy to pop in to catch up – Heidi laughs about how they walk barefoot from apartment to apartment: "We don't even need to put our shoes on to go and see each other!" Raymond adds, "Every day, people are ringing my doorbell. In Howick, that didn't happen."

But the group is at pains to tell me that the disadvantages of a village are heavily outweighed by what they've gained. Graham's final comment, as he leaves to go to work, is "Everyone is very friendly here." Heidi sums it up: "I know, if anything goes wrong, I'm already in a safe place with my friends around me."

But for now, they're all enjoying life in their new apartments and community. Heidi has the last word on this too: "Every day it's like having a holiday together on a cruise!"



editorial supplied by Retirement Villages Assn.

Gardening tips

- Dorothy** – an egg in before the tomato plant and aloe vera makes great plant feed.
- Samantha** – If you have just boiled some eggs pour the water into the soil of your plants. The goodness goes back into your plants to make them happy and grow strong.
- Diane** – My garden seems to thrive on coffee grounds that I save from my plunger and mix with water.
- Karen** – I crush up shells from boiled eggs and put them around vege plants and herbs instead of slug repellent. Works very well.
- Lorraine** – water tomatoes with the rinse water from your milk bottles.
- Jenny** – Put used banana skins under Daphne plants
- Rachel** – Boil your veges, drain the water into a jug, let it cool. Water any plants that need reviving with your vege water
- Nikkie** – Use a small amount of milk powder and Epsom salts in the hole before you plant your tomatoes. It prevents blossom end rot

AGE CONCERN MARLBOROUGH MEMBERSHIP RENEWAL/NEW



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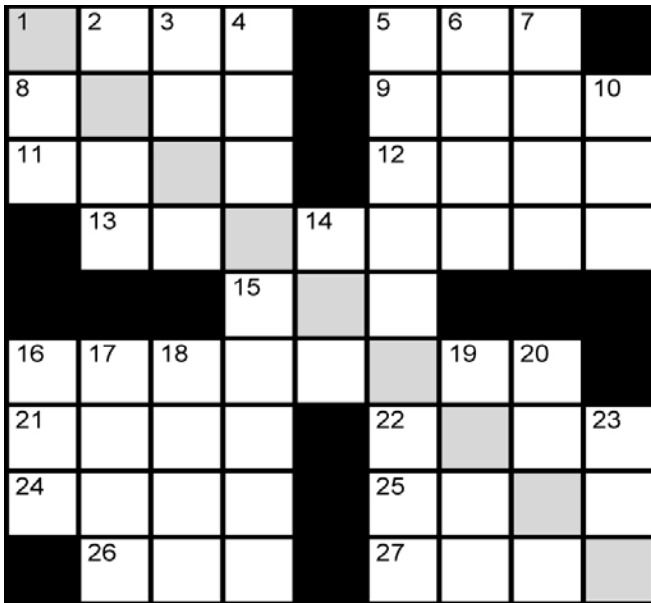
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Payments may be made either to the office or online to our bank account: Westpac 03 0599 0475319 00. Please ensure your name and 'subscription' is shown as a reference. Sorry, no eftpos at the office.

We welcome Donations and Bequests which help us to continue to promote the welfare of older persons in Marlborough.

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Settlers



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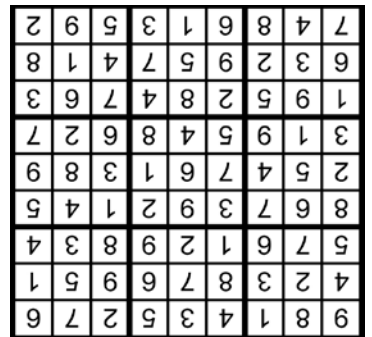
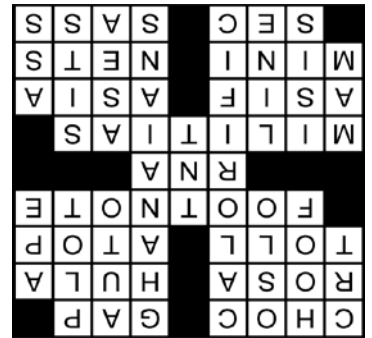
11. Turnpike fee

12. At the peak of
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21. "Dream on!"
22. Atlas section
24. Short skirt
25. Fishing gear
26. "Hold on a ____!"
27. Back talk

Down

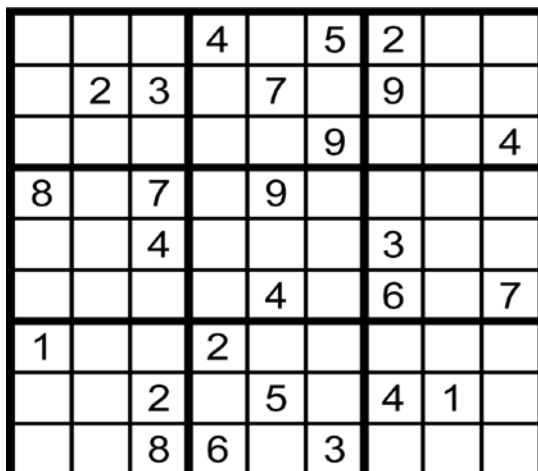
1. Computer monitor, for short
2. Horseshoe site
3. Nobel Peace Prize city
4. Relating to heat
5. Inhabitants of the Gold Coast
6. Vehicle
7. Scheme
10. "Tarzan" extra
14. Atlanta-based station
16. Mayan Indian
17. Egyptian fertility goddess
18. Queue
19. Fishing, perhaps



20. Takes a seat
23. Blockhead

ATTACK
BISHOP
BLACK
BOARD
CASTLE
CASTLING
CHECKMATE
DEFENSE
DRAW
EN PASSANT
ENDGAME
FIANCHETTO
FORK

GRANDMASTER
KING
KNIGHT
PAWN
QUEEN
RED
RESIGN
ROOK
SACRIFICE
STALEMATE
STRATEGY
THREAT



WORD FIND - GAME OF CHESS



How to solve sudoku puzzles. No math is required to solve a sudoku. You only need logic and patience. Simply make sure that each 3x3 square region has only one instance of the numbers 1-9. Similarly, each number can only appear once in a column or row in the larger grid. *The difficulty on this puzzle is easy.*