

Nelson, Tasman & Marlborough Regions.

NOTE FROM EMMA

I have loved getting my nose stuck into some good books during lockdown. It's a great way to take yourself to another place without having to go anywhere!

As you read, different parts of your brain, such as vision, language, and associative learning work together. According to one study, mental stimulation like reading can help protect memory and thinking skills. Reading can help to heighten overall brain function and increase memory.

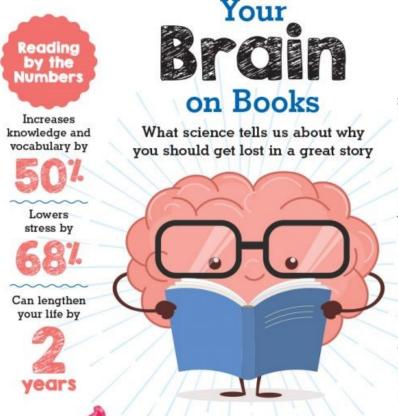
How to find books during lockdown

Your local library - Most libraries in New Zealand are still operating online services which can include thousands of Ebooks, Emagazines and Enewspaers. If you aren't a member then you should be able to apply for membership online.

If you already have a library card you can use "The Libby App" You need to download the app and then log in with your library card.

There is also the Nelson Public Libraries App.

Happy Reading!



Books Can:

Boost your mood

Studies show that people who read for fun are more likely to feel happy and confident.



Help you relax Your heartbeat slows. Your muscles melt. One minute you're reading

Your muscles melt. One minute you're reading in bed, and the next you're zzZZZzzzZZzzzz.



Bring people together

Whether you're starting a book club or bonding over Wimpy Kid with a friend, you'll be part of a reading community.

Reading is a workout for your



Memory Reading exercises the brain, improving your memory. (Maybe you'll stop forgetting your lunch at home!)



Imagination Books help you see vivid pictures in your mind. So you feel like

in your mind.
So you feel like
you're actually at
Hogwarts, riding
a Nimbus 2000.



Heart

Research shows that reading about a character's thoughts and feelings can make you kinder.

₩SCHOLASTIC

Nelson, Tasman & Marlborough Regions.



KEEP ACTIVE

Get Your Gardening On

We are heading into the colder winter months. Here are some ideas from the Tui Garden.

Vegetables to plant:

Broad beans Beetroot

Broccoli

Cabbage

Colory

Celery Garlic

Kale

Onions

Peas

Shallots

Silverbeet

Flowers to plant:

Calendula

Nemesia

Pansies

Polyanthus

Poppy

Snapdragon

Stock

Viola

Fruit Trees to plant:

Figs

Stone fruits

Feijoas

Persimmons

Berries







READY, SET, BAKE

Emergency No Yeast Bread

When you need bread in a hurry, or the shop has run out? This no yeast, no rise loaf that anyone can bake, that uses only 4 everyday ingredients is the answer. Egg Free.

Ingredients:

- 500g Plain Flour
- 2tsp Baking Powder
- 1tsp Salt
- 310ml Milk (or water with a spoon of oil or melted butter)

Instructions

- Heat the oven to 190 degree on Fan bake or 210 degree on Bake. Place a heavy baking tray in the oven to heat.
- 2. Mix the dry ingredients. Stir in the milk, and bring the dough together by stirring the ingredients until the milk is mixed with flour and forms a dough. It's easiest to do this with your hands rather than a wooden spoon.
- 3. Turn the dough out onto your work surface and knead briefly until the dough has a uniform consistency.
- 4. Shape the dough into a round disc about an inch to an inch and a half thick and deeply schore the top with an "X". This is important—Don't make a round ball of dough as it won't cook in the middle
- 5. Bake on the hot tray for about 35mins until pale brown and sounding hollow when tapped on the bottom,







BOREDOM BUSTERS

Answers from Last Week:

Brain Teasers

- 1. His Son
- 2. The catcher and the umpire
- 3. The river was frozen
- 4. It has each number, zero through nine, listed in alphabetical order.
- 5. Short

Answers "Word Scramble"

ACROSS:

- 1. ROBOT
- 5. BEAN
- 8. KNOW
- 10. SMART

DOWN:

- 2. OAR
- 3. TREE
- 4. RING
- 6. SKIN
- 7. TOPS
- 9. ERR

Tricky brain teasers:

- How can you add eight 8's to get the number 1,000? (only use addition)
- 2. Two fathers and two sons sat down to eat eggs for breakfast. They ate exactly three eggs, each person had an egg. The riddle is for you to explain how
- **3.** If 2+2=44, 3+3=96, 4+4=168, 5+5=2510 Then 6+6=?

Answers in next weeks edition!





BOREDOM BUSTERS

"New Game"

Did you know that when large numbers of smart people leave one country to work in another, it's called a brain drain? Use your head to come up with other "name game" rhyming expressions based on the following clues. If you get three or more, you are clever indeed - and four or more puts you in right in the middle of genius territory (brain terrain)!

Head	ache	e]		
Chief	ger	ius					_		1		
Simpl	e m	ind					<u> </u>	<u> </u>]		
Smar	t foll	ks ii	n N	ladr	id						_
Fast I	earr	ner	on	the	job						
Tune	you	cai	n't (get	out	of	you	r he	ead		
]
What	a n	euro	olog	ду р	rofe	ess	or c	loe	S		

Answers in next weeks edition!