

Covid 19 Special Edition

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 Enewspapers. 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!

Your Brain on Books

What science tells us about why you should get lost in a great story

Reading by the Numbers

- Increases knowledge and vocabulary by **50%**
- Lowers stress by **68%**
- Can lengthen your life by **2 years**

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 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 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.

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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
Celery
Garlic
Kale
Onions
Peas
Shallots
Silverbeet

Fruit Trees to plant:

Figs
Stone fruits
Feijoas
Persimmons
Berries

Flowers to plant:

Calendula
Nemesia
Pansies
Polyanthus
Poppy
Snapdragon
Stock
Viola



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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

1. 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 score 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,



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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:

1. 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 $6+6=?$

4.

A diagram showing four rows of fruit with mathematical symbols. The first row shows three red apples followed by an equals sign and the number 30. The second row shows one red apple, a plus sign, two bunches of yellow bananas, a plus sign, another bunch of yellow bananas, an equals sign, and the number 18. The third row shows one bunch of yellow bananas, a minus sign, two halves of a coconut, an equals sign, and the number 2. The fourth row shows one half of a coconut, a plus sign, one red apple, a plus sign, one bunch of yellow bananas, an equals sign, and a question mark.

$3 \text{ Apples} = 30$

$1 \text{ Apple} + 2 \text{ Bunches of Bananas} = 18$

$1 \text{ Bunch of Bananas} - 2 \text{ Halves of Coconut} = 2$

$1 \text{ Half of Coconut} + 1 \text{ Apple} + 1 \text{ Bunch of Bananas} = ?$

Answers in next weeks edition!

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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)!

Headache

--	--	--	--	--	--	--	--	--	--

Chief genius

--	--	--	--	--	--	--	--	--	--

Simple mind

--	--	--	--	--	--	--	--	--	--

Smart folks in Madrid

--	--	--	--	--	--	--	--	--	--

Fast learner on the job

--	--	--	--	--	--	--	--	--	--

Tune you can't get out of your head

--	--	--	--	--	--	--	--	--	--

What a neurology professor does

--	--	--	--	--	--	--	--	--	--

Answers in next weeks edition!