



Welcome to the TAMAHERE VISTA June 2017

Welcome to winter everyone! Time to wrap up, stay warm and enjoy the crisp sunny days when they come along.

Well, there's quite a bit going on this month, with the mid-year Christmas lunch planned for Thursday 22nd June at 12 noon. The cost of this is \$20.

We also have the next leg of the Inter-Village Quiz on Tuesday 20th June at 2.00 pm and this will be hosted by Alandale. This was not due to be held until July but, due to a misunderstanding, has needed to be brought forward to June.

We already have our two teams set up to represent Tamahere so, apart from a few bits and pieces, will be all set to go. There are four categories this time of 10 questions each – World Geography, Art & Literature, Science & Nature, History (but not necessarily in that order).

Please don't confuse this quiz with the "fun quiz" we are having here on Sunday 18th June – but more about this later on in the *Vista*.

Sadly we have had to cancel the Variety Concert planned for 11th August due to the lack of interest. However, we'll try again another time. (Please see separate flyer regarding the survey we would ask you to take part in).

The new Residents' Association Committee decided at its first meeting last month to declare an amnesty for gold coin donations to be requested for activities they organise during the month of June.

A big "thank you" goes to Len Schroeder for stepping into the gap when he found out that last month's visit from the Phoenix Players had been cancelled. In order not to disappoint our residents, Len filled the gap with his own music. You're a gem Len.

Jean Robertson, Editor (856 9269)



JUDY'S COLUMN

Outings and Events in June:

We are really getting into Winter now, so a movie outing to the warm and comfortable Tivoli Cinema in Cambridge is just the ticket! You may have seen promotions of the New Zealand documentary 'Pecking Order', about the Christchurch Poultry, Bantam and Pigeon Club's preparations for Championship Competitions. On **Thursday 8 June**, let's see this 'flockumentary' and find out who will rule the roost! Tivoli Cinema run 'Thrifty Thursday' prices, so the Senior ticket will cost a 'paltry' \$10.00. ☺

Arbonne Independent Consultant, Nicole Glover is offering a Free Pamper Session using the skincare and cosmetic products on **Thursday 15 June**. As part of this, Nicole can show you how to apply a '5 minute face' using a small range of cosmetics to quickly freshen up the face and help you look your best. All products are plant based and clinically tested. This is your opportunity to try with no obligation to buy.

On **Friday 16 June** we are heading out for morning tea (own cost) at 'Mavis at the Airport' plus a bit of plane spotting! There is lift access to the second floor Café and viewing area.

The date for Village/Rimu Mid Winter Christmas Lunch is **Thursday 22 June** starting at 12 noon in the Community Centre. Further details to come.

Village Book Group: Meet in the Community Centre Small Lounge at 3.30pm, Thurs 29 June.

We end the month with Happy Hour at 3.30pm on **Friday 30 June**, in the Community Centre.

Notices are sent out for outings and some events. To book in, please contact the Community Centre office (856 8328). If your call is not answered, please leave a clear message. The answerphone is checked regularly. As well as these outings and activities, remember the weekly Saturday Night Movie, screened at 6.30pm in the Rest Home Lounge, as well as entertainers in the Chapel at various times.

<u>Thursday 8 June:</u>	10.00am	Outing to Tivoli Cinema \$10.00
<u>Thursday 15 June:</u>	10.00am	Free Pamper Session – Arbonne (cc)
<u>Friday 16 June:</u>	10.00am	Outing to 'Mavis at the Airport'
<u>Thursday 22 June:</u>	12 noon	Mid Winter Christmas Lunch (CC) \$20
<u>Thursday 29 June:</u>	3.30pm	Village Book Group (cc)
<u>Friday 30 June:</u>	3.30pm	HAPPY HOUR (CC)

And to finish, here are a couple of photos of our recent trip to the Alpaca Farm:



Judy, Village Activities Organiser





From the Chaplain's desk:



Last week, as I was walking around the village on visits, I could feel the temperature dropping, along with a cold wind, which sent the leaves scurrying before me. Winter is on it's way!

Many of us will have a favourite season. Autumn is my favourite. There's nothing like a brisk morning (perhaps even frosty), followed by a calm, sunny day, framed by trees showing off their autumn hues.

In addition, the trout in the lakes and streams are often feeding voraciously at this time, in anticipation of the winter spawning season. Autumn can be a good time for fishing.

So it's a little sad to see autumn walked on, I came across one of a chat, in which the subject of reminded of the necessity of the gardening and farming.



slipping away. But as I the gardeners. We had a bit of the weather came up. I was colder weather for both

The changing seasons also remind us of God's design – spring, summer, autumn and winter; sun, wind and rain. The bible speaks of this in the book of Ecclesiastes 3:1, 2b: "There is a time for everything, and a season for every activity under the heavens...a time to plant and a time to uproot..." Despite inclement weather, the change of seasons speaks to me of God's all-encompassing creative plan. A time of rest and consolidation, followed by the restoration that spring brings. Perhaps we should take a cue from the changing seasons, seeing it as an opportunity to slow down and consolidate spiritually; a season for listening more for the Lord's quiet voice in our lives.

In contrast to the changeable weather – I've received warm welcomes into most of the homes that I've managed to visit thus far. I've enjoyed some interesting conversations. Thank you for your openness. I hope to hear many more of your stories as we get to know each other better.

With blessings in Christ, Clive

GARDEN ADVICE FOR JUNE

- **Prepare...** Now is the time to start preparing your soil for spring planting. If you have heavy clay soil, the addition of some gypsum lime should help to break it down over time. Also digging through some compost and mulch will help to aerate and nourish the soil, and will enhance your soil structure.

- **Sow...** Despite the onset of winter, there is still much a gardener can do outside. There is still time to sow sweet peas, calendulas, pansies, poppies and violas. For the vegie patch, now is good for sowing broad beans, beetroot, broccoli, cabbages, cauliflower, celery, lettuce, radishes, silver beet, spinach, coriander and parsley.



- **Plant...** Brighten up your winter garden with bright annual colour. Choose from alyssum, calendula, flowering kale, sweet Williams, pansies, primulas, polyanthus, and snap dragons. Plant the vegie seedlings of broad beans, beetroot, broccoli, cauliflower, cabbage, celery, lettuce, silver beet, spinach, coriander, parsley, rosemary and thyme. And don't forget to get some strawberry crowns and plant those now, for lots of delicious berries in summer!
- **Feed...** Spring bulbs should be fed with a sprinkling of bulb food about now, and your annuals could use a good sprinkle of blood and bone to keep those blooms going.
- **Other Winter Jobs...** These include, lifting and dividing dahlia tubers, raking up leaves and making leaf compost, clearing up all the fallen diseased leaves around the bases of roses and disposing of them, cleaning out pots and trays for all of my spring growing, and re-covering the garden with a nice thick layer of mulch.

Anyone for Chess?

A group of chess enthusiasts checked into a hotel in Dublin and were standing in the lobby discussing their victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked as they moved off. "Because", he said, "I can't stand chess nuts boasting in an open foyer".

I was having dinner with Garry Kasparov (world class chess champion) and there was a check tablecloth. It took him two hours to pass me the salt!

Come and join us for a FUN quiz night at the Community Centre on Sunday 18th June. We will start at 6.30 pm with a pot luck dessert - yum! Please bring a small portion of your favourite dessert to share with everyone.

After a cuppa we will form into 4-person teams to have a FUN quiz chaired by Mariette Portman. Make up your own team of four in advance or we'll help you team off on the night.

See you there!
Helen Painting

An elderly woman decided to prepare her will and told her priest that she had two final requests. First, she wanted to be cremated, and second, she wanted her ashes scattered over the largest Department Store in the city. "Why", the priest exclaimed. "Then I'll be sure my daughters visit me every week!"

From the 2017-2018 Residents' Committee



The newly elected committee met for our first meeting on 8th May; we bring many years of experience from other committees, but here felt very much that we were the 'new kids on the block'. We appreciated past chairperson Jean Robertson being an ex officio member, her knowledge helped guide us when we were puzzled, and wondered 'what do we do here?'

The meeting opened with prayer led by Rev. Amanda Bradley and the Committee will share leading opening prayers at our meetings.

Responsibilities-

Treasurer: To ensure that the finances meet the bank's requirements. The new signatories Colin Neal (Chairperson), Mariette Poortman (Treasurer) and Mary West (Secretary) have all visited the bank and are approved.

Social Activities Committee: Amanda Bradley and Joan Myles will attend planning meetings on behalf of the Residents' Committee.

Hospitality: Margaret Blair will ensure that the supply of biscuits and beverages in the Community centre lounge is maintained.

Community Centre key: currently the key for locking the Community Centre after hours is held by Colin Neal - Villa 2. Should this change we will inform village residents.

- **Concerns:** Following the recent unexpected water disturbance to some areas of the village; an apology will be sent by management. This was most unfortunate and distressed residents. This was discussed with the General Manager.
- 1 new smoke alarm sounded in the middle of the night, it was a false alarm, and it was due to a faulty battery.

To ensure the Residents' Committee meets the expectation of the residents the following items will be discussed at the June meeting.

- **Job descriptions** are being prepared for the **Chairperson, Secretary and Treasurer.**
- **Draft document** for the '**Norms of Conduct**' for the Residents' Committee will be discussed.

As our financial position is healthy there will be an **Amnesty in June** for all groups who normally pay a 'koha' at gatherings - they are Bowls- cards- snooker- golf and the scooter club. This will also apply to any activities arranged by the Social Activities Group in June, eg Pot Luck Dessert & Fun Quiz night on 18th June.

I look forward to hearing from residents - bouquets or brickbats all accepted (my email address is maryw@west.net.nz if this is more convenient).

Mary West

BOWLS REPORT

Bowls is chugging along nicely. The cold weather doesn't seem to be keeping people indoors as 18 people recently braved the heavy frost to play bowls.



Thursday 25th May saw a team of 12 playing at Hilda Ross for an inter-village challenge. Our thanks to David Bell who did all the organizing for this and our team of supporters who attended.

We had a beautiful afternoon tea at Hilda Ross and if you don't ask about the score it was a lovely day....HIDING comes to mind!! Short fast greens did us all no favours. Graham Going's team did best only losing by 2.

Helen Periam

VILLAGE MANAGER'S COLUMN



Quote of the Month:

"Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind." — Bernard M. Baruch

Gardening

This month we will again be trimming back the garden edges using our edger with Don to complete the work. We are trying to do this on a Wednesday so that the gardeners can blow the trimmed pieces on to the lawn for the lawn mower to pick these up on Thursday when the contractor comes around. This is a little hit and miss at the moment due to weather making the need for changes in his scheduled mowing days. We are making all efforts to ensure the edgings are not left on the lawn for longer than a day but if they do we will try and get around and pick them up, especially if there is a risk these will blow back on the pathways. Please bear with us as we try and find the best way to do this in an efficient and tidy way.



Staffing

Our second chef, Candice, has resigned this month after a decision to spend more time with her daughter on the weekends now that she is five and is going to school. Candice's last day was the 24th May and her replacement, Ploy, has been training hard for the weeks leading up to this. Ploy has worked for over 10 years in a rest home facility in the Coromandel area and come to us with vast experience in catering. Please make yourself known to her as she spends time getting a handle on what changes you would like to see in the café menu. We intend refreshing the menu for winter from July onwards and you will have noticed that soup is back on the menu.

Water

Well, well, well! The water we the motel site was too rich in iron discussion with the drillers they other side of our property next to behold, we found some! Great



found in the strip of land next to and too deep. After having a made a suggestion that we try the the storage tanks and, low and gushing loads of it.

At the present time we are running the water for a week to check the pressure, volume and quality of the supply over time. If successful, this water supply will ensure that we never have gardening restrictions again. Well, well, well! Literally three times more than I had expected. Once all the tests are in we will inform you all of what use we will put this water to and what steps we will be taking to ensure the quality is maintained.

David McGeorge

INTRODUCING NIKITA Our Rehabilitation Co-ordinator



I had the pleasure of meeting with Nikita recently, when she told me a little about her background. (Jean):

I was born in Rotorua and brought up at Mt Maunganui. I have a 5½ month son called Jack, who keeps me on my toes. In my spare time, I enjoy spending time with family and friends, as well as keeping active.

I have always been enthusiastic with corrective exercise and rehabilitation and have a Post Graduate Degree in Clinical Exercise Physiology. I have always been enthusiastic with corrective exercise and rehabilitation and am very happy to be working within Tamahere Eventide as your Rehab Co-ordinator.

Hydrotherapy

I believe that hydrotherapy benefits and soothes the body in a number of ways. The low impact nature makes it a great treatment for bones and muscles.



Benefits:

Aquatic exercise can help relieve pain, promote relaxation, mobilise joints and increase range of movement, strengthen muscles, reduce muscle spasms, develop balance and coordination, and improve general fitness.

Swimming benefits:

A good all round activity due to: keeping your heart rate up but taking impact stress off the body, builds endurance, muscle strength and cardiovascular fitness, helps maintain a healthy weight, healthy heart and lungs.



To enjoy the benefits you are invited to come and join our swimming group. I am available to support and transport residents to Te Rapa Waterworld on Thursdays at 9.45 am for a departure at 10.00 am for hydrotherapy and swimming.

Nikita Ward

The Senility Prayer:

Grant me the senility to forget the people I never liked anyway, the good fortune
To run into the ones I do, and the eyesight to tell the difference.



COLIN'S COLUMN

Firstly, I would like to say how grateful both Sandy and I are for the warm welcome we have received since we moved into the village in February; and also all the support and care from Management, staff and residents.

In the short time we have been here I have joined the Scooter Club and have never laughed as much as the day I took my first turn at the Obstacle Course on my loaned scooter! The Scooter Club meets on the second Saturday of each month at 2pm by the Bowling Green. Everyone is welcome. You do not need your own scooter just a sense of humour and a "have a go" attitude. The group have fun with the course and then share afternoon tea to round off what is a very good afternoon's entertainment and fun. Why not join us?



As the newly elected Chairperson of the Residents' Committee I'd like to say how much I appreciate the committee members, both past and present, and all they have done, continue to do, on behalf of us all. The new committee is functioning well on your behalf and have already made strides in a number of areas as administrative tasks are handed from one group to the next.

I experienced my first power cut last weekend. It provided a good opportunity to meet new neighbours as we checked on one another to ensure everyone had lighting and no one needed assistance. As we moved around the villas we discovered Touch Night Lights which are battery



operated and provide safe and helpful lighting. Since candles are prohibited for fire and safety reasons, a number of villa occupants have found these lights to be particularly helpful when power cuts happen. They are available at \$6.98 each (without batteries) from Bunnings. However, management have offered to purchase a bulk lot on our

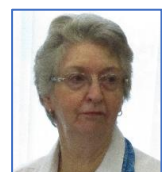
behalf if enough people wish to have one or more available in the future. These purchases would simply be added to our monthly accounts for payment. Please phone me on 856-7122 or email me on therevsneal@gmail.com with your name, villa number and how many you wish to buy and we will see if we can make it worthwhile to purchase a bulk deal.

Sandy and I have enjoyed a number of social activities and events both in the Community Centre and the Chapel over the past few months and feel very blessed to be part of such a warm, friendly and outgoing community. Our thanks go to the Kitchen Staff who baked special Mothers' Day shortbread biscuits for the 4pm Sunday Chapel service we took on that day. Everyone agreed they not only looked great, they tasted wonderful!

Colin Neal, Residents' Committee Chairperson

Choir Report

Our choir is in the process of learning some new 'fun' songs for a concert in August. Attendance has fluctuated due to health issues, but please come to practice when you are able, to keep up with learning the new songs. With the colder, wet winter weather, we ask members to come promptly to practice. This



is to ensure we get an hour's practice and that everyone, including Anne who has to travel back to Te Awamutu, can get home in the daylight.

Anne Bunney

DO YOU ENJOY HANDCRAFTS?



If so, why not come and enjoy the company of the group that meets in the small lounge in the Community Centre on a Friday morning between 10.00 and 12.00 noon. We encourage each other and share ideas and, if you want to learn new skills, this is the place to be.

In May the group donated a very colourful selection of items to the Salvation Army, including 11 knitted/crocheted blankets, 4 bassinet blankets, 10 baby singlets, 8 beanies, a pair of booties and a beret – not a bad effort!

There is a good supply of wool available, most of which has been donated, and plenty of patterns to share should you need them.

Beverley Attrill

Just in case you think the “Lord of the Limericks” has gone into hibernation, here’s his latest offering:

Our rabbit is out there again,
He’s waiting an Auckland
bound train;
He’s heard there’s a thrill
Up on One Tree Hill;
Methinks he is waiting in vain



Our rabbit is no longer there;
Now why should he just
disappear?
But the Cafe menu
Now lists rabbit stew;
So animal lovers, beware!

How about this for a made-to-measure
dinner tray



I'll just sleep right here so nobody
steals my food



What a good idea!



Tamahere Retirement Village – Activities for June 2017

July 2017 ►

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>C=Chapel CC=Community Centre cc=Small Lounge in CC C&CwC=Coffee & Chat with Chaplains in cc</p>	<p>Activities in green are arranged by the Home & all are welcome to attend</p>		<p>SW=Susanna Wesley Room</p>	<p>1 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 1.30 Jem, singer/C 1.30 Bingo/cc</p>	<p>2 9.00 Tai Chi/CC 10.00 Knit & Knatter 10.30 Catholic Mass/C</p>	<p>3 10.00 Golf 6.30 Movie in Lounge</p>
<p>4 SUNDAY ROAST 4.00 Chapel Service led by Rev Carol Hancock</p>	<p>5 9.00 Balance Class/CC 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC</p>	<p>6 9.00 Lawn Bowls 10.00 Chartwell/Short Trip 3.20 Choir Practice</p>	<p>7 10.00 Shopping New World 1.00 Golf 1.30 Geoff & Peter/C 7.00 Snooker</p>	<p>8 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 10.00 Tivoli Cinema 11.00 Bible Conv/SW 1.30 Bingo/cc</p>	<p>9 PODIATRIST HERE 9.00 Tai Chi/CC 10.00 Knit & Knatter 1.30 Tony & Fay/C</p>	<p>10 10.00 Golf 10.30 Catholic Commn/C 2.00 Scooter Club 6.30 Movie in Lounge</p>
<p>11 SUNDAY ROAST 4.00 Chapel Service led by Rev Gloria Zanders</p>	<p>12 9.00 Balance Class/CC 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC 1.30 Glen Carley,singer/C</p>	<p>13 9.00 Lawn Bowls 10.00 Chartwell/Long Trip 1.00 StS's Games at StS's 3.20 Choir Practice</p>	<p>14 10.00 Shopping New World 10.30 C&CwithC/cc 1.00 Golf 1.30 Louise Henry/C 7.00 Snooker</p>	<p>15 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 10.00 Pamper Session/CC 11.00 Bible Conv/SW 1.30 Bingo/cc</p>	<p>16 9.00 Tai Chi/CC 10.00 Knit & Knatter 10.00 Mavis Café @ Airprt 1.30 Peter Williamson/C</p>	<p>17 10.00 Golf 1.30 Phoenix Players/C 6.30 Movie in Lounge</p>
<p>18 SUNDAY ROAST 4.00 Chapel Service led by Liz Lightfoot 6.30 Pot Luck Dessert & Fun Quiz/CC</p>	<p>19 9.00 Balance Class/CC 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC 1.30 Danny Savage/C</p>	<p>20 9.00 Lawn Bowls 10.00 Chartwell/Short Trip 2.00 Inter Village Quiz 3.20 Choir Practice</p>	<p>21 10.00 Shopping New World 11.00 Communion/C 1.00 Golf 7.00 Snooker</p>	<p>22 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 12.00 Christmas Lunch/CC 1.30 Peter Mutch/C</p>	<p>23 9.00 Tai Chi/CC 10.00 Knit & Knatter 10.30 Peter Knowles/C</p>	<p>24 10.00 Golf 10.30 Catholic Commn/C 6.30 Movie in Lounge</p>
<p>25 SUNDAY ROAST 4.00 Chapel Service led by Joan Myles</p>	<p>26 9.00 Balance Class/CC 10.30 Sit & Be Fit/CC 1.00 Games & Snooker/CC 1.30 Cushla/C</p>	<p>27 9.00 Lawn Bowls 10.00 Chartwell/Long Trip 3.20 Choir Practice</p>	<p>28 10.00 Shopping New World 10.30 C&CwithC/cc 1.00 Golf 1.30 Laurie & Piri 7.00 Snooker</p>	<p>29 9.00 Lawn Bowls 9.45 Hydrotherapy Pool 11.00 Bible Conv/SW 1.30 Cantamus W'sChoir/C 1.30 Bingo/cc 3.30 Book Group/cc</p>	<p>30 9.00 Tai Chi/CC 10.00 Knit & Knatter 3.30 Happy Hour/CC</p>	<p>Notes: No Bingo on 22 June</p>