



Welcome to the
TAMAHERE VISTA
September 2024



If you're like me, you are wondering about the change in season from Winter to Spring. After all, we are surrounded by daffodils, magnolias, and even Cherry Blossoms, but we still have frosts - and fog - and the country has been lashed with snow in the past few days. Patience!! Spring is on it's way!

In this issue, we meet a couple who moved in to our village earlier this year, Diana and Martin Visser. Thankyou for sharing your story with us and we trust you will be very happy here. We are not biased - but we think this is the best and friendliest of retirement villages!

We also meet two staff who have chosen to make New Zealand their home, and are very happily settled in their new roles here at Tamahere Eventide. Marie is the friendly face at Reception, and Bony, the cheerful Chef at the Cherry Blossom Café. A very warm welcome to Tamahere - and thankyou so much for sharing your stories with us.

Have you checked out our new website - it's still the same address, tamahere.co.nz but more eye catching, and it's being updated regularly - right down to the weekly specials in the Café even.

Make a note on your calendar - Daylight Saving starts again this month - on Sunday 29th September. So - "Spring forward" - means the clock goes forward one hour!

Carole Fleming (Editor)

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Introducing Diana Visser

I was born in Whangarei and as an only child, grew up in the Far North, where my parents were Primary School Teachers. My father was Head Teacher of a number of 'country schools', most of which, sadly, have since been closed down. Being taught by my own father was a difficult experience for both of us but we found ways to cope. For many of these isolated rural pupils, the school bus was their horse. Up to six of them could be seen perched without a saddle, older sibling fore and aft, smaller kids sandwiched in between, riding to school each morning. The horse then spent the day in the paddock between the school and the schoolhouse, before the return journey home. In those days, neighbours sharing a rural environment were all part of the same family orientated, supportive community, with lifelong friendships being formed. There was none of the unrealistic racism so common today.



I attended Whangarei Girls' High School for 5 years and then the University of Auckland for 3 years, studying Mathematics and Sciences. My secondary teaching career began at Auckland Girls' Grammar School, teaching Maths and Science and I married in January 1960.

Our daughter arrived 18 months later in May 1961 and my teaching career was put on hold. In those days, it was expected that mothers stayed at home. We were living at Birkdale at the time and when my daughter was two, I received a plea from Northcote College, to help out if possible, as their HOD Mathematics would be away for a few months. Thankfully my Mother-in-law lived at Northcote and was happy to look after my toddler.

At the end of that time, we moved to our newly built home in Glen Eden in the bush on the slopes of the Scenic Drive, Waitakere. Although I missed my teaching, I often received requests from friends or family to say that their son/daughter was struggling with Maths, could I help? I happily took this on board and enjoyed tutoring in my favourite subject, which in view of similar requests, I have continued to this day.

Our son was born in June 1964 and when he was four, I was contacted by St Dominic's College Henderson to say they desperately needed someone to teach their senior Maths. I explained that I still had a four year old who was at morning Kindergarten. Their response was that if I could manage it, they would re-organise the timetable to put the Maths classes in the morning. At my interview I also explained that I was not a Catholic and was told "We are not concerned, you have come to save our lives." So I joined the staff and experienced 12 wonderful years until changes in my personal life led me to move on to another position.

With our extended family and their boats, we were able to enjoy many years of sailing the Waitemata and Hauraki Gulf in our H28 yacht. It required a great deal of organising to be able to do this. Affording to buy it in the first place, learning how to sail it (my experience was from my student days in sailing dinghies), understanding maintenance and keeping the rest of our lives in order. It used to make me despair when people said "you're so lucky to have a boat". Both my daughter and I gained our Boatmaster's Certificate, though in reality, it was the practical experience that counted. We gained plenty of that through my ex-navy brother-in-law.

In the 1970s, looking to the future, I could see challenges coming for teachers. When I went through Uni we didn't have calculators, let alone computers. Not wishing to be cast aside as out of date, I enrolled in an extramural Computer Science course at Massey University which kept me busy along with teaching and family. We studied Fortran and Cobol, the old punch card programming systems, completely out of date now. This was accomplished without going near a computer, by posting our

punched cards to our tutor, who in turn posted back our printout. In due course, having achieved this, I was to find myself, in subsequent secondary teaching positions, in charge of Computer Studies. In the late 1970s, after 18 years of marriage, I reluctantly became a solo mum, with two teenagers, one at university, one at high school.

Although I had enjoyed my years at St Dominic's, the changes in my personal life led me to move to Mt Eden, Auckland. I then took up a position as HOD Mathematics at Queen Victoria School. After 4 years, I responded to a request from McAuley High School in Otahuhu and so joined their staff in 1986, taking on the computer department and also teaching senior mathematics and statistics. Despite a tightly packed timetable the years were very rewarding.

I married Martin, my present husband, at the end of 1993 and moved to join him at Pakaraka, Bay of Islands where Martin had a large orchard and horticulture operation. I taught at Kerikeri High School for a year before joining the staff of Quantum Aviation Kerikeri, a private flying school where I was responsible for the Maths and Physics component of the course for trainee pilots. I enjoyed this for 5 years until Civil Aviation re-designed the course and my position was no longer needed.



Through a farmer friend, Martin agreed to take on ostrich and emu farming.

This was a new 'ball game' and along with the orchard kept us fully occupied for a number of years. I also continued my teaching, fortunately part time. My daughter, husband and 3 young children regularly visited from Auckland. The rural experience was a wonderful opportunity for the city youngsters who now in their thirties, often speak of those times today at family gatherings. Our large homestead was often the venue for Rotary functions and we regularly hosted many visitors including international students.

Quantum Aviation also provided a computer course, one set of classes being offered in Kaeo and so I also became involved with these. During this time another colleague and I were contacted by WINZ to run a course in Kaeo, to 'upskill' some of the local long term unemployed with a view to getting them back into the workforce. WINZ made attendance compulsory, 3 weeks for men, 3 weeks for women. What a challenge! Suffice to say that none of the men wanted anything to do with it, all the women were grateful for the opportunity.

No sooner had the course finished than the local Runanga approached me, concerned about some local lads who had been suspended from Whangaroa College and who were wandering around Kaeo getting into more trouble. Taking on this rather daunting task, I fitted their classes between my computer classes. Eventually, with guidance, these students straightened themselves out and were accepted back at College.

By now, in 2002, I decided that retirement was definitely for me but that was not to happen as Whangaroa College, very much in need of a maths teacher, asked me to join their staff, where I stayed for 4 years. I then managed a brief token retirement, until I was contacted by Whangarei Girls' School. With so many of their staff on leave, they needed an experienced Maths teacher for one year. Even though this meant an hour's travel each way I accepted the contract for 2006, which also included acting HOD Maths for most of that time. It was interesting to be back at my Alma Mater and to come across pictures of myself in team photos on the wall. Full on though it was, I enjoyed my time there.

So at the end of that year, retirement looked very appealing but once again it was not meant to be. A friend of ours who happened to be the Deputy Principal of Broadwood Area School, in the Hokianga, persuaded me to come to them. Some of their Year 13 students had reached the appropriate Maths level and there was no-one on the staff able to teach it. Faced with another hour's drive each way, I agreed to help them out for six months but stayed six years, becoming HOD Maths once again. Those years were perhaps the most rewarding of my teaching career. I could write a book about my

experience. Much has been said publicly about the lack of achievement of Maori students. Many of my students achieved excellent results. Others, with great potential were hindered, if not actually prevented, from making any progress, by the attitude of their parents and whanau, not because of a fault of the education system. I wish the decision-making gurus would consult with those of us who have lived in these communities and experienced many years in these classrooms.

Finally in 2012, at the age of 72, I retired from teaching, leaving Broadwood Area School, where by a strange co-incidence, my Mother had begun her teaching career in 1925. Looking back on almost 50 years in education, it appears that I have changed jobs often. This was not because I was currently dissatisfied but because in many cases, I was approached and asked to consider helping out. My main focus has been to show students that they need not be afraid of maths and I encouraged them to enjoy it as I do. In today's technological climate, persuading kids to park their calculator and use their brains was a daunting task. Teaching computing was easy by comparison. I have loved my job despite all its highs and lows. The rewards and student achievements have made it all worthwhile. My memories include a vast collection of anecdotes.

Martin and I sold the homestead and the packingshed/coolstore complex in 2013 and 'hit the road' full time in our motorhome. We had 3 wonderful years touring the length and breadth of NZ before settling in Tasman Village, Morrinsville, in 2016. Only one of Martin's 6 children, including twins, lives in NZ, a daughter at Te Miro. The other 5 are in Australia. My daughter and husband are in Auckland, grown up grandchildren in London, Hamilton, Tauranga; son and wife in Wellington. We had been in Tasman Village only a few days when I was asked to consider serving on the Village Committee. Voted on at the AGM, I stayed on the committee for 8 years, 3 of which I served as President which was an exceptionally busy time, particularly overseeing the building of the community centre.

Our decision to move to Tamahere Eventide in January 2024, was prompted by Martin's advanced age of 92 and his deteriorating macular degeneration. Tasman Village is totally independent living with no care facility on site. We wanted to make the move while we were able to decide for ourselves and are delighted to be here in this friendly supportive community. Thank you for making us so welcome.

Diana Visser (Villa 36)

Thankyou Diana for so generously sharing your story with us. We are delighted you have chosen to settle here at Tamahere Eventide and trust you will both be very happy here.

Carole Fleming (Editor)

Please note the change in telephone numbers:

- Karen, Village Facilitator 027 437 4634
- Cherry Blossom Café 07 444 4288

A Message from NZ Police about Scams!

Police are reporting that some people in Waikato have received a phone call from someone claiming to be a Police officer. This person provides a fake ID or badge number, tells you they are a detective and are looking to return fraudulent cards. They will then begin to obtain further financial information from you.

This is a scam. If anyone receives a phone call of this nature, hang up, contact 105 to verify the ID, and request the officer to contact you.

The Police appreciate these scammers are convincing, but New Zealand Police will never contact you and ask about your financial information or ask you to withdraw money. There are instances where legitimate police officers will contact you as part of their duties. However, New Zealand Police will never contact people seeking their banking details, card numbers, PIN or passwords.

Older members of our community are being targeted and Police urge anyone with elderly or vulnerable relatives to make them aware this activity is a scam.

Remember:

- **Police will never ask for details about your bank cards, PIN or passwords over the phone.**
- **Trust your instincts. If something doesn't feel right, or is too good to be true, it probably is.**
- **If you are uncertain, ask for the officer's details. Hang up, contact 105 to verify the ID and request the officer to contact you.**
- **Police are not in the business of offering prize money.**

If you are in the unfortunate position of being a victim of a scam, please contact your bank immediately and also report the matter to Police.

Take the chance to upskill yourself on scam awareness, check for further information on the NetSafe website: <https://netsafe.org.nz/>

Luxury Airport Shuttles

Since 1999, Luxury Airport Shuttles have been a proud provider of door to door shuttle services throughout the Bay of Plenty and Waikato. Providing transfers to and from Auckland Airport and Cruise Ship Terminal.

After 25 years of serving our local community, we are pleased to present the following discount code for residents travelling to and from Auckland: Book online, using the code: Celebrate25

Door to door Auckland Airport and Cruise Ship Terminal transport from just \$99 per person.
(Offer valid until 31 July 2025.)

www.luxuryairportshuttles.co.nz

ph: 07 547 4444

info@luxuryairportshuttles.co.nz

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“The way I see it, if you want the rainbow, you have to put up with the rain.”.

(Dolly Parton)



New Residents

Harakeke 3

Billie Larkin

1. **Rest Home Dining Room** – This month, the construction of the Rest Home Dining Room will come to an end. We appreciate the disturbance this has caused in the Village. Thankyou to those who have supported the temporary shifting of the Chapel to the downstairs Lounge in Harakeke and funerals to the Community Centre.
2. You will be reading in this Vista, the story of a number of our staff, especially Bony and Marie. A large number of our staff are new New Zealanders and their stories need to be told for us to understand the sacrifices they have made for their new life. We would be unable to run our operation without these people who bring their unique skills and cultural bias to our workplace. Tamahere Eventide would be the less without them. We are really proud of the diversity that our staff bring.

I recently met a former staff member now working for one of the corporate villages in Hamilton, and she stated that the atmosphere was “a different feel”. We are very proud to be different.

David McGeorge

From our Property Manager

Hello residents!

I thought I would take the opportunity to write down a few little housekeeping reminders for us all.

1. **Rubbish collections:** please tie up or bag the paper and cardboard so it doesn't blow away. Only put out plastics numbered 1, 2 and 5 for recycling. No soft plastics like bags, they can be dropped off to some supermarkets for recycling.
2. **Sewer system care:** fats and oils please dispose of these appropriately - not down the kitchen sink. Baby wipes or similar products are not to be flushed down the toilet as they block the pipe work further down the line.
3. **Road rules:** speed limits, please keep speed down to the 10km and inform visitors and home help that come to see you.
4. **Maintenance requests:** please call Reception to log a request rather than informing Karen our Village Co-ordinator.

Thank you - Kind regards

Andrew

Property Manager

CHAPLAIN'S KORERO

Kia ora e te whānau! Warm greetings as we start to see the first signs of spring at Tamahere.

The recent release of the report of the Royal Commission of Inquiry into Abuse in Care has shocked, saddened and horrified most New Zealanders. Over recent years we've gradually become aware of the abuse that took place in children's homes, schools and churches, but the full extent of the harm inflicted has been a shock.



A couple of weeks ago the chapel congregation shared in a Liturgy of Lament as we reflected upon the report. We expressed our grief, anger, shame and pain for all those who suffered abuse and neglect in places where they should have been safe. It felt important to do so in the light of the church's complicity in this dark chapter of our history.

I've dipped into the report and it makes disturbing and confronting reading. It's painfully clear that abuse was perpetrated by clergy, teachers and youth group leaders, people in unique positions of spiritual authority. When cases of abuse were reported, victims weren't believed or, worse still, church leaders tried to protect abusers and cover up their crimes.

That all of this was done in the name of churches that claim to reflect the loving face of Christ is a source of sorrow and huge shame. Not only did we betray the children, young people and vulnerable adults entrusted to our care, we also betrayed our calling to be a community where people find compassion, respect, healing, peace and justice. We failed to be who we claim to be.

Now that we've heard the report, it's time to make amends. The government will do its own thing but for us as a church this means facing up to the reality of the past, listening to and believing the stories of survivors. It means apologising, seeking to make restitution and offering support to victims. Making amends also means thinking hard about aspects of our life and theology that allowed people to get away with abuse with such impunity: the status and power of the clergy, hierarchical systems of authority, negative attitudes to women and sexuality, a desire to protect the church's reputation at any cost and a tendency to offer forgiveness rather than seeking accountability.

Making amends won't be easy; it calls us to make a journey through honesty, repentance and change. But if we're to address this terrible shameful story we need to act, moving through pain and trauma, from darkness into light.

Ngā manaakitanga,

Susan



NEWS FROM KAREN

What's coming up this month?

Tuesday 10 September 2.30pm – Matt Bentley from Bentley Home PC Support will be coming to have a chat about computer support.

Tuesday 17 September – The Residents' Committee have arranged for a Fashion Parade, from Caroline Eve, in the Community Centre, starting at 2pm.

Saturday 21 September 2pm - The Youth Group from the Living Waters Christian Church (previously known as the Hamilton Mandarin Christian Church) will be here. Watch the flyer for details of this very special afternoon.

Tuesday 24 September 10.30am – Van outing for morning tea. This month we are off to check out “The Village Barn” at Atawhai Assisi. (Chris tells me that they make the best coffee!)

Thursday 26 September - Happy Hour from 3pm.

September is the start of spring – I hope you can enjoy the lovely blossoms around the Village.



Karen
Village Activities Organiser



My aim is to keep you in your independent Villa or Apartment for as long as possible.

I can clean, do washing, make or change beds, organise assistance; in fact, provide care that is not available to you from the Health Department. INTERESTED?? Contact Chris, Karen or David to discuss.

Chris' Housekeeping Tip for the Month

Keep Baseboards Clean

If Baseboards are really dirty, the only way to get them clean is with soap and water and elbow grease. To avoid that, wrap a microfibre cloth with a bit of white vinegar on it around the fibres of your broom and wash your Baseboards every month or so.

This is one of my favourites!

Did you realise

That you only need to produce your Gold Card at Mitre 10 and you get a 10% discount!

That, if you are 65 or older, a Contents Insurance policy with State Insurance covers the replacement of hearing aids, spectacles and dentures - with no excess from you!

WHAT'S GOING ON IN OUR NEIGHBOURHOOD?

RECYCLED NRG WOODCRAFTS, TE AWAMUTU:

Looking ahead to summer and wondering if you are looking for items to put in your garden. This company are using recycled wood to make garden planters, shelves, stands etc. You can find them at 130 Coulter Rd, Te Awamutu.

They also will be showing their products at the Labour Day Fair - St. Andrews Church, Cambridge, craft (and much more) fair, Monday 28th October.



TIVOLI CINEMA, CAMBRIDGE:

This small boutique cinema would be great to be watching a movie during these winter months. They are showing WE WERE DANGEROUS - A New Zealand/American movie with many Kiwi Actors - Hours of showings 11.15 - 1.10pm - 4.30pm. Phone 07 823 5064 to check which film is showing and book tickets.

RELAXING MASSAGE:

This professional masseuse with many years' experience has moved in locally. Would you like a relaxing massage? Call 027 380 1044 – 854 B Tauwhare Rd - First session \$60.00.

LANGS LITTLE BAKERY:

Delicious baking, made with love, and all Gluten Free! You will find this little gem each weekend. Each Saturday at the Cambridge Farmers Market – and each Sunday at the Hamilton Farmers Market - Gate 3 Brooklyn Rd, Claudelands.

MARKETS:

Monthly Dutch Market, Bridges Church Centre, Duke St, Cambridge - Saturday 10 - 2pm
Lions Trash & Treasure Market - Memorial Park, Cambridge, 8th September
Hamilton East River Market - 8 - 1pm Sundays - Sonning Carpark, River Rd
St. Stephen's Tamahere Country Market, 3rd Saturday every month - 8.30 - 1pm
Kaipaki Market, 4th Saturday - 10 - 2pm - next Market 28th September

ZUMBA GOLD CLASSES:

These are for beginners, seniors and people recovering from injuries who want to go back to fitness. These dance fitness classes are low impact and intensity, but lots of fun, good workout and will improve your balance, strength and coordination.

It's a great place to meet new friends too!! Would you like to try this class for FREE? Just text to 0210480456 to REGISTER for your FIRST FREE class (please text with your NAME and which class you want to try).

Pauline Eastwood.

Are you interested in Swimming or Hydrotherapy??

Did you know that the Perry Aquatic Centre in Cambridge is a state-of-the art aquatic facility opened in 2021, consisting of an outdoor 50m seasonal pool, a 25x25m indoor pool, a kids' splash pad, a learner and Hydrotherapy Pool, a sauna, spa and Tots pools.

- Ph (07) 823 5115
- 23 Williamson St, Cambridge

Introducing Marie Cockeram

Marie joined the team at Tamahere Eventide in March 2024 as a Reliever for the Administration Team. When the two Chris's left in May, Marie became the sole Receptionist.

Marie was born in Pretoria, South Africa, was raised in Hendrina, and moved to Meyerton in her mid-teens, where she met her husband, James, and married there. They have two children and three grand-sons.

Together with their daughter and her family, Marie and her husband are happily settled in New Zealand. Marie's interests outside of work are reading and sightseeing. She just loves this country.



Next time you phone or call at Reception, say hello to Marie – she looks forward to meeting you all.

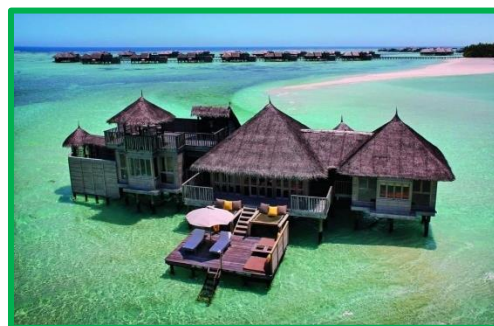
Introducing Bony Yacob



Bony is from Karala, in India, from a Christian middle class family. He has an elder brother, who is now living and running a business in Whakatane.

Bony's schooling was in Cochin. His passion was to be a chef. He completed his Bachelor degree in Science, in Hospitality and Hotel Administration in Karala, then worked in Leela Kempenski Hotel in Banglore for a year as a starting chef. Bony then had an opportunity to move to the Middle East and worked in Dubai in Sheraton Hotels for a further year. Another opportunity arose and he moved to Abu Dhabi to work in the same hotels there, as a demi chef de partie (one step below a supervising chef).

Another opportunity arose – this time in the Maldives! In 2015, Bony moved to this small island country, fully surrounded by sea, in the Indian Ocean. He worked at two resorts there, Baros Maldives for a year as a demi chef de partie, then another opportunity came along, and he moved to Gili-lankan Fushi – the biggest water villa in the world. In summer, a night here would set you back a mere \$US12K!! For that of course, as you would expect, one would have their own private villa, private swimming pool, jacuzzi and gym – and a private chef! Clients would often arrive by private jet, and the island had its own helipad. The resort had 45 rooms – with guess how many staff! 290!



The summer temperature here is around 32 degrees, and in winter between 15 and 20. The Maldives is 100% a Muslim country, so there is no alcohol other than that which is served in the resorts. There are no newspapers, and no shoes. It is heavily promoted as a placed for pure leisure (and luxury!)

Bony finally left the Maldives as he wanted to settle and raise a family. He married in India in 2017, and the following year came to New Zealand, where they settled in Rotorua for the next four years. During this time, Bony's wife was studying for a degree in IT Management (level 8). He obtained NZ residency in 2020 and in 2022 moved to Hamilton. They bought a home in Hillcrest, and Bony became Head Chef at the Boundary Bar and Bistro in Tamahere. Around this time, he started a courier business with his cousin with NZ Post.

Still wanting to return to his hospitality passion, in October last year, Bony started a business in Hamilton East, in a former Japanese Restaurant. *The Lyonnaise Fern* – it seats 40 people and proudly has a European/Asian menu. It is open Tuesday to Friday evenings (4pm–9pm and 12-9pm in weekends.)

In March this year, Bony joined the team at Tamahere Eventide as the Chef in the Cherry Blossom Café and is very happy here. He longs to give something back to “older people”.

Bony and his wife have two sons, the older aged 5 and the younger 6 ½ months. His wife works for the Waikato DHB in the Sterilising Department as an Administrator. In his spare time, he enjoys playing badminton, listening to good music and movies.

Bony very kindly shares some photos of his time in the Middle East, and the Maldives.



Left:

I know it's winter here still, but just look at these views!



Right:

These are taken in the Middle East – the top right is of his team in the Sheraton, and the middle right one shows some of the intricate work he had to create.



Bony took these photos of life under the sea while scuba-diving in the Maldives

Drycleaning Service Available.

Valet Drycleaners offer a free pick-up and delivery service to the Village twice a week. (Tuesday & Thursday).

For all your dry cleaning and speciality garment and soft furnishing needs call Wendy or Jason on 07 8476492

Blankets - Duvets - Curtains - Coats & Jackets
Wool Rests & Mattress Protectors

Fast and convenient professional dry cleaning

Pre internet chat room using
An old version of windows...



All answers must be able to be spelt backwards

(for answers, see p.17)

1. First lady
2. A horse drawn vehicle
3. Part of the verb "to do"
4. A playful pet
5. More red
6. To bind
7. A carpenter's tool
8. To look unobtrusively
9. Sound of a horn
10. Worn by a baby
11. Pertaining to a municipality
12. A father
13. Form of address for a woman
14. Part of a fruit
15. Something a singer likes to sing
16. A legal document
17. What Adam first said to Eve
18. A canoe

Changes you can make to stave off dementia

Research published in the Lancet by the Commission on Dementia Prevention recently has identified some significant factors that increase the risk of this disease.

These are (in order of significance) -

1. High cholesterol levels
2. Hearing loss
3. Social isolation in old age
4. Lack of education and cognitive activity

The author of the report said, "It's never too early or too late to take action, with opportunities to make an impact at any stage of life."

News from the Residents' Committee

Some news from the Committee desk –

- The recent soup 'n' rolls evening raised \$345, which has been donated to the St John Ambulance. Thanks to all who attended.
- Make sure you mark Tuesday 17 September on your calendar – it's our Spring Fashion Show here in the Village, presented by Caroline Eve, Chartwell.



Keith Glover, Chairperson

Fashion Show

Your Residents' Committee invite you to a Fashion Parade presented by Dani of Chartwell Caroline Eve shop.

It will be held in the Community Centre at 2pm on Tuesday 17th September.

Eight of our fellow village ladies will be modelling for us.

Don't miss this opportunity to view the Spring range of clothing.

There is no charge for this event. See you there!

caroline
eve .co.nz



Puzzle Time

Good luck with this quiz! (The answers are page 17).

1. What is the highest waterfall in the world??
 2. What city did the Romans call Mediolanum?
 3. Which country has the longest land border in the world?
 4. What is the only country in the Pacific ruled by a monarchy?
 5. What town in New Zealand is farthest from the sea?
 6. Bechuanaland was the former name of which African country?
 7. Which river forms the border between the US states of Maryland and Washington?
 8. The Monte Desert is in which country?
 9. What is the only South American country that has English as an official language?
 10. What is the least densely populated country in Europe??
-

NEWS FROM VILLAGE GROUPS

The Book Club

Because of illness and inclement weather, the August meeting was cancelled. However, Thursday 12 September is the date for the spring meeting in the library in the Community Centre, at 3pm.



If books interest you, come along and join our group to chat about them.

Karen Bridewell (Convenor)

Vision Impaired Group

Hello everyone -

Last month's meeting was cancelled because of the number of COVID cases in the Village – I hope you are all well now.

We look forward to seeing you all again next month.



Lyn Pettigrew (Rimu 1)
Group Co-ordinator

Petanque

Weather permitting, we meet at 10am each Saturday morning. We enjoy the game (but it's not too competitive) and will show new folks how to play. We do need a few new members, so come along just once and 'give it a go'

Pauline Eastwood (Villa 58)

Bowls

It is with deep sadness we hear of the passing of our friend Alan Mitchell. Alan was always lining up to help set up the games and do the odd jobs which raise their head when you belong to a voluntary organisation.

He was a great coach for the new players both Indoor and Outdoor, and will be sadly missed.

Beth Richards
Bowls Communicator

Pool

We meet on Mondays at 1pm and on Wednesday evenings at 7pm in the Café. We welcome new or previous players. Come and join us.

Card Making, Bead Making and Crafts

We meet this month on Monday September 2nd and 16th from 10.30 - 11.45. Come and join us in the Community Centre with whatever craft you are currently doing - beads, tapestry, toy making etc. Card making materials supplied. A few cards are sometimes available in the library for \$2 each.

Margery Bramwell (V37) and Edna Evans (V56)

Convenors

Ukulele Sing-a-long Group

Don't forget the Ukulele group who meet on Thursday afternoons (but not the last Thursday of the month) at 2.30pm in the Downstairs Lounge in Harakeke, to sing and make music together. If anyone would like to play – or learn to play - feel free to contact Keith at Villa 10.

Tamahere Global Village

Last month we pondered current global movements such as NATO, the reform of the United Nations, and the new global alliance, the BRICS+ (Brazil, Russia, India, South Africa, and five others)

This month, on Wednesday 4th September, 4pm in the Library, Isabelle Gravett will be talking about some interesting South African community programmes. Everyone welcome.

Gray Southon (V 102)

Knit and Natter Group

Happily, most of you have found the upper Harakeke lounge now – good companionship is being enjoyed together.

We rounded up as many crafted goodies as we could (covid was a bit of an issue there!) and have had our offerings happily received at Kids In Need Waikato.

This shipment included 11 rugs, 10 jerseys, 46 beanies, 5 pairs hand warmers, 8 pairs of slippers, 12 knitted toys and 1 twiddle muff. (See photos).

You are a great group and it's rewarding to know that our efforts are so appreciated and needed.



Jill Wilson ph 856 4080
Helen Painting ph 854 7662

Our Chuckle Corner

A woman is following a grandfather and his badly behaved grandson at the supermarket.

He has his hands full with the child screaming for sweets, biscuits - all sorts of things. The grandad is saying in a controlled voice, "Easy, William, we won't be long ... easy boy."

Another outburst and she hears the grandad calmly say, "It's okay, William. Just a couple more minutes and we'll be out of here. Hang in there, boy."

At the checkout, the little horror is throwing items out of the trolley. The grandad says again in a controlled voice, "William, William, relax buddy, don't get upset. We'll be home in five minutes, stay cool William."

Very impressed, she goes outside to where the grandfather is loading his groceries and the boy into the car. She says, "It's none of my business, but you were amazing in there. I don't know how you did it. That whole time you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. William is very lucky to have you as his grandad."

"Thanks," says the grandpa. "But I am William. The little guy's name is Kevin."

A man to a psychiatrist: "How do you select who should be admitted to your facility?"

The psychiatrist replies: "We fill a bathtub with water and give the person a spoon, a cup and a bucket. Then we ask that person to empty the bathtub."

The man smiles. "Ah, I understand, if you are sane, you would take the bucket."

The psychiatrist replies: "No, a sane guy pulls the plug. Do you want a room with or without a balcony?"



Isn't it odd that in "Pop goes the weasel", the weasel was actually a "whistle" – short for "whistle and flute" – (Cockney rhyming slang for "suit")?

So that song was really about taking your suit to the pawn shop, not the story of an exploding ferret!

Our Rehabilitation Corner

A diabetic diet does not have to be complicated and you do not have to give up all your favourite foods. The first step to making smarter choices is to separate the myths from the facts about eating to prevent or control diabetes.



Myths and facts about diabetes and diet:

Myth: You must avoid sugar at all costs.

Fact: You can enjoy your favourite treats as long as you plan properly and limit hidden sugars. Dessert does not have to be off limits, as long as it's a part of a healthy meal plan.

Myth: You have to cut way down on carbs.

Fact: The type of carbohydrates you eat as well as serving size is key. Focus on whole grain carbs instead of starchy carbs since they are high in fibre and digested slowly, keeping blood sugar levels more even.

Myth: You will need special diabetic meals.

Fact: The principles of healthy eating are the same—whether or not you're diabetic. Expensive diabetic foods generally offer no special benefit.

Myth: A high-protein diet is best.

Fact: Studies have shown that eating too much protein, especially animal protein, may actually cause insulin resistance, a key factor in diabetes. A healthy diet includes protein, carbohydrates, and fats. Our bodies need all three to function properly. The key is a balanced diet.

As with any healthy eating program, a diabetic diet is more about your overall dietary pattern rather than obsessing over specific foods. Aim to eat more natural, unprocessed food and less packaged and convenience foods.

Prepared by: Rosalyn Pelaez
TEH Allied Health and Rehab Coordinator

Source: [https:// helpguide.org](https://helpguide.org)

Answers to puzzle on page 12.

1. Eve. 2. Gig. 3. Did. 4. Pup. 5. Redder. 6. Gag. 7. Level.
8. Peep. 9. Toot. 10. Bib. 11. Civic.
12. Dad. 13. Madam. 14. Pip.
15. Solos. 16. Deed. 17. Madam I'm Adam. 18. Kayak.

Answers to puzzle on page 13.

1. Angel Falls. 2. Milan. 3. China.
4. Tonga. 5. Cromwell.
6. Botswana. 7. Potomac.
8. Argentina. 9. Guyana. 10. Iceland

Tamahere Retirement Village – Calendar of Events – September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4.00 Worship in Harakeke Lounge led by Rev. Tau Lasi	2 9.15 Seated Exercises/CC 10.30 Card Making/CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls	3 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /HDL (Mons Frank)	4 9.15 Sit & be Fit/CC 10.30 New World 4.00 Tamahere Global Village/cc 7.00 Pool/CC	5 PODIATRIST HERE 9.00 Lawn Bowls 10.30 VIG Coffee/CC 2.30 Ukulele Group/ HUL	6 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HUL	7 10.0 Petanque– near V28
8 4.00 Worship in Harakeke Lounge led by Rev. Dr Susan Thompson	9 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 2.30 7.00 Indoor Bowls	10 9.00 Lawn Bowls 10.30 Chartwell 2.30 Computer Support /CC	11 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	12 9.00 Lawn Bowls 10.30 VIG Meeting/HUL 2.30 Ukulele Group/ HUL 3.00 Book Club /cc	13 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HUL	14 10.0 Petanque– near V28 11.0 Catholic Liturgy /HDL (Sue Kenrick, Louise)
15 4.00 Worship in Harakeke Lounge led by Nan Russell	16 9.15 Seated Exercises/CC 10.30 Card Making/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	17 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /HDL (Mons Frank) 2.00 Fashion Parade/CC	18 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Communion/HDL (Rev. Dr Susan Thompson) 7.00 Pool/CC	19 9.00 Lawn Bowls 10.30 Dementia Support Group /cc 10.30 VIG Coffee/CC 2.30 Ukulele Group/ HUL	20 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HUL	21 10.0 Petanque– near V28 2.00 Living Waters Christian Youth Group /CC
22 4.00 Worship in Harakeke Lounge led by Rev. Liz Lightfoot	23 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	24 9.00 Lawn Bowls 10.30 Van Outing (The Village Barn)	25 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	26 9.00 Lawn Bowls 10.30 VIG Coffee/CC 3.00 Happy Hour/CC	27 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HUL	28 10.0 Petanque– near V28 11.0 Catholic Liturgy /HDL (Lynne Fromont, Paul Barnett, Clive Bleaken)
29 DAYLIGHT SAVING STARTS 4.00 Worship in Harakeke Lounge led by Ngaire Southon	30 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	Colour Coding Green Exercise Groups Red Groups, Trips (Shopping etc), Games Black Church Services Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group		cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge		