



Welcome to the
TAMAHERE VISTA
December 2024



The end of the year is upon us, and for many it's been a busy one. All I know is that the year has flown!

A warm welcome to our new neighbours – we trust you will soon feel quite at home in the Village. We know we are biased, but we believe we are in the best village in the country. Our sister village at Atawhai Assisi is looking quite spectacular too.

Our featured Residents of the Month this time are Leigh and Dianne Sundberg who came to our Village in 2021. So many people tell me how much they appreciate reading of their fellow residents in this way. I appreciate the feedback – but can assure you that it is a highlight for me to sit and hear their stories. This month was a real privilege!

A reminder, that there will be no issue of the Tamahere Vista for January. A one-page calendar will be prepared showing significant dates and any last-minute notices. The next full issue of the newsletter will be distributed at the end of January for February.

Have a very happy and peaceful Christmas with your loved ones – and a safe and fun-filled New Year!

Carole Fleming (Editor)

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Introducing Leigh and Dianne Sundberg

It was an utter privilege to sit and listen to Leigh and Dianne relate their history.

The Early Years

Leigh was born in Durban in 1954, and adopted by Kiwi born parents who had emigrated to South Africa after the War. His mother had been an Instrument Technician in the Women's Auxiliary Forces in New Zealand during World War II, working on Harvards which were later sold to South Africa and it is most probable that Leigh would have flown some of these aircraft a few years later. Leigh's father was a percussionist in the NZ Defence Force Band. Leigh was later to become a New Zealand citizen by descent. Dianne smiled as she told me that he was named after Vivien Leigh!

Leigh attended Highbury School and later, the well-known Kearsney College in Botha's Hill, Kwa Zulu-Natal; as a full-term boarder in both schools - from the age of 5.

On finishing school in 1973, Leigh completed his Compulsory Military Training with the Army. During this time, he earned a commission as 2nd Lieutenant. At the end of his term of Compulsory Military Training, Leigh joined the Air Force and began training as a pilot, though this meant resigning his commission. He trained on Harvards and Impala jets, flew Alouette and Super Frelon helicopters, and Dakotas. Flying had its challenges and he was once required to land a disabled Dakota on a narrow, unsealed farm road, lined with telephone cables which had to be taken down before the repaired aircraft could take off. His fellow pilots maintained he had help "from The Person Upstairs". Leigh finished his career in the Air Force as a Captain and instructor on Harvards.

Leigh was always an active person with a new hobby, interest or sport every few years. These included woodwork, calligraphy, squash, golf, fishing, organic vegetable and hydroponic tomato growing, and archery.

Dianne was born in Pietermaritzburg in 1957 and grew up on West Rand, Transvaal - both her parents were born there. Her father was a plumber on Venterspost gold mine. Her mother was a full-time parent - an incredibly selfless and generous woman. Dianne often wishes she could be more like her! She has a hard-working younger brother now in Canada and who has been involved in many exciting projects. Dianne went to a government school in Randfontein and matriculated in 1982, the year she met Leigh. She was an average to semi-good student, who did not train as a teacher as was contemplated. She did office work until she became a mother. Then at the age of 29, started a BTh degree. She realised she had a brain when she got 70% for her first assignment after having gone through it with Leigh a number of times. This was followed by 75% for her second assignment, submitted while Leigh was away. While living in Saldana, she was awarded Honours in Religious Studies (1st Cum Laude) from the University of Cape Town. While living in Gonubie, Dianne registered with Rhodes and was awarded a Masters in Sociology of Religion. While studying, she was introduced to "Liberation Theology" - her experience as a woman was to become the perspective from which she studied. Dianne started informal research for a PhD, but health circumstances changed.

She has a passion for animals and has found fulfilment in raising a tiny kitten, a very young puppy and many abandoned chicks.

Their meeting

Dianne and Leigh met after an evening church service in Randfontein on 3 February 1974. Still on his Compulsory Military Training, one of his responsibilities was to take new conscripts (young soldiers) to Church. On this particular Sunday evening, Leigh had taken the conscripts to Church and having attended church that morning himself, waited in the Bedford until "coffee and sticky buns" were served



after the service! This is where he saw Dianne, and her friend, Ann, on the way to the hall and noticed Dianne in a mini-skirt. They met over coffee and at the end of the evening, Leigh had her “name and number” – the rest is history. Leigh was 19 and Dianne 16.

After completing his flight training, they became engaged in May 1976, and once Leigh was recommissioned as an officer, married on 1st October 1977.

South Africa to New Zealand

While Leigh was still in High School he and his Mum had come to New Zealand for him to meet his extended family. Having met them once Leigh longed to see them again so in 2001 he and Dianne made the trip, via Australia to touch base with the two cousins who had left New Zealand.

In these six weeks, they were taken by family to see the country – from the Bay of Islands and the Treaty grounds in the north, to the glaciers and Wanaka in the south. They fell in love with New Zealand and looked for an opportunity to return. The families’ decision to hold a reunion in 2012 provided the perfect reason and they returned in 2012, this time for six months. As a citizen, Leigh was able to work here during this time and came to fill a supply position at Hamilton East Methodist Church.

Their intention was always to come back to New Zealand for 5 years when Leigh was due to retire from the Methodist Church (South Africa) in 2020. While here in 2012, they realised that if they came soon enough, they would be able to retire – here! They immigrated in 2015!

This meant leaving their two daughters and their families in South Africa – with the hope that they too would immigrate. This was unfortunately not to be, but having left South Africa to be in New Zealand, - not to get away from South Africa – they have not regretted their decision, although they miss their children and grandchildren terribly.

Family



In 1982, Leigh’s final year as Instructor in the Air Force, Leigh and Dianne adopted their daughter, Tanya-Ann. She is married to Philip, the son of a farming couple in Queenstown and now lives in Paarl, outside Cape Town. Tanya-Ann has a Masters in Psychology, and home schools their three children, two boys and a girl, ages 14,12 and 9.

While in Voortrekkerhoogte Leigh and Dianne welcomed 9 year old foster daughter, Priscilla, who lived with them for five years before returning to her birth family. They have maintained contact and Priscilla and her two daughters live in Pretoria, where she has her own business as a hair dresser. Her fiancé lives in Johannesburg, and his son lives in Port Shepstone with his mom.



Church

Leigh candidated for full time ministry in the Methodist Church of South Africa in 1982 - his studies included Theology, Greek and Psychology. Leigh started his ministry in 1983 with his appointment to Alberton for a year, then Lydenberg for four years. This was a vast area including Sabie, Pilgrims Rest, Waterval Boven, Hoedspruit, and the mining towns of Penge and Steelpoort. They then moved to Weavind Park in Pretoria for three years. He was ordained in 1989.

Reluctantly, Leigh was to be seconded back to the Military, as a Chaplain. He had two years as Army Chaplain in Voortrekkerhoogte and three years as Navy Chaplain at Saldana Naval Academy on the Cape West Coast.

After his happy release from Chaplaincy, Leigh and Dianne were invited to Gonubie in the Eastern Cape where they spent twelve fulfilling years. They were then invited to Port Shepstone where they stayed for seven years, still heavily involved in youth ministry, after which they came to New Zealand in 2016. Dianne, as a young child, was a very regular attendee at Sunday School, even while on holiday. She became the youngest Sunday School teacher the Church had had. She was very involved in the youth programme, initially as a participant, then as part of the leadership team. She began leading worship services about 1986, taking a break during Leigh's period as a chaplain, and resuming in 1996, however Dianne is currently not able to do much.

Dianne was very involved in many aspects of faith and church life – including being the first lay person to become Synod Mission Secretary, and participated in the early days of drafting an interfaith document on Rights and Responsibilities of Religion in the “New South Africa”.

Following her studies, Dianne worked from home as a marker for a Theological College, until they immigrated. Her responsibilities included Doctrine, Spirituality, Ethics, and Women's Studies.

The New Zealand Chapter

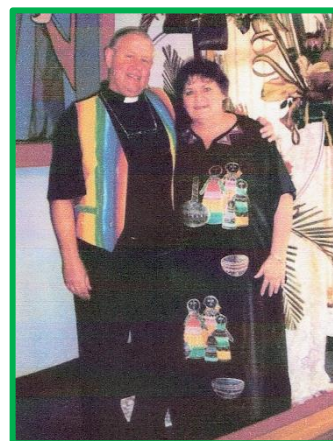
Leigh and Dianne arrived in Tauranga parish where they hoped to stay until his retirement but a Parkinsons diagnosis in 2017 and a stroke in 2020 changed those dreams.

Dianne had trained as a celebrant in 2019 in the hope of Leigh being able to ‘cut back’ on his commitments, but COVID and Leigh's stroke meant she could never minister in this capacity. Leigh was planning post graduate study with Otago University but the stroke also destroyed that dream.....

Leigh and Dianne brought their dog, Honey, with them from South Africa. They had always had an average of 4 dogs and 4 cats at any one time and Honey, an Africanis (an abbreviation of African Canis and a breed recognised in South Africa since the mid 1990's) was their last [albeit unintended] addition. While living in Tauranga they realised Honey needed a companion but not wanting to derail their ‘family planning’ again, adopted a 5-year-old Golden Retriever, Ginger, who died here 2 years ago. Sadly, Honey died in August this year.

Dianne explained how “God is good and a caring church meant they could stay on in the Tauranga parsonage for almost a year, before buying a villa at Tamahere Eventide”; they moved here in early 2021. Since being in the Village, Leigh and Dianne are very happily settled here. Leigh joined the Day Programme where he goes three days each week, and continues to dip into his Greek studies. When she has time to just sit, Dianne dabbles in a little knitting and when necessary, continues to raise/rescue and release birds.

They both enjoy playing bowls in the Village, and continue to be grateful to be here.



Thankyou Leigh and Dianne for your generosity in sharing your story with us. Your very powerful story has touched me deeply. We are very blessed that you are here, and can enjoy the serenity of this wonderful Village we can all call home. Carole Fleming (Editor)

Congratulations!!



Ian

Two residents of our Village have celebrated very significant birthdays in the past few days.

Ian Gray is 100!!!! And Ann Curlett is 90! Our warmest greetings and love to you both. Happy Birthday!!

Ian's daughter, Alison has shared with us her message of love and best wishes to her Dad – thank you, Alison.



Ann

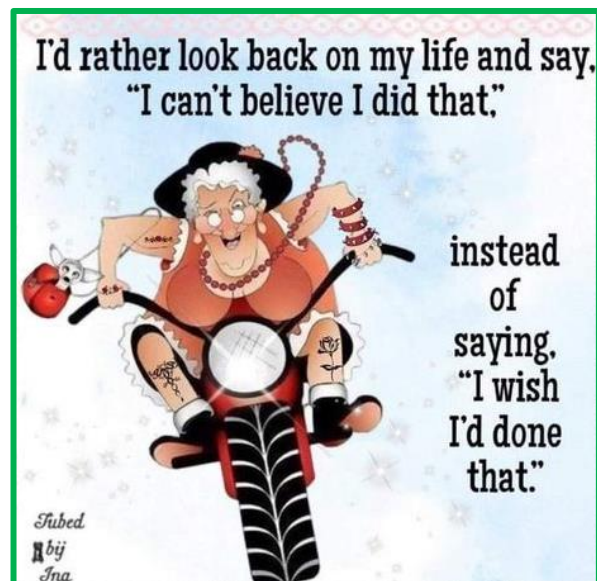
Last Saturday, my father turned 100. Ian Lundie Gray was the second son born to Marion and James Gray in Jagardhri, India on 9 November 1924. James and Marion were Presbyterian missionaries originally from Scotland but then from New Zealand. There were 5 children in the family and 4 are still living.

Dad was a teaching missionary in Vanuatu in the 1950s and built and was the Principal of Onesua High School. On their return to Auckland, he became a lecturer at North Shore Teachers' College and then returned to primary teaching at Colwill School in West Auckland until he retired 40 years ago.

Mum and Dad were always interested in working dogs and they imported and bred the first Swedish Valhunds in NZ and also the Agility program that they had seen in the UK which has become so popular here.

25 years ago in their 70s, Mum and Dad moved to a small sheep farm at Pokeno and bred working dogs until Mum died in 2009. Then Dad moved to Hamilton and subsequently to Tamahere Eventide Retirement Village where he has been ever since with Rose, his doggy companion. Rose died almost a year ago, and life for dad lost much of its appeal. Being 100 is difficult and frustrating - even if you have the benefits of technology - and Dad appreciates his support people who are able to help him on a day to day basis.

Today someone wished him Many Happy Returns and he said "No, I don't want any returns thank you."



VILLAGE MANAGER'S COLUMN

Quote of the Month:

“Fashion you can buy but style you possess. The key to style is learning who you are, which takes years. There is no how-to roadmap to style. It’s about self expression, and above all, attitude.”

(Iris Apfel)



New Residents

Villa 20	William Ryan
Villa 31	Judith Shaw
Villa 90	Kathy Wilson
Assisi Villa 12	Peter and Jenny Rudsits

Apologies

Thank you so much for your understanding over the two water cuts that were required to connect the Motel villas to the supply. Also, to those affected in Harakeke by the power outage. In all cases, we know that this work needed to be done, but with all building projects, timing and time is uncertain and weather dependant. This concludes the major work for the motel site that will have an effect on us.

Cambridge Expo

Further to the Happy Hour last month, I spoke to 14 people at length during the 4-hour Expo. It was good to see that people in the Waikato are beginning to see how different our offering is. The other gain is that people are now understanding the Roman Catholic and Methodist facilities are available to all people regardless of their religious affiliation in our community. I am very proud of the cross section of New Zealand society who both live in and work for our organisation.

It has been refreshing to see the latest statistics on the use of our little blue bus. In the latest article from the Regional Council, it was mentioned how many of our Village residents are using this service. We got a special mention that we are one of the most popular bus stops on the route.

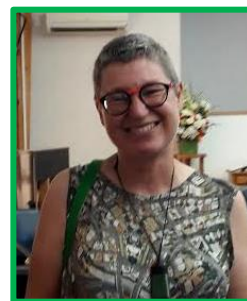
I would like to make a special mention of those residents who volunteer to assist in various ways, whether that be organising activities, delivering papers, and assisting Karen, Chris, Bony and me in making this Village work.

David McGeorge



CHAPLAIN'S KORERO

Ngā mihi manahau ki a koutou! Joyful greetings as we head into the days leading up to Christmas and the end of the year.



For Christians the weeks before Christmas are a season of wonder and waiting as we prepare to celebrate the birth of Jesus of Nazareth, God's love made flesh in the world. In one of my favourite readings for this time of year, the writer Flora Slosson Wuellner reflected on the mystery and miracle of love being born in our midst.

She recalled "a radiant Advent season ... when our whole family waited in keen expectancy for the birth of my older sister's first child, the first grandchild of the family. As an awed teenager, waiting for the new dignity of adulthood, I watched the increasing swelling of my sister's body, and the increasing joy in her face."

Wuellner was breathless with anticipation at the intense change which was coming but also recognised that the change was already present. "A mystery was in our midst, already in my sister's body, already very much in the world, yet not fully revealed. We could see - and yet not see. It had happened, but we could not yet see the fullness of what had happened."

She noted the family's feeling of deep recognition when her nephew was born on Christmas Eve. "When we could fully see him, hold him, we felt as if we had known him all along. I remember looking in his face and thinking: *Of course it is you! Who else could it have been? Why didn't we realise it was you and none other for whom we waited?*"

Reflecting on this moment she wrote, "It was the paradox of the totally miraculous yet also the totally recognisable and inevitable. It seems always this way with God's guidance."

I love the way this story speaks of God's love and new life coming to birth in the simple yet profound moments of our everyday lives. That has always been the way God works in my life. I also like the reminder that there are signs of that love already around us. Even when it seems otherwise, God is constantly at work in processes of change and hope.

Throughout the holiday period, services will continue in the chapel and will include a Twilight Carol Service on 7th December at 7pm, a Christmas Day service at 11am and our regular Sunday afternoon services. Catholic services finish for the year on 17 December and resume on 25 January. Meri Kirihimete me ngā mihi o te tau hou.

Ngā manaakitanga,

Susan

NEWS FROM KAREN



What's coming up this month?

Thursday 5 December – The Podiatrist is in the Village

Thursday 7 December 7pm – Twilight Carol Service in the Chapel

Monday 9 December – The Ear Clinic will be in the Village

Thursday 12 December (evening) – Fusion Mini Christmas parade will be visiting our Village.

Friday 13 December 3pm – Final Happy Hour for 2024

Saturday 21 December 1.30pm in the Community Centre – Handel's Messiah

- A reminder that if you would like to contribute to the Christmas Appeal for the Hamilton Combined Christian Foodbank, please bring a can (of food) to the Happy Hour on Friday 13 December.
- If anyone is interested in co-ordinating the Scooter Club, please let me know.
- Chartwell Van trips will **NOT** take place over the Christmas and New Year weeks, ie on Tuesdays 24 and 31 December. These will recommence in January.
- Van trips to New World – these will **NOT** take place on Christmas Day or New Year's Day. Instead, New World shopping trips will be held on **Friday 27 December** and **Friday 3 January**. The normal timetable will resume the following week.

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

Eco-Friendly Carpet Stain Remover

You will need: Bicarbonate of Soda - Warm Water - Small Bowl – Cloth

Mix a thin paste and dab over the stain, massaging it in circular motions.

The residual stain will lift and so will any odour, let air dry.

Note when dealing with carpet stains, never be tempted to give the carpet a vigorous rub and scrub, as this can damage the pile; I speak from experience here. I rubbed and scrubbed it only to find the stain has disappeared but was replaced by damaged scuffed pile, gently does it.

Fusion and Friends Annual Mini Christmas Parade

Our annual Santa Parade is planned for the evening of Thursday 12th December.



This calendar produced by Dementia Waikato is available from Gladys Lambert, in Villa 42. The cost is \$20 each.

Karen has placed a copy on the noticeboard in the Community Centre for you to check out.

Fresh Flowers - Coming soon to the Village!

Harvest Bloom is a fresh flower farm just over the new bridge in Peacockes Lane where Rachel Inger grows fresh seasonal cut flowers. She is passionate about bringing her flowers to her local community.

Flowers evoke so many memories for people and bring so much joy that they should be enjoyed every day and not just for special occasions.

Rachel will be in the Community Centre Foyer on **Tuesday mornings, from 11.30-12.30.** with bunches of \$10 and \$20 flowers that you will be able to purchase with cash - she looks forward to getting to know you on her visits.



From our Photo Album

A group of happy Tamahere residents recently had a van outing to check out the Village Barn at Atawhai Assisi.

Chris was there to meet them – it looks as though this was a great success!



WHAT'S GOING ON IN OUR NEIGHBOURHOOD?

INSPIRIT GALLERY located at 360 Pencarrow Rd. Open Saturday & Sunday 11-4pm - Gallery and Sculpture Garden



TAMAHERE PHARMACY: If you are unable to collect your prescriptions, they are happy to deliver for free. You will need to phone 856 0175 and make the request.

WAIKATO MUSEUM: This is good news! Our Museum will reopen and the official opening will be 12th December. Look in the Waikato Times closer to the opening.

TREE CHURCH & GARDENS: You will find this very pleasant garden on the way to Ohaupo. They are on West Rd. As you drive past the Ohaupo School, West Rd is on your left. Open 10am to 4pm Sundays - \$20.00 - Children ages 5-14 \$10.00

RUBBISH:

Have you noticed bags of rubbish sometimes on Bollard Rd or Birchwood Lane and a young woman sometimes collecting rubbish.

Her name is Cheryl and I saw her with a large rubbish bag one day on Cherry Lane. I stopped to have a chat with Cheryl and discovered that she is 'fed up' with rubbish around our neighbourhood and has decided that as she takes her daily walk she can also collect rubbish. I assured her that it is unlikely that Village Residents would be throwing coffee cups or beer bottles from their cars. Apparently, some of this rubbish is quite disgusting and dangerous (so it's not us).

SAVE THE DATE - Tauwhare Christmas Project 2024 -

Our Village Festival returns, come along for festive fun with live Nativity, decorated Church, carols & Food Trucks - Love to see you. Sunday 15th December 5 - 8pm - St. Andrews Church, Tauwhare.

St.Stephen's Tamahere Christmas Festival

Our 2024 Christmas Festival will take place from December 2 - 20. The tea rooms and shop will be open between 10 am and 4 pm every day except Sundays.

In the week 2- 6 December we will have school and community choirs singing carols in the church at 10.30 am and 1.30 pm, from 9-13 December there are choirs or a soloist singing at 10.30 am.

ST. STEPHEN'S CHRISTMAS FESTIVAL:

As part of this Festival, they hold a Craft Market at the Church.

December 2nd onwards - lovely Christmas Crafts and have a cuppa in the tea rooms.

CAMBRIDGE CHRISTMAS FESTIVAL - Friday 29th November - Sunday 15th December - 10am - 5.30pm - Christmas Gift Shop, Decorated Trees, Tea Rooms, choirs - In The Town Hall.

LOCAL MARKETS:

TE AWAMUTU:

Council Carpark, 101 Bank St, every Saturday am.

Te Awamutu Crop Swap, St. John's Church George St, last Sat each Month, 23rd Nov - 28th December

PIRONGIA MARKET: Pirongia Memorial Hall, last Sunday each month 9-1pm

OTOROHANGA: Monthly Craft Market, Produce and much more: Main Street, 22nd December 9-2pm

KAIPAKI HALL MARKET: 4th Sunday each month - 10 - 2pm

TAMAHERE COUNTRY MARKET: at St. Stephen's Church. In December we hold two markets.

Saturday 7th December is a Twilight Market starting at 4pm

Country Market is Saturday 15th December 8.30 - 1pm

TAMAHERE LION'S ARTISAN MARKET:

Held at the Tamahere Community Hall (next to the school)

2nd Saturday each month 8.30-1.30 - Their sign will be on Birchwood Lane -

CAMBRIDGE MARKETS:

Lions Trash & Treasure Market Sunday 8th December 8.30 - 1pm, Memorial Park (Rugby Grounds), 62 Taylor Street, Cambridge

Cambridge Farmers' Market open every Saturday ▪ 8am to midday

HAMILTON MARKETS:

Hamilton Farmers' Market open every Sunday ▪ 8am to midday Held at Claudelands

Hamilton East Street Market is held on 1st & 3rd Sundays. Grey Street rain or shine. 9-12.00pm

WAIKATO CHRISTMAS MARKET: The Barn, Claudelands Brooklyn Rd, December 14th 9.00 – 4pm

Hamilton East River Market, Sundays 8 - 1pm at Sonning Carpark, River Rd.

Hamilton Collectables Market, held at The Barn, Claudelands, Gate 3 Brooklyn Rd, Saturday December 21st

RAGLAN CREATIVE MARKET - Stewart St, Sunday 8th December 9.00am -1pm

EXTRAVAGANZA IN THE PARK CHRISTMAS PARTY. Western Community Centre, Hyde Avenue, Nawton.

Saturday 7th December 9.00am - 2pm

Pauline Eastwood.

A special thankyou to Pauline for all her research and making it possible for us to have all this information in one place. You are a real star- Thank you Pauline.

News from the Residents' Committee

The craft day held at the cafe went well, it was good to see what clever residents we have and what they make.



Two bench seats have been made down at Chad's shed by one of our residents. They are replacements for the seats in the gully which were past their best. The gardeners will take them down in the next few days.

We will be having Christmas carols at the cafe on Sunday 15th December at 6.30 pm.

The ukulele group will be there and we will have tea, cake and shortbread.



Keith Glover, Chairperson

Are you a lover of good poetry?

Do you love to read poetry, or really enjoy listening to others reading it??

Get in touch with Ian Gray, at Villa 49. He would love to hear from you.

Handel's beloved oratorio "The Messiah", a wonderful tradition of Christmas, will be screened in the Community Centre, on Saturday, 21st December at 1.30pm.

It's Quiz Time!

1. How many islands lie within Australia's borders - 822 or 8,222?
2. Which Middle Eastern country opened its borders to foreign tourists in 2019?
3. The Spanish Steps are in which city?
4. In which country would a thumbs up be considered a rude gesture?
5. Which two cities did the original Orient Express travel between?
6. Lemurs can only be seen in the wild in which country?
7. Which Caribbean Island is known as the Island of Spice?
8. Which capital city is the furthest north in the world?
9. Which European country has the most World Heritage sites?
10. Where can you visit Tivoli Gardens?
11. If you were cruising in Halong Bay, you would be in what country?
12. Grand Canyon National Park is in which US state? (for the answers, see page 16)



NEWS FROM VILLAGE GROUPS

The Book Club



Recently I found a pile of magazines in our library, called "NEW ZEALAND MEMORIES". I found many interesting and enjoyable articles from our past and have chosen a few to (mention) share that may be appropriate for our age-group at Tamahere Eventide.

Issue 145 August /September 2020 Page 39 - The Saturday Night Dance - Old Time Dance Nights – Max Cryer

Song "Down the Hall on Saturday Night – Peter Cape 1958

I got a new brown sports-coat,
I got a new pair of strides,
I got a real Kiwi haircut,
A bit off the top, an' short back and sides.

Soon as I've tied up me guri
Soon as I've swept out the yard,
Soon as I've hosed down me gumboots,
I'll be living it high and hitting it hard.

I'm gonna climb onto me tractor,
Gonna belt 'er out of the gate,
'Cause there's a hop on down at the hall, and
She starts sharp somewhere 'bout ½ past 8.

Look at the sheilas cutting the supper
Look at the kids sliding over the floor
An' look at the great big bunch of jokers
Hangin' 'round the door.

We've got the teacher to bash the pianna,
And Joe from the store on the drums,
We're as slick as the Orange in Auckland
For whooping things up and making them hum.

I had a schottische from the tart at the butchers
Got stuck for a waltz with the constable's wife
Had a beer from the keg on the cream truck
And the cop had one too, you can bet your life.

Yeah, it's great being out with the jokers
When the jokers are sparkling and bright,
And it's great giving cheek to the sheilas
Down the hall on Saturday night.



Footnote from Max Cryer:

Guri: New Zealand slang for "dog" – derived from the Polynesian word "kuri" which entered the Maori language several centuries ago.

Sheila: a version of the Irish Cecilia, derived from the original Latin, Caelia, meaning beautiful.

Orange: the Orange Coronation Hall, a large ballroom in Auckland since 1923, named for the Protestant Orangemen of Auckland.

Issue 162 June /July 2023 Page 30-31 – John Hislop Boles DFC – WWII Bomber Pilot – John Newsham

The author's cousin, "Jack" Boles was born in Morrinsville on December 31, 1921 and died in Te Puke, April 20, 1990. He joined the RNZAF in February 1942, trained as a pilot at Harewood (Wigram) sailing for the UK in March 1943.

He flew a Lancaster over Germany. He showed skill as a pilot, courage and leadership abilities as evidenced in the DFC citation.

Issue 109 August /September 2014 Page 20-24 – Ohura: A King Country Story - A Beacon of Hope – John Morgan

Ernest and Ina Morgan met working for the Royal Navy radio communications during WWII. They became immigrants from war-weary Britain on board SS Tamaroa, arriving in Wellington in November 1948. They self-funded their own journey. Ernest found radio work with NZBS. The family suffered many difficulties finding accommodation and work, eventually settling into a new country with their four boys.

Issue 162 June /July 2023 – The Forgotten Boys of Parkhurst – Wendy Clark

The Judge said “James Coley, you have been found guilty of stealing two loaves of bread and some buns. I sentence you to ten years in the colonies”.

A harsh punishment for a 13 year old, a chimney sweep’s boy. In January 1840, the Judge sent James and other boys to Parkhouse Prison, a children’s prison on the Isle of Wight, to await transportation.

On 3 June 1842, the barque, St George, set sail from Portsmouth, James Coley and the other boys were on their way to New Zealand. James Coley died at his home in Coley St, Foxton in January 1901, having lived a productive life in New Zealand.

Contributed by Helen Strang

The Signature of All Things – Elizabeth Gilbert (Briar)

This story is about botanics, starting with Sir Joseph Banks’ Kew Gardens. The deck hand, into exploration, was working on Captain Cook’s HMS Resolution and travelled across the globe from London to Tasmania, to Philadelphia, Tahiti, to Amsterdam. The world of botany, the study of medicine and the knowledge of people including missionaries, adventurers, sea captains and government officials, draws one into the extraordinary powers of past and present, and grand ideas about nature.

The family story is about lowly beginnings to vast fortunes and although at times, humourous, is serious and intellectual. The message it conveys is of forever seeking and finding new ideas about living plant life and Kew Gardens being the mystery about the world of botany.

Vision Impaired Group

Ho ho ho! I can’t believe I’m saying this! It only seems yesterday that I was wishing you a happy Christmas last year. Our year has been a happy one with everyone enjoying our guest speakers or simply the companionship of our fellow members over a nice cuppa.



Due to a clash of dates, I have had to move our Christmas get-together out to Thursday, 19th December at 10.30 in Harakeke Lounge. I hope this change doesn’t make attending a problem. Please remember to bring a plate. I hope the Christmas season goes well for you. I look forward to catching up in the new year.

Lyn Pettigrew (Rimu 1)
Group Co-ordinator

Pool

We meet on Mondays at 1pm and on Wednesday evenings at 7pm in the Café. Over the holiday period, feel free to join us on Christmas Eve and New Year’s Eve (rather than Christmas Day and New Year’s Day). New people are always welcome – we are a friendly bunch. If you haven’t played for a while, dig out those old skills – if you are new to the game, we are happy to teach you. Come and join us.

Margery Bramwell (V37)

Petanque

We have enjoyed our games each Saturday morning this year and we haven't had to cancel very often.

Next year we will continue and look forward to a few new members. We will play all the way through January.



Remember, Petanque court, next to Villa 28 - Saturdays 10.00am - come along and give it a try

Pauline Eastwood (Villa 58)

Bowls

I have been incapacitated this month, so have had little contact with the Bowlers, but have been advised that things moved along smoothly without us.

We have welcomed a couple of new bowlers, and the numbers seem to sit around 12 of us each morning. We will welcome any more players who are interested in giving bowls a go - the games are not competitive - just a method of socialising and having some fun in the fresh air. There are spare bowls for those who wish to give it a go.

Starting in December, we will be commencing twilight bowls so we can avoid the Summer heat. John Grey will be still sorting games on Tuesday and Thursday mornings if you wish to continue with morning bowls, but from Tuesday 3rd December, we will muster at 6.15 pm to begin forming teams to commence play at 6.30. You should be back home by 8.30pm whilst it is still daylight. Indoor bowls will continue on Monday nights at 7pm.

Bowls will take a break over Christmas period from 19th December, and recommence in the first week of January.

Beth Richards, H23
Bowls Communicator

Card Making, Bead Making and Crafts

Our thanks to those who have supported this group during the year. With so much happening for us all in December (and January), we have decided we all need a break.

We look forward to meeting again in February.



Margery Bramwell (V37) and Edna Evans (V56) Convenors

Knit and Natter Group

Knit and Natter ladies meet in the lower Harakeke lounge every Friday morning at 10am.

We share a hot drink together as well as exchange ideas on our handcrafts and all subjects in between. Come and join us for some easy fellowship

Jill Wilson ph 856 4080 and Helen Painting ph 854 7662



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.

The group played last week at the rest home and was very well received and enjoyed by everyone. We have played at Kōwhai and Pōhutukawa as well. It is lovely that we are able to do it for our own village.

Tamahere Global Village

The world is becoming increasingly challenging - on top of the seemingly forever wars, we now have the uncertainty of Trump as US President. What can be done about all this? Are there any options? Come and find out, and let us know what you think.

Wednesday 4th December, 4pm in the library.

Gray Southon (V 102)

Something simple but special for Christmas

Truffles (Makes about 26)

½ Packet Plain Biscuits crushed
1 dspn Cocoa
100g Butter softened
1 cup Icing Sugar
1 tbsp Lemon Juice
½ cup Coconut

(You can use vanilla wine, malt, chocolate chip, chocolate thins as a variation if desired).

Dried Fruit - or perhaps try mini marshmallows, dried apricots, cranberries, sultanas soaked in rum etc

Add butter to other ingredients except coconut and mix well.

Roll into balls then roll in coconut.

Refrigerate then store in air tight container in fridge.



Answers to Quiz on Page 12

- | | | |
|-----------------|-----------------------|----------------|
| 1. 8,222 | 5. Paris and Istanbul | 9. Italy |
| 2. Saudi Arabia | 6. Madagascar | 10. Copenhagen |
| 3. Rome | 7. Grenada | 11. Vietnam |
| 4. Italy | 8. Reykjavik | 12. Arizona |

Our Chuckle Corner

Three brothers left home for university and later in life became successful businessmen. Some years later, they chatted about their successes and discussed the gifts they could give their elderly mother who lived in another city.

Milton, the first son said, "I had a big house built for Mama".

Marvin, the second son said, "I had an expensive theatre built in the house".

Melvin, the third son said, "You know how Mamma loved reading the Bible but she can't anymore because she can't see very well. Well, I met this preacher who told me about a parrot that can recite the entire bible. It took 20 preachers 12 years to teach him. I had to pledge to contribute \$100,000 a year for 20 years to the church, but it was worth it. Mamma just has to name the chapter and verse and the parrot will recite it".

The other brothers were impressed. After the holidays the mother sent out her thank you notes.

She wrote: "Milton, the house you built is so huge I live in only one room, but I have to clean the whole house. Thanks anyway.

"Marvin, you gave me an expensive theatre, it could hold 50 people, but all of my friends are dead, I've lost my hearing and I'm nearly blind. I'll never use it. Thank you for the gesture anyway.

"Dearest Melvin, you were the only son to have the good sense to give a little thought to your gift. The chicken was delicious. Thank you!

A businessman went into the office and was surprised to see an inexperienced handyman painting the walls. What was so surprising, was that he was wearing two heavy parkas on a hot summer day.

The businessman asked the handyman why he was wearing two parkas in the heat.

The handyman told the businessman that he was simply following the instructions on the label.

The businessman was still puzzled. The handyman climbed down from the ladder and went to the businessman and showed him the can of paint. The label read, "For best results, use two coats."

A dad calls his son in London the day before Christmas Eve and says, "I hate to ruin your day but I have to tell you that your mother and I are divorcing."

"Dad, what are you talking about?" the son screams.

"We can't stand the sight of each other any longer," the father says. "We're sick of each other and I'm sick of talking about this, so you call your sister in Leeds and tell her."

The son calls his sister, who explodes on the phone. "Like heck they're getting divorced!" she shouts, "I'll take care of this!"

She calls immediately, and screams at her father, "You are NOT getting divorced. Don't do a single thing until I get there. I'm calling my brother back, and we'll both be there tomorrow. Until then, don't do a thing, DO YOU HEAR ME?" and hangs up.

The old man hangs up his phone and turns to his wife. "Sorted! They're coming for Christmas – and they're paying their own way."

**Just before
midnight on
December 31st,
raise your left leg.
That way you start
the New Year off on
the right foot.**

www.silver surfers.com

Our Rehabilitation Corner

Menopause is a time of change in a woman's life. One of the changes many women notice is increased difficulty with bladder and bowel control. Passing urine frequently and rushing to the toilet (urgency) to pass urine are the most common symptoms.

Other symptoms include:

- **Leakage of urine with coughs, sneezes, or exercise**
- **Leakage of urine on the way to the toilet**
- **Getting up twice or more overnight to pass urine**
- **Frequent urinary tract infections**
- **Rushing to the toilet to open bowels**
- **Inability to control wind**
- **Constipation**



You should not ignore these problems because they rarely go away and usually get worse over time. They often interfere with work, social activities, and personal relationships. It is important that you seek help because these problems can be cured, treated or better managed. Talk to your doctor or call the Continence Helpline on 0800 650 659.

There are five things you can do to regain control of your bladder or bowel:

- **Eat well**
Eat a healthy diet rich in dietary fibre to prevent constipation. We need at least 30gm of fibre each day. Eat at least 2-3 serves of fruit, 5 serves of vegetables and 5 serves of cereals and bread. It is important to get the balance right as just adding fibre to your diet without increasing your fluids can cause or make constipation worse. If the steps outlined in this section do not solve an ongoing constipation problem, talk to your doctor.
- **Drink well**
Drink 1.5 – 2 litres of fluid each day to prevent bladder irritation and constipation, unless otherwise advised by your doctor. Drinking extra fluids is recommended in hot weather or when exercising. Spread your drinks evenly throughout the day. Water is best. Limit caffeine, alcohol and fizzy drinks as these can cause bladder irritation. Always have an extra drink of water following these drinks.
- **Exercise regularly**
Aim to exercise for 30 minutes most days. Remember that walking is great exercise.
- **Tone up your pelvic floor muscles**
Keep your pelvic floor muscles strong with a pelvic floor exercise program. These are muscles that give you control over your bladder and bowel. Use your pelvic floor muscles by squeezing to control the urgent feeling to go to the toilet. When you feel the urge to pass urine or open your bowels, stop, stand still or sit down on a firm seat. Squeeze and draw up your pelvic floor muscles strongly. Think about something else rather than the urge. The urge should diminish or go away at this point so you can get to the toilet without rushing.
- **Practice good toilet habits**
Go to the toilet when your bladder feels full or when you get the urge to open your bowels. Do not get into the habit of going 'just in case'. Take time to completely empty your bladder and bowel.

There are treatments available for poor bladder emptying including the correct toilet position. To get into the correct sitting position on the toilet: sit on the toilet with elbows on knees, lean forward and support your feet on a footstool. If you think your bladder is not emptying completely it is important to talk to your doctor because this can cause kidney damage.

Prepared by: Rosalyn Pelaez

TEH Allied Health and Rehab Coordinator

www.continence.org.nz

Tamahere Retirement Village – Calendar of Events – December 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	2 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	3 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (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/ HDL 7.0 Twilight Carol Service /C (Rev. Dr Susan Thompson)	6 9.15 Standing Back Strength/CC 10.0 Knit & Natter/ HDL	7 10.0 Petanque– near V28
8 4.00 Worship in Wesley Chapel led by Rev. Shelley Walker	9 EAR CLINIC 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	10 9.00 Lawn Bowls 10.30 Chartwell	11 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	12 9.00 Lawn Bowls 10.30 VIG Coffee/CC 2.30 Ukulele Group/ HDL 3.00 Book Club /cc Fusion Christmas Parade	13 9.15 Standing Back Strength/CC 10.0 Knit & Natter/ HDL 3.0 Happy Hour	14 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick, Louise)
15 4.00 Worship and the Tongan Brass Band in Wesley Chapel led by Rev. Tau Lasi	16 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	17 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	18 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Communion/C Rev. Dr Susan Thompson 7.00 Pool/ CC	19 9.00 Lawn Bowls 10.30 VIG Meeting/ HDL 2.30 Ukulele Group/ HDL	20 9.15 Standing Back Strength/CC 10.0 Knit & Natter/ HDL	21 10.0 Petanque– near V28 1.30 Handel’s Messiah/CC
22 4.00 Worship in Wesley Chapel led by Ngaire Southon	23 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	24 7.00 Pool/CC	25 CHRISTMAS DAY CAFÉ CLOSED 11.0 Christmas Service/C Rev. Dr Susan Thompson	26 BOXING DAY CAFÉ CLOSED	27 CAFÉ CLOSED 9.15 Standing Back Strength/CC 10.30 New World	28 CAFÉ CLOSED 10.0 Petanque– near V28
29 4.00 Worship in Wesley Chapel led by Rev. Liz Lightfoot	30 CAFÉ CLOSED 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC	31 NEW YEAR’S EVE CAFÉ CLOSED 7.00 Pool/CC	<u>Colour Coding</u> 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	