



Welcome to the
TAMAHERE VISTA
October 2024



Aren't we blessed with the beauty of spring all around us. I mean the flowers and birds, not so much the rain and winds!! To be honest, I'm struggling to understand how it's spring already - this year has gone so quickly. It's nearly Christmas!!

In this issue, we meet Hilary Simpson who has lived here for some years now, but has an amazing story to share. We also meet our Finance Team members and our new Head Chef in the Care Facility. As you read their stories, I am sure you will appreciate as I did, how special they all are – moving from their homelands to settle here and enrich our lives. Thankyou to you all for being here, and for sharing your stories with us.

There seems to be so much news to share this month – with the weather improving, it will be a great opportunity to get out and about more and enjoy what the Village has to offer.

I want to express my sincere thanks to all those who make this newsletter possible. You know who you are, but others may not realise how much you contribute to this. So many staff and residents contribute material of news and goings-on. I especially want to thank Edna, who I couldn't do without, and who is the proof reader. Also, Helen and Jenny who have kindly offered to deliver the newsletter to you each month. Such teamwork!! Thankyou!

Have a great month – it's school holiday time again, so the traffic might be a bit lighter.

Carole Fleming (Editor)

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Introducing Hilary Simpson

Hilary was born on 11 May 1937 at Barry, a small coastal town in South Wales. She was the third child – the first son was stillborn in 1933, and the second, Ann, born in 1935, died in 2005.

Hilary, with her mother and sister, lived with her grandmother in Barry and moved quite often to houses bought by her mother. Her father went into the Royal Navy straight from school, and was an electrical engineer. Due to the War years, Hilary didn't get to know her father. He was torpedoed three times and left the Navy four years after the end of the War. He was decorated by the King at Buckingham Palace. The marriage didn't last.



The War was a difficult time for them all. Hilary remembers travelling on a train from Cardiff to Barry when it was bombed, and they spent the night with others in a railway tunnel until they were rescued. Barry was a port - Welsh coal was delivered to all of England, Scotland, Ireland, and Wales. They all had to be self-sufficient, no deliveries came from other countries because the German Navy torpedoed all boats carrying food etc. People were encouraged to produce their own food and the majority had chickens. Hilary remembers helping her grandmother look after the farm, and loved all the animals.

Hilary used to love spending the summer school holidays with her two male cousins, haymaking or cutting the corn. David was 2 years older than Hilary, and Gareth 3 years younger. The three of them would fill "pop" bottles with cider from cider barrels and take them out to the workmen for them to drink in the hot weather. What nobody knew was that on the way out to the men, they hid a bottle full of cider in the hedge that they drank on the way back to the farm!! The last time they did this was because Gareth got drunk, and her aunt was very annoyed – he was only 8!

Another thing they did – David showed them how to light fireworks (bangers). They were to hold them in their hands for a short while then throw them into the air so they exploded in the air! That is, until her aunt caught them doing that too.

Hilary told me of a time when she was about 12 and staying with her cousins. They were all dressed in their Sunday best, when her uncle suggested that he take them down into the coal mine where he worked. To her surprise, it was very clean, there was no dust as the mine was of anthracite. They went down by a lift and came out into a large space where they were introduced to the pit ponies. These ponies were used to haul the wagons full of coal. Their total existence was down in the mine – they only emerged when their working life was over, but by then they were completely blind.

Hilary smiled as she recalled singing as part of a choir of 720, singing and entertaining Eisteddfod competitors prior to their performances in the grounds of Castell Coch (the Red Castle) in South Wales. The songs were all in Welsh. The Alleluia Chorus was the major song they sung. She just loved every minute of being in the choir.

Hilary left home shortly after her 17th birthday and, together with a friend from her school class, went to a hospital in Hertfordshire to work as a pre-nursing cadet. They worked as aides in a variety of areas - Path Lab, Physio, Pharmacy, X-Ray Dept. Outpatients. Work started at 7.30am and the first hour was spent on the wards, mainly to do the patients' flowers, then they went to the various departments. There were 26 of them working as aides, they lived in, and the doors were locked at 7.30pm!! They were allowed one late pass per week, until 10pm.

Hilary did her general nursing training and had to stay for a total of 3 years, i.e. her training plus a further year. Her midwifery training took a year in two different blocks of 6 months, the first in Bromley, Kent, the second in Hertfordshire, where she continued working until she completed her Queen's training, and



was known as a Queen's Nurse. She then worked for 2 years as a District Mid-Wife with very, very long hours. She would be up at night, and then have to continue with her day's work the following day. She remained in this role until she and her friend decided to come to New Zealand.

Their sea trip, via Panama Canal, Hilary recalled, was wonderful. They had children on board who had measles, and passengers were not allowed to disembark at any ports until they reached their destination. On board, there were a number from South Africa doing a round-trip, who were hoping to visit Australia before leaving the ship at their home port. They were very angry when told they could not get off anywhere because of the measles!

Hilary and her friend had communicated with nursing authorities prior to leaving the UK, and had jobs arranged for them at Waikato Hospital. They disembarked at Wellington where they had booked 3 nights in a motel so had a quick look around the Capital before travelling to Hamilton by coach. They had received a wonderful typed letter from the Matron-in-Chief's office which gave them a fantastic geography lesson on what to look out for en-route. However, the weather was so bad, they couldn't see even kerbs or fences, so saw very little scenery on the trip to Hamilton.



On arrival at the hospital in Hamilton, they really were treated very well; they were shown their rooms, and taken to the dining room for a main meal and dessert. They started work the next morning, having been provided with uniforms following a visit to the Matron-in-Chief. They enjoyed working at Waikato caring for mothers and their babies.

They went back to the UK for holidays to see friends and relatives every 3 years, (a different route each time, so visiting numerous countries on the way), staying 3 months, then returning to Waikato Hospital. On one trip back to New Zealand, they got off the ship, it was 2.30am. The ship was in a queue waiting to go through the Suez Canal. They were in one of five bus loads from the ship, and were taken to Cairo for breakfast. Afterwards, they went to the fantastic museum, and then given a ride on camels. They then went off to the Pyramids. In those days, they were allowed inside them (this was stopped years ago!) Hilary said it was absolutely fascinating – such huge things!!

Hilary saved money and eventually bought a new 2 bedroom villa, gradually furnishing it over the years. She went on to change her house 3 further times, buying a new villa each time, staying in the Hamilton area. No home was complete without dogs, and of course these needed to be corgis. They were her constant companions!

Hilary and Pam (who had trained and come to New Zealand with her), became very good friends with two sisters, both also nurses, Dorothy and Ann Warner. They would spend their days off together, travel together. Mr Warner even commented once that he didn't have two daughters, they were all his daughters! In turn, they called them Mum and Dad. Dorothy died about 15 years ago, Pam had returned to the UK, but Ann and Hilary travelled the world together – Japan, Antarctica, Sicily among others, and remain close friends till this day, although Ann now lives in a retirement village in Waikanae, and is unwell.

During her holiday breaks, Hilary also travelled extensively throughout New Zealand and Australia. But she also went to Antarctica! This was by way of a ship from Argentina. They were at sea for some days, the water calm the whole time. Reaching Antarctica, they went ashore in 4 places, seeing different penguins, and many sea birds. Hilary said they actually saw thousands of penguins, and even walked among them! She said it was a fantastic trip!

When Hilary left Waikato Hospital, she became Manager at Wilson Carlile – (going from caring for babies to the elderly), where she remained for the next 10 years. She retired at 60 and spent a very pleasant, restful time playing various sports, nipping off to beaches and swimming in lovely warm temperatures.

In her retirement years, she delivered Meals on Wheels – 2 different circuits each time, as she wanted to familiarise herself with the different retirement villages in the city. Hilary soon became very clear which villages she did not want to go to, and the only one that she did – and that was what led her to Tamahere Eventide – the only one that met her criteria.

Since being here in Villa 26, she has enjoyed bowls and petanque, - though mostly these days as a spectator.

Thankyou Hilary, for so generously sharing your story with us. What a fascinating life you have led. A strong Christian woman who crossed the world to settle here, and then later chose to move to our Village. We are the richer for having known you - God bless you, Hilary.

Carole Fleming (Editor)

VILLAGE MANAGER’S COLUMN

Quote of the Month:

“Many ideas grow better when transplanted into another mind, than the one where they sprung up.”

(Oliver Wendell Holmes)



New Residents

Assisi Villa 7	Kevin and Val Newport
Assisi Villa 10	Ann McCullough
Assisi Villa 17	Jim and Pat Embleton

Our Investments – This week you will have seen the opening of the new Rest Home Dining Room. This is part of our ongoing refurbishing and improvement programme.

I would like to remind you all that the Trust invests its profits from its operation back into the property. This, in turn, improves the value of your investment in your ORA. Our management and staff are very proud of the improvements in our buildings and grounds, and I would like to think you are too.

A reminder too that Karen is our Activities Co-ordinator. As her job implies, she is tasked with co-ordinating the groups that you wish to form to carry out activities. Therefore, Karen doesn’t run the activities at Eventide. She just oversees these activities. Karen’s Job Description includes one outing per month and one internal activity per month. As you all know, Karen is a very busy person responding to your individual needs.

David McGeorge

Te Arikinui Kuini Nga wai hono i te po



During these past weeks we have seen the death of the Maori King, King Tuhaetia, and the anointing of his daughter as his successor. Our new Maori Queen, Te Arikinui Kuini Nga wai hono i te po, a very popular choice with the people, has impressed us all with her dignity and grace.

Our understanding is that her name translates roughly as “The waters joining in the night.” We wish her well as she continues to be the unifying thread of all Iwi.

Congratulations!!



Dinks

Two former residents of our Village, both now residents of the Hospital at Atawhai Assisi, have celebrated very significant birthdays in the past few days.

Dinks Winn is 105!! And Judith Anderson, is 100! Our warmest greetings and love to you both. Happy Birthday!!



Judith

**You're invited to the 75th Celebration of
EPWORTH RETREAT AND RECREATION CENTRE
at 116 Finlay Road, Karapiro, RD2, Cambridge 3494
on Saturday 26th October 2024 from 10a.m. -
Speeches, Cutting the Cake, Photos to look at, and walk around.**

**Many of our residents will have had connections
at Easter & family camps, school or rowing camps,
or been on a working bee or a committee over the years.**

**Replies if interested to: epworth@xtra.co.nz (for catering)
preferably by 1 October.**

Introducing our Finance Team

Sue Courtney, General Manager, Finance

Sue has had a diverse and dynamic career, working in a variety of industries including television (the locals may remember Coast to Coast TV) and aerial topdressing (Super Air). Her journey took a significant turn in 2015 when she joined Tamahere Eventide as the Accountant. With her expertise and dedication, Sue has been instrumental in managing the financial operations of the organization. As Tamahere Eventide expanded and acquired Atawhai Assisi, Sue's role evolved.



She now leads a small but efficient accounting team, ensuring that both facilities run smoothly from a financial perspective. Her passion outside of work is her dogs and cats; Sue could almost be the local Rescue Centre for animals. The standing joke with Louis is that he has to keep her employed so she can pay the vet bills!



Anita Vargas – Assistant Accountant

Anita is responsible for most of the invoicing of residents and Accounts Receivable.

Anita is from Chile where she graduated with her Bachelors' Degree in Business. She came to New Zealand in 2008 on a working holiday visa, planning to stay for about three months, but met her husband at her first job here, and stayed! She now has a beautiful 6 year old son. She feels very grateful to live in New Zealand because she loves nature, and really appreciates the quality of life here.

When her son started school, Anita was thinking of looking for work, but discussed with her husband that she wanted to do something meaningful. She started work at Tamahere in January 2024 and quickly realised what a special place this is. Anita told me that she is “grateful to work here, it aligns with all my values.”



Julie Koekemoer – Accounts Assistant

Julie is from South Africa and has been in New Zealand for seven years. She started work as a kitchen hand at Atawhai Assisi where she stayed for three months. When a vacancy arose at Tamahere Eventide for a Receptionist, that's where we first met her. She was in that role for eight months, then moved into an Accounts assistant role when that vacancy occurred. Since then, she has been growing in the job, and is now responsible for Accounts Payable, on-charges to residents and payroll. She is also the back-up Receptionist.



Her interests are reading (she describes herself as an addict), particularly the fantasy genre, and her two children, aged 14 and 8.



Introducing Ginu Mathew

Ginu is from Karala in India, where his parents and sister still live. In 2000, he completed his Hotel Diploma and worked in various hotels there that had 4 and 5 star classification. He became part of the classification team.



He was given an opportunity to go to Abu Dhabi in United Arab Emirates to work within the Compass Group of hotels - an international company with hotels in many countries, including New Zealand. He remained there until 2010, when he returned to India to marry his wife, and worked in a friend's hotel.

In 2013, his wife received an opportunity to study at WINTEC for her Bachelor of Nursing, and they moved to our country. Ginu went to Cascades, a retirement complex in Hamilton, where he remained for 8 years. In 2021, he went to work at Southwell School, a different environment from Cascades, where he remained for the next 3 years, until February this year, when he started at Tamahere Eventide as Head Chef.



Ginu, his wife and two sons (aged 14 and 5), live on a small lifestyle block on the outskirts of Hamilton where Ginu raises chickens, ducks, guinea pigs, rabbits, sheep, peacocks, a goat and a dog.

He really enjoys working at Tamahere as Head Chef in our Care Facility, and is proud of his team and the wonderful comments they receive from residents about the meals they serve. He is keen to ensure residents are happy and is delighted at their response to the changes he has introduced for them.

Ginu spoke of the transformation he has witnessed at Atawhai Assisi too. In 2013, his wife was working there, and he was very familiar with how the facility looked at that time. When he joined the Tamahere team, he visited Assisi again, and was amazed at the difference. He said, "It looks really flash now!"



A selection of some of the pets on Ginu's property.



Exciting Transformation

The renovations in the Care Facility are almost complete and thanks to Angie Evans, Preceptor, we are able to give you a glimpse of the transformation. The residents are now enjoying their beautifully furnished lounge, complete with new tables and a refreshed kitchen.

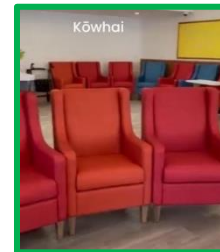


Highlights of the New Space in the Rest Home:

- Comfortable Lounge: A cozy area for relaxation and socializing.
- Stylish New Tables: Perfect for meals
- Modern Kitchen: Equipped for delicious cooking and baking activities.
- New TV: perfect for watching sports



Our Dementia Units, Kōwhai and Pōhutukawa, have also been beautifully painted and have new dining tables and chairs.



New Training Computers: We've equipped our staff with state-of-the-art training computers, ensuring they have the best tools to provide exceptional care and support.

We can't wait to see the garden with new plants and flowers, cozy spots for our residents to unwind and enjoy the outdoors.



What to Look Forward To:

- **Sensory Features:** Thoughtfully designed elements to stimulate the senses, promoting relaxation and engagement.
- **Family-Friendly Space:** A welcoming area for families to connect and spend quality time together.
- **Comfortable Atmosphere:** Cozy seating and inviting decor to create a warm and nurturing environment.

We can't wait to see how this new room will enhance the experience for our residents and their loved ones. Stay tuned for updates as we bring this vision to life! Thank you to all the builders, staff who chose the colours and to everyone who made this possible. Thank you for your continued support. We invite you to come visit and see the transformation for yourself!

(Thankyou to Angie Evans, Preceptor, for allowing us to reprint this.)

CHAPLAIN'S KORERO

Kia ora e te whānau! He kura kua ngaro ki tua o Rangī-whakamoe-ariki. Moe mai raa. A chief has passed to the great beyond. Rest in love.



At the start of September many New Zealanders paused to remember and give thanks for the life of Kiingi Tuhaetia Pootatau Te Wherowhero VII who died on 30 August. A truck driver who became king, Tuhaetia was a man who seemed to grow into his role, becoming known for his message of kotahitanga or unity.

On the last day of his tangi we marked the King's death with a minute's silence throughout the care home. We also gave a quiet cheer when his daughter Nga wai hono i te po was brought forward and acknowledged as the new Queen.

The whole event was a reminder of the beauty and strength of te ao Maaori and of its values. We saw kotahitanga in action: people from every walk of life and often quite different opinions brought together for a common purpose. We witnessed manaakitanga: the incredible hospitality and care shown by Tainui to feed and look after so many visitors day after day. And we got a sense of wairuatanga or spirituality: that deep sense of connection between the human and spiritual worlds that was present throughout the gathering.

I often think there is much we can learn from Maaori values and ways of doing things especially when someone has died. Those of us from a European background sometimes struggle to express our grief. Maaori give death the time and acknowledgement that it needs and this seems to help the process of healing.

The day of Tuhaetia's funeral was also the day our rest home residents moved into their new dining room and lounge. If you're ever passing through the care home, do take a look. The room is lighter and airier than before and opens out to the garden. It was a pleasure to bless this space and to receive the chapel back for worship.

We can make sacred space wherever we are and our chapel congregations enjoyed meeting in the Harakeke lounge. However there's something special about being in a place set aside for prayer. The chapel carries a quiet sense of peace and staff often sit there before starting work. You are always welcome to call in for prayer or reflection.

Ngā manaakitanga,

Susan

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

- *Maya Angelou*

NEWS FROM KAREN

What's coming up this month?

Monday 14 October 10am – Grant Collins from Collins' Shoes in Hamilton East, will be here with a range of shoes for sale.

A reminder of the dates for Chartwell shopping while Udaya is on leave –

Tuesday 1 October 10.30am

Tuesday 15 October 10.30am. Then back to normal after this.

Hairdresser – Sadly, Carol is unable to work as she has a broken arm. In the meantime, Emy is working an extra day, Fridays, as well as her usual day, Wednesday. To make an appointment, phone Emy on 027 695 6451.

Please note: I work 8.30 – 5pm Monday to Friday. I do not work weekends. If you need to contact me outside these hours, maybe wait until the next work day, or if it is an emergency, ring your alarm bell. If it is a maintenance issue, ring Reception. If it is an emergency maintenance matter outside work hours, ring your alarm bell.



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

Place a bowl of lemon juice in your microwave for two minutes or until lemon juice comes to a boil, this will produce steam to soften any debris stuck in the microwave; you'll be able to clean with just a swipe of a cloth, plus you'll be left with a citrusy fresh scent.

Legionnaire's Disease

This infection is caused by breathing in Legionella bacteria. In most people it doesn't cause any symptoms, or maybe a mild illness with symptoms similar to the flu. **Health NZ tell us that older people and people with compromised immune systems are at a higher risk of this disease.**

The bacteria are commonly found in:

creeks, ponds, and warm stagnant water sources (eg floodwaters), hot water tanks, water in cooling tanks, hot tubs, spa pools, shower heads, sink faucets, potting mix and compost.

It is **NOT** found in home or vehicle air conditioning units, so these do not pose a risk.

It can **NOT** be spread from person to person, so you don't risk infecting others if you have it.

If you have symptoms similar to the flu, causing muscle ache and fever, or in more serious cases, breathing problems, the strong advice is to see your Doctor.

WHAT'S GOING ON IN OUR NEIGHBOURHOOD?

CAMBRIDGE COUNTRY MUSIC CLUB: Third Saturday of each month. 12.30 -4.30pm Entry \$5.00 afternoon tea provided. Held at Cambridge Senior Citizens Association Hall, Millicich Place - contact Teresa Dodds Ph 021 064 9152



LOCAL MARKETS:

- Cambridge Farmer's Market, Victoria Square, Saturday 5th and 12th October 8.00am - 12 noon.
- Bi-monthly Tamahere Lions Best Artisan Market at Tamahere Community Centre. 12th October 9am-1pm - 100 stalls, indoor and outdoor.
- St Stephen's Tamahere Country Market - 3rd Saturday each month - 8.30-1.00pm
- Trash & Treasure, Cambridge Memorial Park (Rugby Grounds) Sunday 13th October 9.00am to 1.00pm
- Matangi Garden Club - Annual plant sale - Saturday 19th Oct 9.00am - 12.00. Held at Matangi Hall, Tauwhare Rd. Plants and baking - EFTPOS preferred - please bring a box for your purchases.

DIRECTIONS SCHOOL OF DANCE: Classes for all ages or capabilities -Senior classes Wed 10.30 - 11.30 or Thurs 10.30 - 11.30. Held at 82 Riverlea Rd, Low Impact and will help to keep you moving - \$15.00 per session. Phone to check if there is room for you or if you just wish to take a look - 856 2618 or 027 4876 308.

CRAFT SHOW - Saturday 12 - Sunday 13th October - Don Rowland Centre, Mighty River Domain, Maungatautari Rd, Lake Karapiro, Sat 10.00am to 5.00pm Sunday 10.00am-3.00pm. Find your inspiration - a weekend of creativity. The best craft stores of NZ in one place, mini tutorials, technical classes and food. Entry \$2.00 or donations of unopened women's toiletries supporting Women's Refuge.

HAMILTON GARDENS: As of 18th September, there is a fee to visit the Themed Gardens, unless you live in the city of Hamilton. However, if you have a Gold Card, you can buy a one year pass for \$39.00 - but this special offer is just until the end of this year.

If you don't buy the \$39.00 pass you can still see the Gardens and it will cost you \$18.00 (with your Gold Card) each visit.

TE AWAMUTU ROSE GARDENS - These gardens are surely worth a look and should be at their best in November.

We had lunch at Storyteller Eatery & Bar on Mahoe St. An interesting place to have lunch as one area of the cafe is set up as a library, and they sometimes hold poetry readings.

WORLD KINDNESS DAY -13th November.

Pauline Eastwood.

Answers to the Quiz on page 19:

1.Rome 2. Rome. 3. Tanzania 4. True. 5. Mexico City. 6. Sweden (270,000). 7. An off licence /liquor store.
8. Georgia (Hartsfield-Jackson Atlanta International Airport. 9. Africa. 10. Colorado River. 11. Venezuela.
12. Albany. 13. Antarctica. 14. Dublin. 15. Rhode Island. 16. Redwood. 17. True. 18.Superior, Ontario, Michigan. Huron. Erie and Ontario. 19. 4. 20 Sofia.

From our Property Manager

Hello residents –

It's with pleasure I introduce to you our new gardening team who are very enthusiastic and keen to continue the high standard of gardens and lawns that we are privileged to have here at Tamahere Eventide.

Brendan is our Head Gardener; he has 23 years' worth of experience being a groundsman at various establishments.

Shane also has experience maintaining the extensive grounds at St Peters' College in Cambridge for several years.

Tevita has been with us for 2 months and is gaining experience with the machinery and loves doing a top job; just look at those edges he did last week.

Lakhwinder joined us 2 weeks ago and loves being outdoors and is keen to learn as much as we can give him.

Brian is our volunteer gardener who has a ton of experience, however we are awaiting a work visa so we may employ him full time as gardener number 5.

If I can take the opportunity for each of you to do us a favour - if you would like to garden your own garden, please email me, text me or call Reception, so we know. That way the new team will have clarity around which gardens to maintain. If we don't hear from you then we take it that we will maintain your garden for you.

A few kindly reminders:

- Please dispose of any vegetable food scraps etc yourselves, rather than putting them out with the green waste collection on a Wednesday. The green waste collection is for garden waste as opposed to rotting food scraps.
- If you can advise visitors not to park on the lawns especially as the ground is so saturated of late.
- Please do not approach the team when they are using the lawn mowers or when they are using any power tools as it then creates a safety risk for yourselves and them.

Thank you
Kind regards,
Andrew

My details are
maintenance@tamahere.co.nz
027 727 4911
Reception 07 8565162

Next Movie Afternoon

" Finding Our Way"- The Camino de Santiago Documentary 2022, will be screened in the Community Centre at 2.00 pm on Saturday 26 October.

This is a pilgrimage for both the body and mind - the Camino de Santiago is really something special. The documentary shows how we found our way, the hard way. We walked the Camino Frances in August 2021. We had no idea the impact that it would have on us and spent many of our days looking forward to its end. Six months later, we are still talking about our time on the Camino and its impact on us. We had no idea that the Camino was exactly the journey we needed and would continue to teach us life lessons to this day.

An Afternoon with our Chinese Friends

The Youth Group from the Living Waters Church came to the Village recently to celebrate with us the Moon Festival. This is a harvest festival celebrated in Chinese culture. They brought with them, members of the Spring Arts Assn Dance Group. The dancers have been here to entertain us with music and dance several times now, and this occasion was truly beautiful. Some members of the Youth Group also provided musical items. These young people are extremely talented.

The afternoon concluded with afternoon tea that the group provided for us – which of course, included sharing Mooncake, a rich traditional delicacy. The dancers have promised to return to our village - so keep an eye on the weekly flyer for details.



News from the Residents' Committee

- **Quiz night** – Thursday 19 October, starting at 6.30pm. Make up a team, and come along and have fun!! BYO drinks and nibbles.
- **Craft Day** – Yes, we have another Craft Day coming up soon. Start to get your crafts ready for the Craft Sale!! A date will be announced shortly.



The Fashion Show organised by your Residents' Committee was enjoyed by everyone who braved the wet weather and attended.

Our very own models showed off the fashions and colours beautifully as you can see.

For those who came – enjoy using your discount vouchers at Chartwell Caroline Eve!

Keith Glover, Chairperson

The T Tree

In my new little garden there's a bare branched little tree
Whose heritage is not at all obvious to me
A friend came round for coffee and soon came and said
I'll check out that plant for you, make sure it's not dead.
She came back in quite quickly and much to my surprise
She said "Come and see with your own eyes
Why your unknown plant is simply called a "T".
So out I go and there right before my face
I see hanging in a bare and leaf-less space
A cracked, now useless, but old favourite mug
From which I used to drink tea.
So then a kindly friend made it clear for all to see
He made me a plant sign that clearly explained it was -

" Lynda's Tea-Tree


(Thankyou to Lynda Pryor and Keith Glover)



Scams

Clearly, the scammers are persistent. If they can't trap people one way, they will try another.

Three new scams we've been alerted to in recent days are:

- People phoning and asking to check your medication. If you receive a call like this, **HANG UP, and immediately phone your Doctor to check if it is legitimate.**
- People are receiving unexpected packages containing a gift and a QR code, similar to the one shown here. The parcels may be addressed to the person living there, but others have names that are unknown. Examples of the gifts so far received are necklaces, a cheap mobile phone and another, a mobile phone case. According to the Police, the QR code is used by the scammer to access stored financial information. They strongly advise **NOT TO SCAN THE QR CODE** – the gift can be kept or discarded, but do not scan the QR code. 
- The Automobile Association are advising that scammers are sending emails to people telling them they have won a Car Emergency Kit. It asks people to click on a link that asks for their credit card details. Obviously, **DON'T CLICK ON ANY LINKS THAT LOOK ODD OR SUSPICIOUS.** If you have already given your credit card details, contact your bank immediately.



Friends of Hospital Chaplaincy Proudly Present
A Special
Hospital Chaplaincy Fundraising
CONCERT
Friday 11 October 7.00pm
St Peter's Cathedral Choir
&
Hamilton Community Gospel Choir
Adults \$15 - Seniors and Students \$10
St Peter's Cathedral
51 Victoria St Hamilton Central
Door Sales Only: Cash and Eftpos

Blind Low Vision NZ

The Waikato Regional Committee of Blind Low Vision NZ is responsible for administering the Forsyth Fund.

BLVNZ clients can apply to this fund for grants to help them meet the additional costs of blindness.

They are looking for a new volunteer chairperson. It would be ideal for a retired or partially retired person.

If you are interested, contact -
Stafford Smith
Chairperson
Waikato Regional Committee
Blind Low Vision NZ
07 855 5680 / 027 209 4020

NEWS FROM VILLAGE GROUPS

The Book Club

All those who are interested in reading books, and learning of the wide range of books read by other residents, are most welcome at the monthly meeting of the Village Book Club.

They meet at 3pm on the second Thursday of each month in the small Lounge in the Community Centre. Their next meeting is Thursday 10 October.

Some of the books read by members of our group this month include:



Recipe for Life – Nicky Pellegrino (Helen)

Published in 2010 about her passion for the Italian way of growing and cooking food, then sharing it with love for her friends and neighbours.

Nicky is an English born New Zealander of Italian descent, living and writing in Auckland. Her latest book, “Marry me in Italy” 2024, is available now.

Her way of describing the joy of cooking the Italian way is most enjoyable and appreciated by her readers over the years.

Baches of Raglan – WINTEC Students (Gladys)

In childhood, our annual summer holiday was provided by the baches of Raglan, after journeying a gravel road and fording streams.

This illustrated book includes interviews with the owners – how they acquired their baches and in some cases, its history. Although the baches we spent time in are not featured, almost all are replaced as the book indicates. Numerous photographs give a glimpse of Raglan today with houses and even a moonhouse replacing them.

My Friend Anne Frank – Hannah Pick-Goslar (Beatrice)

A story of the courageous survival of a young girl through the occupation of Holland by the Nazis, and their aim to exterminate the Jews. A reminder to us of the devastation racial intolerance can cause to every level of society.

Vision Impaired Group

With the extension to the rest home dining room having been completed and looking very smart, our monthly meeting on Thursday 10th October will be back in the Harakeke lounge at 10.30. We look forward to seeing you all there.



Lyn Pettigrew (Rimu 1)
Group Co-ordinator

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.

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

This last month has been a challenge - some very wet days presented us with an Olympic size swimming pool a couple of times, then we had really cold mornings which discouraged a few players. One day the thick fog made the end of the green a bit murky, so we have mostly resorted to Indoor Bowls for the keen players who turned up. Bowls are played regardless, and we're happy to assist any new players interested.



We have an Indoor Bowls meeting at 7pm on Mondays, then Outdoor Bowls on Tuesday and Thursday mornings commencing play at 9.30am - which means being there by 9.15am so we can organise teams. We look forward to new players joining us.

Beth Richards
Bowls Communicator

Card Making, Bead Making and Crafts

Due to the Village AGM on 7th October, our next morning will be at 10.30 on Monday 21st. Bring whatever craft you are doing, or join with the card makers (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

The Tamahere Global Village enjoyed Isabelle Gravett's description of an Amazing Swaziland village for orphans. We will be having a rest in October, but will be looking forward to exploring the implications of some major international developments on Wednesday, 6th November at 4pm in the library.

Knit and Natter Group

We are back to meeting in the lower Harakeke Lounge now that the renovations are completed over in the Rest Home. We meet from 10am every Friday and enjoy a cuppa and a chat together. See you there!

Jill Wilson ph 856 4080 and Helen Painting ph 854 7662

And here's another something to keep the brain cells ticking along –

Just try to find the names of the countries hidden in the collection of letters given:

Random Countries

U	N	K	E	G	C	H	I	N	A	A	I	C	S
N	U	K	R	A	I	N	E	I	H	L	K	O	A
I	U	A	I	N	A	Z	N	A	T	G	S	N	U
T	G	L	I	H	K	D	I	I	L	E	P	G	D
E	A	D	N	A	U	U	A	R	I	R	I	O	I
D	N	E	I	N	A	R	I	N	D	I	A	S	A
K	D	A	N	I	G	E	R	I	A	A	D	P	R
I	A	R	N	E	A	P	D	U	U	C	N	A	A
N	A	I	S	Y	A	L	A	M	N	N	A	I	B
G	S	N	A	R	I	G	Z	R	D	B	L	N	I
D	A	N	S	A	A	M	R	U	B	S	I	G	A
O	A	A	N	I	T	N	E	G	R	A	A	N	N
M	I	E	A	N	A	H	G	N	I	A	H	I	A
N	U	I	A	L	S	N	I	D	A	A	T	A	I

CHINA
CONGO
THAILAND
MALAYSIA
BURMA
PERU
CANADA
ALGERIA
UGANDA
SAUDI ARABIA
UKRAINE
IRAN
GHANA
SPAIN
INDIA
UNITED KINGDOM
ARGENTINA
NIGERIA
TANZANIA

Quiz Time!

1. Where would you be if you were standing on the Spanish Steps?
2. What city is known as "The Eternal City"?
3. In which country would you find Mount Kilimanjaro?
4. True or false: Halloween originated as an ancient Irish festival.
5. What is the largest Spanish-speaking city in the world?
6. Which country has the most islands?
7. In Australia, what is commonly known as a bottle-o?
8. In which U.S. state is the country's busiest airport located?
9. Which is the only continent with land in all four hemispheres?
10. Which river flows through the Grand Canyon?
11. Where is Angel Falls, the world's largest waterfall, located?
12. What is the state capital of New York?
13. On which continent would you find the world's largest desert?
14. What is the capital of Ireland?
15. What is the smallest U.S. state by area?
16. What is the tallest type of tree?
17. True or false: Holland is a region in The Netherlands?
18. What are the five Great Lakes?
19. How many European capitals does the Danube flow through?
20. Fill in the blanks: The capital of Bulgaria is _ofi_.

(For the answers, see Page 11)

This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. If you study it and think about it, you may find out, but I am not going to assist you in any way. You must do it without coaching. No doubt, if you study it, it will dawn on you. Who knows? Try your skill. Most can work it out in about half an hour.

If you are really stuck, check on page 20

Our Chuckle Corner

After a long absence, the vegetarian daughter called her parents and said she was coming home.

Said the father to the mother, "Our prodigal daughter is coming home! Kill the fatted zucchini!"

Passengers on a ship were astonished to find out that the captain could not swim. "Is it true?" one of them asked incredulously. "You, a boat captain, can't swim?" "No, I can't," he replied. "Can pilots fly?"

An old lady walked into a pet store, found a parrot, and asked the owner if she could buy it. The owner said, "Heck no! That parrot has a bad mouth! Trust me - you do not want that parrot!"

She said, "I can teach it good manners."

But, when she got home the parrot said a bad word, so she put it in the freezer for 10 seconds.

She took it out and said, "Did you learn your lesson?" It said another bad word so she put it back in for 30 seconds. She took it out and asked if it learned its lesson yet.

The parrot said "Brr... Yes, I learned my lesson, but, what did the chicken do?"

Finally found out where Neopolitan Ice Cream comes from



YOU DON'T REALIZE
HOW OLD YOU ARE
UNTIL YOU TRY TO
GET BACK UP AFTER
WRAPPING PRESENTS
ON THE FLOOR.



What do Alexander the Great and Winnie the Pooh have in common? They have the same middle name!

I haven't lost all my marbles yet... but there is definitely a small hole in the bag somewhere.



Teacher: Donald, what is the chemical formula for water?

Donald: H I J K L M N O.

Teacher: What are you talking about?

Donald: Yesterday you said it's H to O.



The older I get, the more I realize I don't want to be around drama, conflict or stress. I want a cozy home, good food, and to be surrounded by happy people.

The answer to the "unusual paragraph" on Page 19 – there are no e's in the paragraph.

Our Rehabilitation Corner



Aerobic exercise involves the repetitive use of large muscles—for example, by walking, bicycling, or swimming—so that your heart rate and breathing temporarily increase, bringing more oxygen to muscles. It can be either moderate or vigorous.

During moderate-intensity activities, you should notice an increase in your heart rate, but you should still be able to talk comfortably. If you are breathing hard and fast and your heart rate rises substantially, you are probably doing vigorous-intensity activity.

Many activities (such as bicycling or swimming) can be either moderate or vigorous intensity depending on your level of effort.

Levels of activity intensity

Moderate-intensity activities include:

- walking fast
- doing water aerobics
- riding a bike on level ground or a few hills
- playing doubles tennis
- pushing a lawn mower

Vigorous-intensity activities include

- jogging or running
- swimming laps
- riding a bike fast or on hills
- playing singles tennis
- playing basketball

Resistance/ strength training

Such exercise builds muscle by harnessing resistance—that is, an opposing force that muscles must strain against. Resistance can be supplied by your body weight, free weights such as dumbbells and weighted cuffs, elasticized bands, or specialized machines.

Before starting or changing a fitness routine, it is extremely important that you consult your doctor, especially if you are overweight or have a history of heart disease, peripheral vascular disease, or diabetic neuropathy.

Prepared by: Rosalyn Pelaez
TEH Allied Health and Rehab Coordinator

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

Tamahere Retirement Village – Calendar of Events – October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		1 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	2 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	3 PODIATRIST HERE 9.00 Lawn Bowls 10.30 VIG Coffee/CC 2.30 Ukulele Group/ HDL	4 9.15 Standing Back Strength/CC 10.0 Knit & Natter/HDL	5 10.0 Petanque– near V28
6 ST FRANCIS OF ASSISI DAY 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	7 10.30 VILLAGE AGM/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	8 9.00 Lawn Bowls	9 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	10 9.00 Lawn Bowls 10.30 VIG Meeting/ HDL 2.30 Ukulele Group/ HDL 3.00 Book Club /cc	11 9.15 Standing Back Strength/CC 10.0 Knit & Natter/ HDL	12 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick, Louise)
13 4.00 Worship in Wesley Chapel led by Mary West	14 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	15 9.00 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	16 9.15 Sit & be Fit/CC 10.30 New World 11.0 Holy Communion/HDL (Rev. Dr Susan Thompson) 7.00 Pool/CC	17 9.00 Lawn Bowls 10.30 Dementia Support Group /cc 10.30 VIG Coffee/CC 2.30 Ukulele Group/ HDL	18 9.15 Standing Back Strength/CC 10.0 Knit & Natter/ HDL	19 10.0 Petanque– near V28 2.00 Living Waters Christian Youth Group /CC 6.30 Quiz Night /CC
20 4.00 Worship in Wesley Chapel led by Rev. Barry Neal	21 9.15 Seated Exercises/CC 10.30 Card Making/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	22 9.00 Lawn Bowls 10.30 Chartwell	23 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	24 9.00 Lawn Bowls 10.30 VIG Coffee/CC 2.30 Ukulele Group/ HDL	25 9.15 Standing Back Strength/CC 10.0 Knit & Natter/ HDL	26 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Lynne Fromont, Paul Barnett, Clive Bleaken) 2.00 Movie Afternoon /CC
27 4.00 Worship in Wesley Chapel led by Rev. Gillian Woodward	28 LABOUR DAY 9.15 Seated Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	29 9.00 Lawn Bowls 10.30 Van Outing – Village Barn, Atawhai Assisi	30 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	31 9.00 Lawn Bowls 10.30 VIG Coffee/CC 3.00 Happy Hour/CC	cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge	