



Welcome to the
TAMAHERE VISTA
December 2018



As I start to put this newsletter together, I can't fail to notice how "low profile" the run up to Christmas seems to be this year – almost a pre-arranged plan to keep the advertising to a minimum until the last minute (for which I, for one, am very grateful)!

Having just written this, we are being bombarded by advertising for "Black Friday" (which isn't on Friday the 13th) through to "Cyber Monday" (whatever that may be), with massive sales extending for the duration of these four days!

Just a reminder to you all that for those residents who will be here on Christmas Day there will be a lunch available in the Community Centre, if you would like to join others, for a cost of \$25.00 per person. Payment will be invoiced to your monthly account in the usual way. Please let me know by Wednesday 19th December at the latest if you would like to be part of this (856 9269 or email me at jeanzemail@gmail.com).

The menu is to be: Roast Turkey, Rosemary crusted Roast Lamb, Gourmet Potatoes, Roast Kumara (orange glazed), Honey Glazed Baby Carrots, Minted Peas and Gravy, with Christmas Pudding and Lemon Cream for dessert.

I will be liaising with the kitchen about numbers and any other queries that may come up prior to and after the 25th but, due to an unexpected family commitment, I will not now be here on Christmas Day itself. Dorianne Hornby has very kindly agreed to step into the gap and host the meal, but I will continue to take the bookings, as in the paragraph above. Many thanks Dorianne.

The Tamahere Lions Club is selling Christmas cakes from Ernest Adams as a fundraiser again this year. The cost is \$18.00 for a 1.8kg uniced cake. If you would like to take advantage of this great offer they can be ordered by contacting Mark on 858 2252 during the evenings, 027 546 9444 on Mark's mobile or by emailing him on megmarkb@orcon.net.nz. Mark will also bring cakes to the next Scooter Club event on 8th December for residents to buy.



We had our own Melbourne Cup Day race here in the village, with the jockeys blindfolded and the "horses" rather different. A good afternoon was had by all. Photo on the left (Enid) was the winner and Mary West (right) one of the runners-up.



Jean Robertson, Editor



ELLEN'S COLUMN

Hi everyone,

Well, I'm not sure where the year has gone, but Summer and Christmas are upon us.

I will be on Annual Leave from 24th December to 7th January. All my family will be spending time down at Motutere, on the shores of Lake Taupo this holiday as our grandson wants to show me how to catch Trout. He is only 8, but is learning early all about fishing. I hope the weather stays nice because it can get very cold down there. No matter what you are doing over the Christmas/New Year period, enjoy and stay safe.

Happenings in December:

- | | |
|------------------------|-----------------------------------------------------------------------------------------------------------|
| Mon 3 rd | Operatunity "Cinderella" A Christmas Pantomime. Van leaves reception at 10.00 |
| Mon 3 rd | Louise Leisure wear will be setting up in the Café from 1.30 pm |
| Tues 4 th | Choir will be in the Café at 1.30 |
| Thurs 6 th | Village Christmas Lunch at 12.30 |
| Wed 12 th | Christmas Lights tour, starting at 7.30 with refreshments and Christmas cake in café. Bookings essential. |
| Thurs 13 th | Hamilton Recorder Society are here in the Café at 2.00 to play Christmas Carols |
| Mon 17 th | I-pad class with Elaine at 10.30 |

Question: What is the true meaning of Christmas? For me, the answer is: The true meaning of Christmas is Love. John 3: 16-17 says, "For God so loved the world that he gave his only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world, but to save the world through him." The true meaning of Christmas is the celebration of this incredible act of Love

Ellen Sturzaker

Village Residents' Committee Report

Our Inter Village Quiz team did us proud at Forest Lake Gardens Retirement Village. Our thanks go to the team which represented us and to Brother Damian who provided the organisers with the questions for the event. The afternoon was a great success and, even with a changed team, we were only 2 answers away from winning the event. If the quiz had happened a day later we would have known all the answers and won the quiz, or maybe it doesn't work like that! Nice thought though.



Our Scooter Club met on Saturday 10th November and we had a ball. Peter somehow thought that the throttle was the brake and demolished the course. After picking ourselves up off the ground from all the laughter and then rearranging the course, he went on to finish his run. I had great pleasure in presenting him with a bar of chocolate whilst we had afternoon tea for giving us all the most

laughs. That is what the scooter club is all about (enjoying ourselves regardless of who is the quickest) -**you** too could win a prize. There are still newcomers joining us and having a go, so please don't be backward at coming forward; only the scooters do that.

We offer special thanks to Meg for her wonderful hospitality as always, and a big "Thank You" to Mark who set us a very challenging course. We even made him work hard, having to reshape and put it all back together a couple of times.

Our last get-together for the year will be on Saturday the 8th Dec at 2pm. This is our Christmas event, so put a Santa hat on, tinsel on your scooter, and come and join us! Also bring a plate of Christmas fare for the afternoon tea.



This year we will be repeating the Community Carols where people from everywhere can join us with melodious voices going around the village highways and byways singing carols. The scooters from our club will still have decorations on them from the week before and will join in with the choir and all other people interested. Sunday 16th Dec 5.45 in the Cafe car park and singing in the Rest Home at 6pm; then onto our village streets, finishing at 7.15 with a cup of tea in the library.



Remember you all have an amnesty on paying a gold coin for the whole month of December for all the many and varied community activities and events offered week by week. Please take a good look at all the options noted in the Vista monthly Calendar and note what you would like to try and when it is on so you don't miss out on these opportunities to explore new things and new ways of having fun.

It is **TRUE** that we are going to Rotorua on 22nd February 2019 by Go Charters bus as our bus trip next year. No charge for the bus trip, just pay for your morning tea at Tirau and lunch in Rotorua. With a bit of luck we will also bring you home, too (free of charge)! A fantastic day out by everyone was enjoyed during the Village Bus Trip to Tauranga and Mount Maunganui earlier this year. We have booked the same bus company and the **same driver** as this year. Further news about what venues and where we will stop for lunch will be sent out by your committee as decisions are made.

Have you booked for the village Christmas Lunch on the 6th Dec? There's a new menu and it looks delicious. Those of you growing moustaches for Movember will have them shaved off by then so the food will indeed taste better. God Bless you all. Great to see so many men involved with this very worthy cause and maybe you could talk kindly to your loved ones to let you keep them on.

Happy Christmas to you and your families. Blessings from,

Colin Neal, Chairperson, Village Residents' Committee

Mick opens Paddy's fridge and says, "why do you keep an empty bottle of milk in here Paddy?"

Paddy replies, "In case someone wants a black coffee, ye thick head".



NEWS FROM THE SOCIAL GROUP

New Year's Eve Get-together

Join us on New Year's Eve, Monday 31st December, in the Community Centre to farewell 2018 and welcome 2019.

Please bring a dessert to share plus your own crockery and cutlery. Tea and coffee (and cups) will be provided. Bring your dancing shoes too as we enjoy some music from yesteryear. The evening will run from 7pm to 9pm with Big Ben joining in for an early midnight. As December is an amnesty month there will be no cover charge.

Helen Painting, Social Activities Group

VILLAGE MANAGER'S COLUMN

Quote of the Month: "Think in the morning, act in the noon, eat in the evening, sleep in the night" (William Blake)



New Villas: Four are on the market – all under conditional offer. My expectation is that some of these will be settled before the end of December. Villas 37, 45 and 87 have all been refurbished. Villa 70 has sold with settlement due on 30th November. The new residents are Bruce and Marilyn Riddell and I know that all our new residents will be welcomed into the village in our usual Tamahere way.

Grass: The grass this year is looking a lot thicker than in previous years. However, with the hot weather this will come under stress. Can you please ask visitors to refrain from parking on the grass outside your villas. We are hoping to have additional parking on site for staff in the next several weeks.



On 26th November thirty children from Tamahere School are coming to the village. They are calling themselves "The Student Volunteer Army". These children, their teachers and carers, will be de-weeding the bund. We appreciate these young people understanding that this is a non-profit organisation. I am sure that Tom Manderson and others who have worked on the bank will appreciate these young people giving this a good "once over" – even though they may not always understand the difference between plant and weed!

Site Works: You will see that there is concrete being poured on site for the foundation of the hospital and also kerbing being poured around the bund on the village side of the building site (this is where the interim staff parking will be).

The grass that was planted over the second apartment block has taken very well and "no", we are not going to use it for cricket! Thank you to those residents who have helped water this grass.

David McGeorge



FROM THE CHAPLAINS' DESK



Christmas can be such a frantic time of year, can't it? It can creep up on us almost unnoticed – and suddenly it's upon us! Crowded shopping malls, with a last-minute rush to buy presents and the all the special foods that make this time of year different. Along with a struggle to find parking spaces!

But more than that, what makes Christmas special is that it's a time of focussing on relationships – a time to reconnect after a year has passed, a time to strengthen the bonds with the special people in our lives – family and friends.

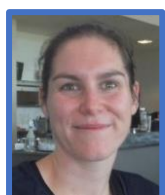
But amidst all the festivity, let us remember “the reason for the season”, that Christmas is the time that we celebrate the birth of the Lord Jesus Christ, who is Immanuel, God with us. The One who came at that first Christmas, in order to restore our relationship with God.

*We bring in the Christmas season with beautiful decorations and lights,
They shine forth in our communities throughout the season's nights.
Many look forward to celebrating this wonderful time of year
By lighting up their homes to spread Christmas cheer.
We string lights on Christmas trees, on wreaths hanging here and there.
We see the festive lights everywhere.
Jesus is the real light of Christmas. The light of the world today.
He is the truth, the light, the way.*
(Adapted from Margaret Cagle, “The Light of Christmas”)

Wishing you and your loved ones a blessed Christmas and a merry New Year.

Clive

Some Advice from Nikita



As you may know, your hips take a lot of pressure from day to day. Some of you may be aware that your hip is known as a ball and socket joint and this involves movements in many directions. It allows mobility of the lower limb. It transmits loads between the upper body, trunk and lower limb. It also provides a stable base in weight-bearing activities.

As we age the range of motion or movement decreases, and the risk of impingement or damage increases due to stiff, tight and weak tissue. Ways to prevent this happening is to continue moving and exercising to keep your muscles at the right length and strength.

As Christmas and New Year approaches fast a primary goal we want to consider is simply reduce sitting time and to find activities to engage in to reduce sedentary activity. Exercises that are functional, task specific, relevant to you and incorporate into daily activities, are best to consider.



Start low, go slow and set attainable short-term goals. If you need more input or motivation, consider visiting me, Nikita, or participating in a regular class just on your door step.

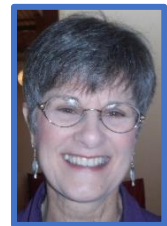
On another note please be aware that I will be on holiday over the Christmas and New Year break, therefore classes will not be running from the 24th of Dec to the 4th of Jan.

Have a Merry Christmas and Happy New Year!

Nikita, your Rehab Therapist

NEWS FROM SANDY AT ATAWHAI ASSISI HOME & HOSPITAL

Some years ago a bold atheist stood lecturing a large group on the folly of religious faith in general and the Christian faith in particular. At the close of the presentation the speaker invited people to raise any questions they might have. In the audience was the town drunkard, who had been converted to Christ. In response to this invitation the converted alcoholic came up front, took out an orange, peeled it, and ate it without comment.



The speaker asked if he had a question for him. After downing the last segment of the orange the convert turned to the atheist and asked, "Was the orange I just ate sweet or sour?" Angrily, the speaker replied, "You idiot, how can I know whether it was sweet or sour when I never tasted it?" To this the converted alcoholic retorted, "And how can you know anything about Christ if you have never tried Him?"

There is only one way to discover whether the orange is sweet or sour and that is to taste and see. There is only one way to experience the sense of peace, and fulfilment, and joy, of having Christ reigning in our hearts and minds, in our souls and lives. We need to accept the invitation of the one who says, "Listen! I am standing at the door, knocking; if you hear my voice and open the door, I will come in to you and eat with you, and you with me."

The residents, staff and volunteers here at Atawhai Assisi reflect this shared experience of God's presence in our midst, and I feel deeply grateful for the privilege of being part of this very special Christian community. We look forward to sharing this special experience of God's loving presence with one another as we journey with our family at Tamahere Eventide through Advent to Christmas.

Rev Sandy Neal TSSF

PS: All are invited to the Blessing of the Christmas crib and Carols Service at the Atawhai Assisi Chapel on Wednesday 12th December at 11.00 am.

Did you know?

**The Hillcrest Healthcare Pharmacy and Cafe is now open on Saturdays from
9.00 am until 2.00 pm**



The Vision Impaired Support Group

We enjoyed our November meeting in the cool of the library, a welcome respite from our early summer heat.

Kath Nielsen's Report

Kath has been in touch with the Cambridge Vision Impaired Group and they may be interested in liaising with us. More about that next month.

New support workers have been appointed at the Blind Foundation and we look forward to meeting with them. Kath stressed that a very important step for anyone who is diagnosed with sight impairment is to join the Blind Foundation. They can offer all kinds of support to their members and can make home visits to demonstrate and teach how to use an amazing array of simple-to-use aids which make life simpler for those having difficulty seeing. Please ring Kath Nielsen if you would like to know more.

One of our supporters, Bev Talbott, brought with her a batch of delicious date scones to have with our tea and coffee. Thanks Bev.

Jill Wilson (on behalf of Kath, Phone 846 2324)

ORGAN TRANSPLANT

No – not a heart, a liver or a kidney, but nevertheless a real organ capable of pulsating life. This one has heart of music and comes to our chapel as a wonderful gift from June Higham, who was a chaplain at Eventide Home many years ago but has never lost her affection and commitment to our community. June was here before there was a chapel or any villas and some of the present staff will remember her well for her devotion and willing service to the residents.



June is a highly competent musician who continues to use her talents at Te Awamutu in many ways, but she has never forgotten this place, which has a special place in her heart. The gift she has bestowed on us in an invaluable sign of that continuing affection and will be a wonderful addition to our musical scene.

The Allen organ is highly esteemed among organists and is prized by churches who cannot afford a pipe organ but who appreciate an instrument which was produced to give a sound equivalent to that of the pipe organ without the expense, although it is still an instrument that comes at a price.



The Allen organ is found around the world in all shapes and sizes – I encountered one in Marietta, Georgia when visiting a niece there, which had *five* manuals (keyboards)! Consider, *two* are quite enough.

We have not displaced the other chapel organ (given by Joan Dick) but consider there is a place for both, for they are two very different instruments which can both be used on the appropriate occasion.

The Allen organ will be, in particular, capable of a grandeur of its own and will add that “extra” that makes all the difference.

Our grateful thanks to June for this delightful gift; and we have at least four resident players who can make sure its qualities are recognised.

(The picture on the right shows the Rev Shelley Walker blessing the organ in our chapel on 18th November 2018).



Len Schroeder

LET'S PLAY PETANQUE

Petanque is still being played every Saturday morning at 10.00 am. However, it has been suggested that perhaps an early evening would be more suitable when it is cooler in the summer months. A bar-be-que afterwards could also be included.



If a number of residents care to try their hand at playing petanque (“boules” provided), David McGeorge is happy to provide a cover for the course and improve the site. For the newer residents, petanque is played behind villas 20 and 28 in the older part of the village.

I would be glad to hear your thoughts and suggestions so perhaps you could give me a ring on 854 0778.

Mollie Lear

A man was driving along a freeway when he noticed a chicken running alongside his car. He was amazed to see the chicken keeping up with him because he was doing 50 MPH. He accelerated to 60 and the chicken stayed right next to him. He sped up to 75 MPH and the chicken passed him.

The man then noticed that the chicken had three legs, so he followed the chicken down a road and ended up at a farm. The curious man got out of his car and noticed that all the chickens had three legs. He asked the farmer, “What’s up with these chickens?” The farmer explained, “Well everybody likes chicken legs, so I bred a three-legged bird. I’m gonna be a millionaire.”

How do they taste?” asked the man. “Don’t know,” replied the farmer, “haven’t caught one yet.”

Please note that the Vista for January 2019 will be a one-pager, incorporating the calendar of events. We will be back to a full issue the following month.

COMMUNITY CENTRE

Help is needed from us villagers to the staff in the Community Centre. We are shifting chairs after staff have put them in the proper order and we are not returning them to where they were when we have finished what we are doing. Please help by making sure all chairs and tables are put back where they should be. Thank you.

Colin Neal. Chairperson of the Village Committee

Lenore Bush wishes to thank everyone who has helped her have a wonderful 90th birthday. God bless you and thanks again.
Lenore Bush

HAVE YOU BEEN DOWN TO OUR GULLY LATELY?

A group of us went down there at the weekend and thoroughly enjoyed the peace and the beauty of this wonderful place right here on our doorstep. We realise that for many of you the journey there and back is difficult but there are a number of people who would be quite happy to take you down there. It may be that trips could be organized in one of our vans and we can investigate this in the new year.

In the meantime, here are a few photos to whet your appetites: The first is of Noel Turner standing on the bridge and feeding the eels, the second is one of the huge eels coming up for more food, and the third one is of a beautiful shady spot in the bush, ideal for a picnic!

Jean



Waikato Dementia Art Group have produced a calendar for 2019 titled "Creative Spirit", which includes sketches and paintings done by members of their group – with a sketch drawing and a painting done by our own John Lambert.

This calendar is spiral bound and costs \$20.00. If you would like to see a copy please contact John on 856 3272, or to place an order please ring 07-929-4042.

Mugs needed! Black, yellow or white.
Re-home your pre-loved mug with us and help us to reduce the waste of single-use paper and plastic.

GO ECO (aka Waikato Environment Society), will make a very special Xmas tree this year at the Meteor - with your help.

It will be a keep-cup library. Borrow one from the tree, return it, and **GO ECO** will wash it and hang it back on the tree.

Come and see your mug, helping to save the planet.

And admire all the trees - each seeking to make the world a better place.

Trees at the Meteor will be open between 7am and 10pm from 13-18 December.

To help just leave your mug in the crate near Debbie & Ellen's office door, or the one by Lloyd's letterbox at villa 64.

In the September 2018 issue of the **Vista** on the first page was a picture of myself standing outside the Weta Workshops in Miramar being "attacked" by a monster.

Patricia Bishop told me that she had been disappointed because we hadn't been asked to submit suggested captions. In actual fact I had asked for captions to be sent in, but none were received.

However, belatedly she has sent the following, so I said I would share it with you:



"Never thought I'd be the target of a troll attack!"

Many thanks Patricia

Jean

And now I think we'll leave the last word to our faithful Laird of the Limericks



*I think I have been rather rash
To grow a November moustache;
I plan to stop growing,
Before it needs mowing,
Instead, it's on auction for cash!*

DON'T FORGET OUR LAST HAPPY HOUR FOR 2018
IS BEING HELD ON FRIDAY 30TH NOVEMBER



Could this be God's Plan for Ageing?

Most seniors never get enough exercise. In His wisdom God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom He made seniors lose co-ordination so they would drop things, requiring them to bend, reach and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So, if you find as you age, you are getting up and down more, remember it's God's will. It is all in your best interest even though you mutter under your breath.

*Wishing you all a very happy and peaceful Christmas. For those of
you who are travelling
drive carefully and safely.*

Many thanks for your help and support throughout the year.
Jean



Tamahere Retirement Village – Calendar of Events for December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C=Chapel, CC=Community Centre, cc=Small Lounge in CC, SW=Susanna Wesley Room, AR=Activities Room, C&CwC=Coffee & chat with Chaplains, MC&C=Men's Coffee & Chat, AC=Assisi Chapel						1 10.00 Petanque 6.30 Movie in RH Lounge
2 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Carol Hancock	3 9.15 Strength&Bal/CC 10.00 Operatunity 10.30 Sit & Be Fit/CC 1.00 Games/Snooker/CC 1.30 Big John/C 1.30 L/Leisurewear/CC	4 9.00 Lawn Bowls 10.00 Chartwell/Short 11.00 Bible Conversn/SW 1.30 Fay & Tony/C 1.30 Choir Concert/CC	5 9.15 Strength & Bal/CC 10 Shopping New World 10.30 Mens C&CwC/cc 1.30 Cushla/C 7.00 Snooker	6 9.00 Lawn Bowls 9.45 Swimming Pool 12.30 Christmas Lunch/CC 1.30 Two's Company/C	7 9.15 Tai Chi/CC 10.00 Knit & Knatter/cc 10.30 Catholic Mass/C	8 10.00 Petanque 2.00 Scooter Club 6.30 Movie in RH Lounge
9 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Joan Myles	10 9.15 Strength&Bal/CC 10.30 Sit & Be Fit/CC 1.00 Games/Snooker/CC 1.30 Margaret Love/C	11 9.00 Lawn Bowls 10.00 Chartwell/Long 11.00 Bible Conversn/SW 1.30 Eastside Singers/C	12 9.15 Strength & B/CC 10 Shopping New World 10.30 C&CwC/cc 11.00 Crib Blessing/AC 1.30 Betty Gilmour/C 7.00 Snooker 7.30 Xmas Lights/CC	13 9.00 Lawn Bowls 9.45 Swimming Pool 1.30 Bingo 1.30 Laurie & Piri/C 2.00 Ham Recorders/CC	14 <u>PODIATRIST HERE</u> 9.15 Tai Chi/CC 10.00 Knit & Knatter/cc 1.30 Louise Henry/C	15 10.00 Petanque 10.30 Catholic Commn/C 6.30 Movie in RH Lounge
16 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Lynn Pinkerton 5.45 Scooters & Carols/CC 6.00 Rest Home Carols	17 9.15 Strength&Bal/CC 10.30 Sit & Be Fit/CC 10.30 I-Pad Class/cc 1.00 Games/Snooker/CC 1.30 Geoff Walker/C	18 9.00 Lawn Bowls 10.00 Chartwell/Short 11.00 Bible Conversn/SW 1.30 Carole Fit/C	19 9.15 Strength & Bal/CC 10 Shopping New World 11.00 Holy Commn/C 1.30 Peter Williams/C 7.00 Snooker	20 9.00 Lawn Bowls 9.45 Swimming Pool 1.30 Bingo 1.30 Glen Carley/C	21 9.15 Tai Chi/CC 10.00 Knit & Knatter/cc 10.30 Peter Knowles/C	22 10.00 Petanque 6.30 Movie in RH Lounge
23 <u>SUNDAY ROAST</u> 4.00 Chapel Service led Rev Tania Shackleton	24 1.00 Games/Snooker/CC 1.30 Danny Savage/C	25 <u>CHRISTMAS DAY</u> 10.30 Chapel Service led by Mary West	26 <u>BOXING DAY</u> 7.00 Snooker??	27 3.00 Book Group/cc	28 10.00 Knit & Knatter??	29 10.00 Petanque 6.30 Movie in RH Lounge
30 <u>SUNDAY ROAST</u> 4.00 Chapel Service led by Rev Carol Hancock	31 7.00-9.00 New Year's Eve Get-together/CC	Details about shopping trips and ordering and delivery of food over the holiday period will be advised separately nearer the time.				