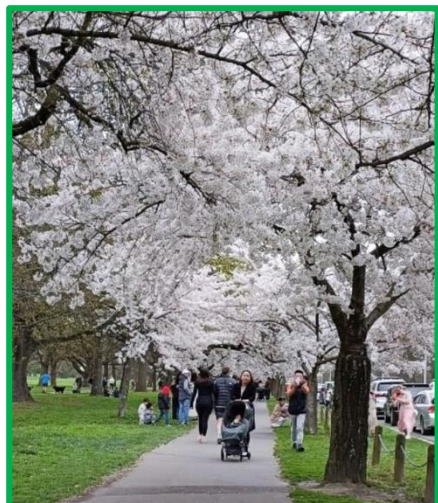




Welcome to the  
**TAMAHERE VISTA**  
October 2023



The unpredictable weather and daylight saving both serve to tell us that Spring is here! As if we need to be told – when we live in such a beautiful park like place as Tamahere. The gardens and blossoms, the birds and their chatter, are all signs that winter has passed.

The photo of this amazing avenue of Cherry Blossoms is from my home town in Christchurch. To think that people travel to Japan to see these!

A warm welcome to our new residents. We trust you will be very happy here.

Our featured Residents of the Month are Hilda (and Len) Schroeder. It has been a privilege to spend time with Hilda as she reminisced about their lives together. I hope readers enjoy reading her story, and for those who remember Len, learn some of what made him so special.

Tamahere's Got Talent is coming up soon! Don't be shy, get involved and share in the fun with other residents.

Have a very happy October!

*Carole Fleming (Editor)*

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## Our Residents of the Month ...

Hilda Dickie was born in St Clair, Dunedin on 25 January 1928. She was the last of five children, a girl, a boy, another girl, another boy, then Hilda. Her father, Alex, had polio in 1918, but with good physio had recovered enough so that he and his brother in law went into business in a grocery store. The family lived behind the shop where it was very cramped. The children were quite close in years - there was a four month period when they were all in their teens.



Hilda's father had a relapse later and his muscles deteriorated further, so he became a shoe repairer. He adapted the equipment so that he could safely work at a last at his bench. Hilda commented that these were the days during the Depression when every penny counted. Her mother, Jean, was busy with family life but helped her husband at a large sewing machine that sewed light leather, by repairing straps on sandals. Life was tough for everyone.

The family lived in a one eighth of an acre in St Clair, a block away from the beach. They swam, and even had their own home-made "boogie boards".

Hilda learned to swim in the saltwater pool at the end of the beach.

Hilda went to St Clair Primary School, followed by Macandrew Intermediate. She then went to King Edward Technical College where she was in a Commercial Class. Each year the College held a Concert in the Town Hall. The entire school formed the choir – 1000 voices! In addition, there was an orchestra of nearly 300 - most of these pupils were learning their instruments at the College. Hilda learned the clarinet. The well known Vernon Griffiths was on the staff.

Hilda and Arthur, a year older than Hilda, used to go to the Dental School in Hanover Street for dental treatment. Hilda tells the story that if they ran fast enough to the Exchange, they could save a penny bus fare and so afford to buy a bunch of flowers for their mother.

By the age of 17, Hilda was working in an office but wanted to go nursing. Like most families at that time, she needed to go out and earn money to help keep the family going.

Hilda went to Christchurch on her first working holiday, and stayed with her sister who was training to be a Deaconess. She was taken to a Christian Endeavour meeting on the Sunday, where she met Len Schroeder! He was coming down to Dunedin after this, and their romantic relationship grew. Len then moved to Auckland for theological training for three years, and Hilda stayed in Dunedin for her nursing training. They managed to see each other 3-4 times each year.

In due time, Len completed his studies and was appointed to the Upper Hutt parish. It was 1950 – in 1951, Hilda completed her training, and they were married in Dunedin at the St Clair Church. They lived in Upper Hutt for the next 18 months, then moved to Dunedin for the next 4-5 years at the Dundas Street parish. Their two sons were born in Dunedin.



They then moved to Remuera – a trip Hilda clearly recalls. They travelled from Dunedin to Auckland, in a little Morris Minor with their two boys on a cot mattress laid out on the back seat – and lots of stops! When the invitation came to go to Remuera, Hilda told Len that she just couldn't go. "I'm not that sort of person!" However, it turned out they really wanted Len in Auckland to teach Greek at the Theological College. It

eventuated that this became one of the happiest places they had ever lived in. Pauline, their daughter was born in One Tree Hill, the next suburb over. They remained there for 8 years – however during this time they were in Toronto for just over a year.

They did an exchange with another Minister at Westmoreland Methodist Church – a great experience. They travelled by ship to the United States, the “Remuera” no less, (on the “Remuera, from Remuera”). They used to go down to the Niagara Falls. There was a bridge of ice right across the Falls and 160 feet below – they were aware of the warnings that it was going to break off at some stage. They were always hopeful it would break while they were there. The gardens around the Falls were just lovely.

On their return to New Zealand, they remained in Remuera for a further 16 months, then moved to New Plymouth where they lived for 5 years. The children made their own fun – fishing, swimming, they had a small boat which they sailed in a small protected bay. It was all very safe, they loved the water, and they had fun!

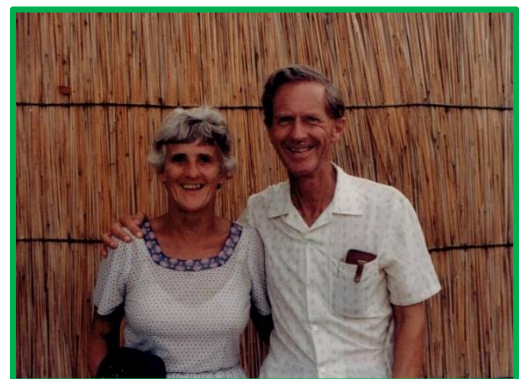
Their next move was to Palmerston North (NP to PN!) where they were based for the next 8 years. These were Len’s creative years writing and presenting religious musical dramas; he was even asked to present one of these, “Jacob” at a Church Conference in Wellington.

Their next move was to Lynfield parish in Auckland, a Co-operating Parish where they lived for the next 4 years. There was a lively Anglican component to the parish, and they quickly became friends with some of the Anglican ministers.

While at Lynfield, they were approached regarding a World Council of Churches mission opportunity in Botswana, which they offered themselves for. There was quite a process to go through before finally setting off a year later, in 1982.

They spent 3 months at Selley Oaks in Birmingham before going to Botswana. They flew to Harare (in those days, you couldn’t travel to South Africa – because New Zealand was playing rugby against them), and then down to Gaborone. Their role was to teach people skills – to read and write, and nursing support. They had a further 1-2 months orientation into Botswana – their language being Setswana.

They were based at Etsha, which was a 13 mile strip of land comprising 13 villages, numbered 1 to 13, along the Okavango Delta. Each village was a family unit, all refugees who had come down from Angola. They had no churches – they typically gathered for worship under a tree in the village. It was challenging all the way. The title of a book Len had, “What do you say after you have said Hello?” became very real. Until you learned the language, it was very difficult, with a lot of learning in it. Hilda commented that they were still learning the language when they left. At each season of the year, people were doing something different and new, and the words they used relating to this, Hilda and Len had never heard, so they were constantly learning.



They had a very simple diet. There was a store near Etsha which had basic foods, and some other rather strange things. They helped twice with the annual stocktake and discovered lots of very strange things.

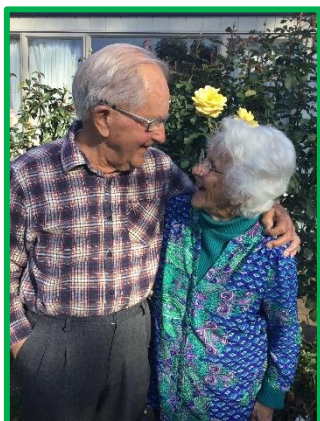
For some reason, when a woman had had a baby and when the afterbirth had not come away, the people would come to Hilda. They would take her (miles away) to see their daughters. Hilda

commented that she would go “with trepidation”. One Sunday, she was taken to treat a small boy whose chest had been badly burned by their open fire used for cooking. She never knew what she would be called to see.

The first man on the mission, Ronald Winn, had a different approach to earlier missionaries. He decided one didn't go in to convert people; he maintained that their exodus from their own country was a religious experience that could introduce them to the Bible. This was a very brave approach to traditional evangelism. He believed it was important to get to know the person and get on board with them, in order to understand. He was there for a number of years before he could even lead a Church service.

When they arrived back in New Zealand, Len was appointed to Kingsland Methodist Church in Auckland, and Hilda started work at Averill Orr Rest Home, where she was the Registered Nurse for some 25 patients. Len retired 2 years later, followed by Hilda also retiring. They moved in to a house in Blockhouse Bay while at Kingsland until 1993, when they moved to Mount View Road, Hamilton.

Hilda and Len lived at Mount View Road from 1993 until 2008. During this time they were deeply involved with the Melville parish, where Len played the organ for 20 years. During their Mount View Road days, Len and Hilda both became very involved with Tamahere Eventide. Len was invited to be one of the ministers conducting services here. Len enjoyed playing the organ more than taking the services, so Hilda would do that part for him. They also came out here monthly, to lead a sing-a-long with the residents. In addition to this, Hilda also assisted the caring staff with the residents – accompanying them at their swimming sessions.



On Hilda's 80<sup>th</sup> birthday, in 2008, Len and Hilda moved to Tamahere Eventide. The only residents still living at Tamahere who were here at that time, are Beverley Attrill, Joan Myles, and Nell Bradburn. Len and Hilda lived happily in Villa 34 for the next 13 years with their beautiful garden, and a lovely view of the gully and the birds.

Both Len and Hilda were involved in the Village Choir, with Len playing. Hilda put her hand up at an AGM saying she thought they needed a committee, and she was involved from that point on. She was one of the first workers in the gully – where among other things, she carried metal for the pathways - until the Turners arrived in the village – and Hilda was let off!

For many years, Hilda raised funds for the new hospital here in the Village. For a whole year, every week she would bake, and sold this to residents. Her approach was that this was enabling the residents to participate in the fund raising. Some of the other women -and men – also baked and contributed to the goods for sale. Hilda was deeply moved by the generosity of residents who instead of paying \$4 for a cake for example, would give her a note for much more than that, and not take the change. For the next three years, Hilda made batches of three different types of marmalade which she also sold – raising \$2000. In total, she raised \$3,700 which she gave to the Residents' Committee who in turn added to this amount, rounding it up, and presented a cheque to Louis. The outcome is the Whanau Room near our hospital. One of the beautiful stories Hilda shared is that their own family were grateful that they were able to use the room in Len's final days.

Len had an accident in July 2021, and, shortly before he died, Hilda decided to move from their villa to Rimu so that she could be nearer to him when he was



discharged from Waikato Hospital to the Tamahere Eventide Rest Home.

Hilda is settled in her unit in Rimu, and enjoys getting out to activities and the Café. Considering her lack of energy, she doesn't get out to socialise as much as she would like, but enjoys having visitors.

*Hilda – you are a very special lady and it's been a privilege hearing your story. I trust in some small way that this tribute to you – and to Len – helps you to know how deeply this Village community cares for and respects you both. May God bless and keep you safe always.*

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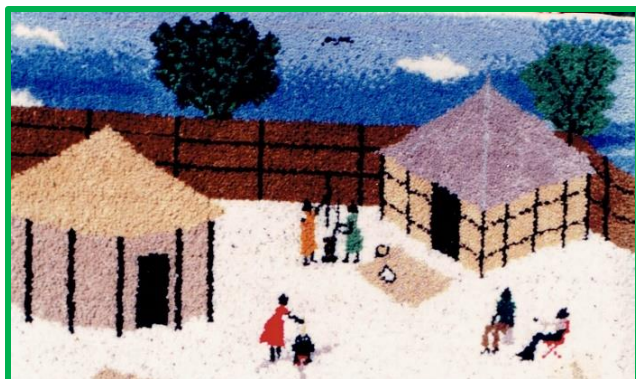
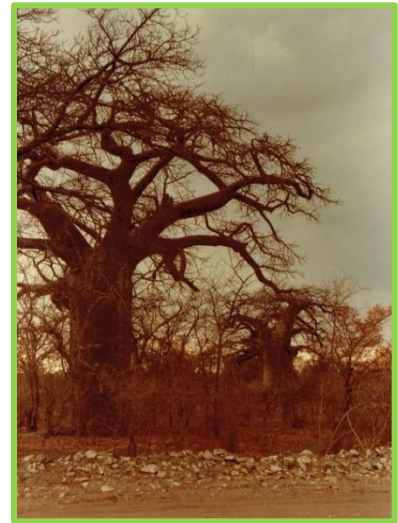
## A peek into Hilda's Photo Album



**Top Row:** Far left – Hilda helping on her relative's farm during school holidays  
Left - Part of the school orchestra in the Dunedin Town Hall

**Second Row:** Left – Hilda was that close to these amazing elephants. The size!!  
Right – a Baobob tree in Botswana – where it looked as though it grew upside down – the branches look like roots

**Third Row:** Left – This is a photo of a woollen mat we made on our return home of our compound in Botswana  
Right – Hilda and Len in more recent times, with their son, David



## VILLAGE MANAGER'S COLUMN

### Quote of the Month:

*"It is often the small steps, not the giant leaps, that bring about the most lasting change.."*

Queen Elizabeth II



### New Residents

Villa 107	Helen Alley
Villa 102	Gray and Ngaire Southon
Harakeke 16	Barry Neal
Assisi Villa 11	Vivienne Cox

1. **Community Centre** – You will have noticed that our staff are working around the Community centre giving it a tidy-up and refresh, ready for spring. Please bear with us as we re-arrange the layout for summer.

This is a community facility for use by everyone, and we would ask that you leave furniture where it is, or return it to its original space after use, to be fair to everyone.

2. **Water** – Thank you everybody who searched for the water leak. Special thanks to Neal and Jill Wilson and David and Dorothy Bell for reporting standing water that led ultimately to us finding the source of the problem. Plastic fitting had failed, leading to 25,000 litres of water dissipating via other conduits underground. We have now got our water under control – ready for spring.

We know this is going to be a dry summer. So - we are going to make the following decisions.

#### **From 1 October 2023 –**

- a. We are suggesting that you consider allowing us to put a brick in your toilet cistern. This will reduce the water flow each time it is flushed. Andrew has the bricks, and we will be coming to visit and discuss this with you.
  - b. Washing of vehicles is to be halted between daylight saving settings, or until further notice. We are told that good practice is to use a car wash where they use recycled water, and there are a number of these around Hamilton and Cambridge.
  - c. Watering Days – We have a system in place where watering is done every second day. The best practice is to soak the garden either in the morning or the evening, preferable by hand. As per previous years I ask that those with an odd numbered villa water on the odd date, and the even numbered villas water on the even date. Hopefully this works, and we will not have to have any further impositions.
3. **Pathway** – The pathway we had to rip up when we were searching for the water leak, opposite Villas 64 and 64, is going to be concreted at the end of September. We apologise for the length of time this has taken to be repaired.
  4. **Elections 2023** – The local polling booth is at the Tamahere shops. They accept Advance Voting from Monday 9 October until Friday 13 October, between 11am and 6pm. Voting Day is Saturday 14 October. David will run an evening van shuttle service each day that week between 5pm and 6pm for anyone interested in Advance Voting. Contact David or Reception if you are interested.

David McGeorge

## CHAPLAIN'S KORERO

Kia ora e te whānau. Tēnei te mihi ki a koutou, e ngā manu o te wao nui.

Sometimes I think the best people for talking about God aren't preachers and pastors, biblical scholars or theologians. The best people are artists, poets and musicians. People who say "look, listen"; who invite us to see and feel the world in a new way through words, music, paintings and drama.



One of my favourite poets said, "If God exists he isn't just churches and mathematics." For we don't just know God with our minds but also most of all with our hearts. And it's artists who speak the language of the heart, with words but also with sound and silence, with colour and symbol.

And maybe the greatest artist of all was God who created the world around us. A world which speaks to us in its beauty and variety of God's presence and love, of God's tenderness and creativity, of God's wisdom and wonder. The world declares the glory of God more surely than any preaching.

This week at our outdoor Communion service I shared the following poem:

*I do not live happily or comfortably  
with the cleverness of our times.  
The talk is all about computers,  
the news is all about bombs and blood.  
This morning, in the fresh field,  
I came upon a hidden nest.  
It held four warm, speckled eggs.  
I touched them.  
Then went away softly,  
having felt something more wonderful  
than all the electricity of New York City.*



(Mary Oliver, "With thanks to the field sparrow, whose voice is so delicate and humble")

Ngā manaakitanga,

Susan

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### FOR SALE

**Mobility Scooter in excellent condition. It is weatherproof, and has a front carry bag. All enquiries to ph: 07 859 1607.**

## NEWS FROM KAREN

Hello everyone –

October is looking to be a busy month!



**Valet Drycleaners** – for all your dry-cleaning needs, they drop off and collect. Contact them on ph: 07 847 6492

**Widow's support group** in the Library on 11<sup>th</sup> October.

**Adrina Jewellery** – 16<sup>th</sup> October 10.30 – please bring cash only

**Tamahere's got Talent** – Monday 16<sup>th</sup> October at 6pm. I have seen people practicing for this and having a lot of fun.

**SOS – Save our Space** This is an organising and de-cluttering service. They will also support you with donating, discarding and styling. For more information, ph Fran 021 566 432 or Ange 021 246 6419.

**Café** Thanks for all your support in our very well-functioning café. As I spend a bit of my time in the café, you are very welcome to come and visit or have a chat with me there.

I will be away on Monday 9<sup>th</sup> October and then again on Friday 20<sup>th</sup> - back on Wednesday 25<sup>th</sup> October.

Have a very happy October!!

**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**

Unclog your shower-head by mixing equal parts of white vinegar and water and pouring it into a plastic bag. Tie the bag around the showerhead to immerse the holes in the solution, and secure it with a twist tie. Let the shower-head soak for up to an hour, then remove the bag and wipe away the loosened deposits. Flush by turning on the hot water to clear the openings.



## From the Photo Album this month



One of the magnificent signs of spring here at Tamahere Eventide, is this Magnolia



John has been presented with a Quality Award - always kind, always smiling, always helping at the drop of a hat, doing an all-round fantastic job – Congratulations, John



Its time to get on the scooter!!  
David was seen delivering mail and Ella, one of our gardeners was helping to move an old scooter from the Café.

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## News from the Residents' Committee

1. The Dessert and Coffee evening is being held on Saturday 21<sup>st</sup> October at 6pm. There is a \$2 charge and the profit is going to the Prostate Cancer Society.
2. Gail has kindly offered to drive the golf cart to drop residents home after the Tamahere's Got Talent on 16 October. It sounds like it will be a really fun night.
3. David has reported that the lighting is being attended to and an additional two street lights will be installed.
4. The pre-Christmas craft sale will be held on Monday 13 November from 11am to 1pm. You can book a table with Margery (ph 849 1171). There is still time for you to get those hands busy!



**Keith Glover**  
**Chairperson**

## **From the Maintenance Team**

1. We have recently had to call in a professional to water jet and clear villa kitchen gully traps. The gully trap is located directly outside where your kitchen sink backs onto. What has been happening is that fat and/or food scraps are being put down the sink, thus causing big blockages down the pipe work to the sewer and eventually filling to the top of the gully trap itself.

If you can find a way of disposing of any fats or oils other than down the sink that would be appreciated immensely.

2. Can I please ask each resident to inspect any water device at your villa to see if there are any water leaks. The most common or major contributor to water loss would be a toilet cistern that won't switch off and therefore constantly runs water into the bowl.

If you have this situation or any other, please call Reception so that Maintenance may inspect and /or organise the necessary repairs.

3. We would like to advise the swimming pool at the Motel is now available for use. I would like to take the opportunity to remind everyone of the rules around the use of the pool.
  - The pool is available for use by the Village, Harakeke and Motel residents along with their respective families.
  - The pool gate for entry is locked and the combination is 8565.
  - Swimming times are between 10am and 6.30pm each day.
  - Children are to be supervised by an adult inside the pool fence line.
  - No food or drink to be consumed in the pool.
  - No jumping into the pool.
  - No smoking or vaping is allowed.
  - Please keep noise under control as staff at the motel can work different shifts and may be sleeping.
  - Any domination of the pool area affecting others will result in loss of privilege.

Please feel free to give any feedback to myself.

Thanks – Regards

**Andrew (Property Manager)**

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## **From “The Home of Gardening”**

Kia Ora -

Hope everyone is enjoying the beautiful sunshine!

We are happy to announce that we have planted flower seedlings to keep the complex beautiful.

Please feel free to put in a request if you would like us to tidy your gardens.

All the best -

**Love from The Girls in Gardening**

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## Introducing Gina Bryant

A warm welcome to the Gardening Team at Tamahere, to Gina, who is Hawkes Bay born and bred and from a farming background. She is a mum of 2 teenagers, aged 18 and 16 and moved to Hamilton three years ago. Gina has studied and has her Level 3 and 4 Amenity Horticulture.



From her garden studies, she became sole charge at a rest home before coming here. Since being at Tamahere, she has worked at Atawhai Assisi filling in as a driver and also helping Sandra in the gardens. She is now part of our Gardening Team and loves it here. She also fills in as a driver as needed.

Her interests outside of work are her family, her own garden, being outdoors – in nature, or the water! Gina describes herself as an outsider, a beach lady!!

If you haven't met her yet, do say hi when you meet her around the complex.

As we wave goodbye to our younger years, we also must wave goodbye to some of the fads we loved. The following combinations DO NOT go together and really should be avoided:

1. A nose ring and bifocals
2. Spiked hair and bald spots
3. A pierced tongue and dentures
4. Mini skirts and support hose
5. Ankle bracelets and corn pads
6. Speedos and cellulite
7. A belly button ring and a gall bladder surgery scar
8. Unbuttoned disco shirts and a heart monitor
9. Midriff shirts and a midriff bulge
10. Bikinis and liver spots
11. Short skirts and varicose veins
12. Roller skates and a walker

### Beatitudes for the Elderly

Blessed are they who understand  
My faltering steps and shaking hand.  
Blessed, who know my ears today  
Must strain to catch the things they say.  
Blessed are they who seem to know  
My eyes are dim, my mind is slow.  
Blessed are they who look away  
When tea is spilled on the cloth that day.  
Blessed are they with a cheery smile  
Who stop-ped to chat for a little while.  
Blessed are they who never say  
"You've told that story twice today".  
Blessed are they who make it known  
That I'm loved, respected, and not alone.  
And blessed are they who ease the days  
Of my journey home, in loving ways.

*(Thank you Hilary).*

### Just to keep the brain cells ticking over .... A Fun Quiz!

1. How many players are there in a netball team?
2. What instrument/s did Karen Carpenter play with "The Carpenters"?
3. Who wrote "The Canterbury Tales"?
4. What was the name of Dorothy's dog in "The Wizard of Oz"?
5. What is a soubise?
6. What is the style of singing out of doors in Switzerland called?
7. Who was the main librettist for musicals of Andrew Lloyd Webber?
8. According to the Bible, to whom did God give the Ten Commandments?
9. How many legs does a Bombay Duck have?
10. Where is the Ocean of Storms?
11. Who wrote "The Marriage of Figaro"?
12. What is the capital of Chile?

*(for the answers, see page 19)*

## The Assisi News

### Building Update

The Village Barn is progressing very quickly now. Work has started on the surroundings, and the area for the bowling green is starting to take shape.

The end date of December isn't that far away now!!

### Tamahere's Got Talent

Villa residents are more than welcome to join in Tamahere's Got Talent on 16 October.



### Garden Message from Atawhai Assisi

Hi everyone,

I hope everyone survived the transition to Daylight Saving hours, and are enjoying the new road frontage gardens by the new Community Centre. With the warmer weather, the lawns are flourishing and give a wonderful first impression as you drive into our lovely facility. Though it does mean David and I have a lot more mowing to do.

Don't forget to visit our bird aviary (which is by the Chapel), where we currently have a beautiful pair of Gouldian Finches. The Ring-Necked Parrots are giving the impression that they may have a clutch of eggs, so it is now a wait and see game to see if they have some babies.

Assisi is also experiencing an influx of Tui within the grounds as they feed on the sweet nectar of the Kowhai and Rhododendron flowers that are around the complex and surrounding areas.



### Projects for the month of October

- Continuing to weed, trim plants and tidy the complex gardens
- Plant the new gardens around the Community Centre as the garden beds are created by our amazing Construction Team
- Tidy (by weed trimming, mowing and spraying weed spray), the area behind the Construction fence at the end of our Villas

Wishing everyone a safe and wonderful month of October and see you around in the gardens.

Sandra, the Gardener



### Catholic Mass Times

Wednesdays 10.30am  
Saturdays 10.30am  
Sundays 10.45am

### Atawhai Assisi Chapel

#### Ecumenical Services

Bible Study, Chapel, 11am - Mondays, 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> October  
Combined Chapel Service, 11am - Tuesday 24 October

## NEWS FROM VILLAGE GROUPS

### The Book Club

The Book Club meets on the second Thursday of each month at 3pm in the Library – following Bingo. All are welcome to chat about books recently read, and books in general.



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

#### Dancing with the Machine – Jo Morgan (Gladys)

With a dramatic opening prologue, this is the autobiography of an amazing resourceful woman. Born in Invercargill, the youngest of eight children, whose father died when she was a year old. She attended Catholic schools before going to University in Palmerston North. At 15, she had her driver's licence and saved to buy a motor bike while working in a motor-cycle workshop. She met and married Gareth Morgan and soon after, her son Sam was born followed by a daughter, Jessi.

After Jo obtained her bus licence, they purchased a house bus which they lived in for eight years. A sojourn of a year in Australia with their now four children, and they returned to Wellington where they bought a house. Now settled, Jo returned to her bikes and Gareth bought a Harley. Together they had rides in New Zealand followed by a decision to join a motor-cycle group off-shore. The first was to Kashmir, where Jo was the only woman. Eighteen further expeditions followed taking them across the world, including the Andes, Amazon, Americas, Europe, Siberia and North and South Korea.

Now in her 50's, Jo decided to try climbing. Taking an introductory mountaineering course, she discovered another passion, and with Wolfgang, a German guide, climbed many of New Zealand's mountains until the avalanche that claimed his life.

#### If I had my life to live over, I would pick more daisies – edited by Sandra H. Martz (Beatrice)

An anthology of short pieces and poems written by women, encompassing childhood to adulthood, which I have thoroughly enjoyed and dipped into from time to time.

#### Did I ever tell you this? – Sam Neill (Helen)

Sam Neill writes many stories covering the years between 1947 when he was born in Northern Ireland, the family arriving in New Zealand in 1955, through to the present. His mother was English and his father a New Zealander.

Sam talks about his school and university years in New Zealand. As a student needing income, he worked in the holidays haymaking in the hot summers in Canterbury.

He reflects on how he got into acting and films. He's evolved into a gracious humble adult, has worked hard and made the most of his opportunities, and now enjoys wine-making and living on the land in Central Otago with his special animal friends. With his creative spirit, he loves his children and grandchildren, and many New Zealand and global friends.

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### 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.

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## Vision Impaired Group

The Vision Impaired group continue to gather in the Cafe for coffee and a chat every Thursday at 10.30, with our monthly meeting on the second Thursday of the month at the same time in Harakeke lounge.



I think a lot of residents think you need to have been diagnosed with some form of blindness to be able to join our group. However, we welcome anyone with sight problems. It is only necessary to be certified (as blind) if you are wanting to use the services of the official Vision Impaired group.

Come along and have coffee and a chat - we look forward to seeing you on a Thursday morning.

**Lyn Pettigrew** (Rimu 1)

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## Petanque

We play a simplified form of Petanque every Saturday morning beginning at 10am on the court near Villa 28.

The boules are provided. Just bring yourself, and give it a go. It's very social and non-competitive.



The photos show the team relaxing over a cuppa after play on a recent Saturday.



**Vivienne Baker** (Villa 29)

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## Bowls

We are a friendly group of people who all enjoy playing outdoor bowls. You are welcome to come and have a game. If you have not played before, we have a supportive environment for new members which includes teaching how to play, with morning tea after bowls.



We play each week on a Tuesday and Thursday at the bowling green. We meet at 9.15am and start play at 9.30am. If it is wet, we will play indoor bowls in the Café.

We invite you to join us for morning tea in the Library.

**Margery Bramwell**  
(Villa 37)

## **Ukelele Sing-a-long Group**

A group of enthusiastic residents are meeting each Thursday afternoon, at 2.30pm in the Downstairs Lounge in Harakeke, to sing and make music together. Many of the group are new to playing the ukelele but the leaders of the group, Keith and Janice Glover, are very happy to teach – and they have great patience!

If anyone would like to play – or learn to play, feel free to join them any Thursday afternoon.

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## **Exercises**

Come and "Stretch and Flex" together on Labour Day - Monday 23rd October. Seated exercises in the Cafe begin at 9.15am.

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## **Card Making**

We are interested in card making. We enjoy creating cards that can be given to others. It is a way of expressing our creative nature. We also recycle old greeting cards.

Come and join us - in a supportive environment we welcome new members. You can also visit the group to see what we are doing.

We welcome donations of used cards that you no longer want to keep.

Dates ahead are: Oct 2nd and 16th, Nov 6th and 20th in the Cafe from 10.30 - 12noon.

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

**Convenors**

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## **Knit and Natter Group**

Ladies around the village, alongside those who meet on Fridays, have been knitting up a storm (and sewing) for Kids in Need Waikato. Last week we took out a car-load for them:

- 22 rugs
- 63 beanies
- 66 care bags
- 11 scarves
- 8 pairs slippers
- 5 teddies
- 4 head bands
- 22 jumpers/cardigans

Well done, you amazing ladies! From now until March 2024 we will need to stockpile our goodies until they are suitable for the winter season. Therefore, we ask that you stockpile at home until closer to the time to avoid running out of space.

Many thanks.

**Jill Wilson ph 856 4080**  
**Helen Painting ph 854 7662**

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We continue to meet once a week, 1.30pm to 3pm on Thursdays in the Library area. It's not hard to learn to play – and we do share the chocolates!

Bring a friend along with you. See you Thursday!

**Ann Hartstone**

**Ph: 839 9082**

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### **Widows' Wellness Wednesday**

A casual get together is offered to bereaved ladies (no matter how long ago) on the 2<sup>nd</sup> Wednesday of the month. This will be held in the library at 2.30pm with a cup of tea or coffee.

It is an opportunity to relax and mix with others in a similar situation; to share experiences and memories, to make new friends.

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### **Scooter Club**

Now that spring is here, and if people are interested, we will re-commence our Scooter afternoon get-togethers on the second Saturday of each month at 2pm under the ginkgo tree at the building end of the bowling green. We run trials through a course which tests your driving/ manoeuvring skills which can also be timed and prizes awarded for the top performances. Which reminds me, a tray clearly marked Scooter club containing our timer plus specially made wooden goods which had been donated to the club for prizes, has disappeared from the cupboard area of the Community Centre. If anyone has spotted this, we would appreciate any news of it.

All residents, whether you own a scooter or not, are most welcome to join us – to participate or watch. People are only too happy to let others try their scooters. This is a good way of assessing the type of scooter that would suit you best if you are considering buying one yourself. It's also a good way of filling in a quiet Saturday afternoon. How about challenging your friends to come and see who is the best, safest, fastest or most careful driver.

You are also invited to join us for afternoon tea. It's an excellent method for getting to meet more people with different interests. Contributions to afternoon tea are appreciated but by no means compulsory.

If it happens to be raining, we still meet at the Centre for convivial company, conversation, possibly a quiz, and of course, afternoon tea.

We are looking for ideas for activities that you think the group might enjoy. No idea will be considered a silly idea.

Looking forward to catching up with you on Saturday 9<sup>th</sup> October at 2pm. Any questions, concerns or suggestions most welcome and can be directed to one of the convenors

**Dave Collins** 07 858 0323

**Janet King** 07 859 1604

**Lynda Pryor** 023 408235

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## Our Rehabilitation Corner

### **Exercise for overcoming sleep problems in older adults**

Exercise—especially aerobic activity—releases chemicals in your body that promote more restful sleep. Even if you have mobility issues, there are countless activities you can do to prepare yourself for a good night's sleep. But always consult your doctor before embarking on any new fitness program.

Try:

**Swimming/water exercises.** Swimming laps is a gentle way to build up fitness and is great for sore joints or weak muscles. Many community and YMCA pools have swim programs just for older adults, as well as water-based exercise classes.

**Dancing.** If you love to move to music, go dancing or take a dance class. Dance classes are also a great way to extend your social network.

**Lawn bowling, bocce, or pétanque.** These ball games are gentle ways to exercise. The more you walk, and the brisker the pace, the more aerobic benefit you'll experience.

**Golfing.** Golf is another exercise that doesn't require vigorous movement. Walking adds an aerobic bonus and spending time on the course with friends can improve your mood.

**Cycling or running.** If you are in good shape, you can run and cycle until late in life. Both can be done outdoors or on a stationary bike or treadmill.



Prepared by: Rosalyn Pelaez  
TEH Allied Health and Rehab Coordinator  
Source: [www.heplguide.org](http://www.heplguide.org)

#### Birthday Greetings

I would like to thanks all the folk that sent me get-well cards and birthday cards for my big birthday.

The kindness from you all is most appreciated. Thank you once again for making my birthday special.

Margaret Love – Villa 60

## Our Chuckle Corner

### **Dead Penguins**

Have you ever wondered why there are no dead penguins on the ice in Antarctica? Where do they go? Well, wonder no more!

It is a known fact that the penguin is a very ritualistic bird which lives an extremely ordered and complex life. The penguin is very committed to its family and will mate for life, as well as maintain a form of compassionate contact with its offspring throughout its life.

If a penguin is found dead on the ice surface, other members of the family and social circle have been known to dig holes in the ice, using their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled in to and buried. The male penguins then gather in a circle around the fresh grave and sing, "Freeze a jolly good fellow, Freeze a jolly good fellow".



**Don't worry!**  
When you get old, I'll feed  
you carrots too!

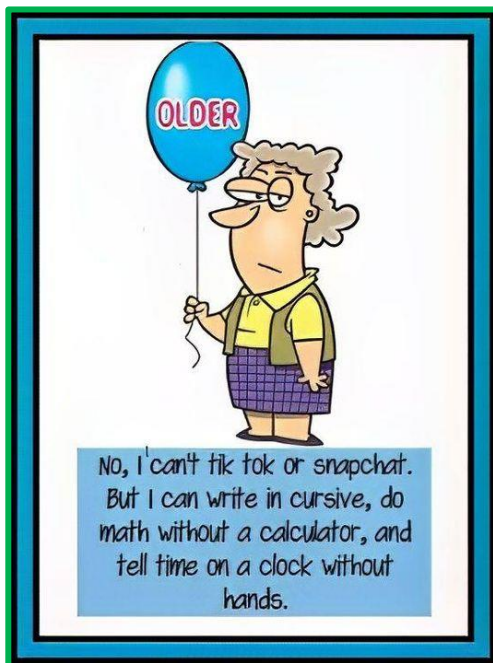
A young man told the doctor. "You have to help me, I hurt all over".

"What do you mean?" said the doctor.

The man touched his right knee with his index finger and yelled, "Ow! That hurts!" Then he touched his left cheek and again yelled, "Ouch, that hurts too".

Then he touched his right ear lobe. "Ow, even that hurts."

The doctor examined him for a moment before nodding in realisation. "Ah, I thought so," said the doctor. "You have a sprained finger."



**Kids today will never know  
what it was like to take a ton  
of pictures**



**And have to wait a week to  
find out they were useless**

### High School Reunion

Have you ever been guilty of looking at someone your own age and thinking, "Surely I can't look that old?" Read on!

My name is Alice Smith and I was sitting in the waiting room for my first appointment with a new dentist. I noticed his DDS diploma, which showed his full name."

Suddenly, I remembered a tall, handsome, dark haired boy with the same name who had been in my high school class some 40 odd years ago. Could this be the same fellow that I had had a secret crush on, way back then?

Upon seeing him, however, I quickly discarded any such thought. This balding, grey haired man with the deeply lined face was way too old to have been my class-mate.

After he examined my teeth, I asked him if he had attended Morgan Park High School.

"Yes. Yes, I did", he beamed with pride.

"When did you graduate?" I asked.

He answered, "In 1959. Why do you ask?"

"You were in my class!" I exclaimed.

He looked at me closely. Then, that ugly, old, fat, grey, decrepit son-of-a gun asked, "What did you teach?"



### The Answers to the Quiz on page 11

1. Seven
2. Drums
3. Geoffrey Chaucer
4. Toto
5. A pulped onion used as a sauce
6. Yodelling
7. Tim Rice
8. Moses
9. None; it is a fish
10. On the Moon
11. Mozart
12. Santiago

### Did you know??

- A survey reported that 12% of Americans believe that Joan of Arc was Noah's wife.
- Cats purr at 26 cycles per second, the same as an idling diesel engine.

All residents receive a copy of the Vista each month. These can be on paper and delivered to your letter box or, in the interests of saving our planet (and the trees, and reducing waste etc) you might choose to have an electronic copy.

If you would prefer to receive your copy by email, please contact the Editor, at christchurchclass@gmail.com

## Tamahere Retirement Village – Calendar of Events – October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 4.00 Blessing of the Animals, Wesley Chapel led by Rev. Dr Susan Thompson	<b>2</b> 9.15 Seated Exercises/CC 10.30 Card Making/CC 1pm Board Games, Pool/CC 2.30 Walking Gp/CC	<b>3</b> 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /HDL (Mons Frank)	<b>4</b> 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	<b>5 PODIATRIST HERE</b> 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Gp HDL 4.0 BYO Social Evening/CC	<b>6</b> 9.15 Back Strength/CC 10.0 Knit&Natter/HDL	<b>7</b> 10.0 Petanque–nrV28
<b>8</b> 4.00 Worship in Wesley Chapel led by Gillian Woodward	<b>9</b> 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC 2.30 Walking Gp/CC	<b>10</b> 9.15 Lawn Bowls 10.30 Chartwell	<b>11</b> 9.15 Sit & be Fit/CC 10.30 New World 2.30 Widows Wellness Wednesday /cc 7.00 Pool/CC	<b>12</b> 9.15 Lawn Bowls 10.30 VIG Mtg /HDL 1.30 Bingo/cc 2.30 Ukelele Gp HDL 3.00 Book Club /cc 4.0 BYO Social Evening/CC	<b>13</b> 9.15 Back Strength/CC 10.0 Knit&Natter/HDL	<b>14</b> 10.0 Petanque nr V28  11.0 Catholic Liturgy /C (Sue Kenrick)  2.0 Scooter Club/CC
<b>15</b> 4.00 Worship in Wesley Chapel led by Rev. Alisa Lasi	<b>16</b> 9.15 Seated Exercises/CC 10.30 Card Making/cc 10.30 Adrina's Jewellery/CC 1.0 Board Games Pool/CC 2.30 Walking Gp/CC 6pm "Tamahere's got Talent"	<b>17</b> 9.15 Lawn Bowls 10.30 Chartwell 11.0 Catholic Mass /C (Mons Frank)	<b>18 9.15 Sit &amp; be Fit/CC</b> 10.30 New World 11.00 Holy Comm'n (Rev. Dr Susan Thompson) – Nikau Garden (weather permitting) 7.00 Pool/CC	<b>19</b> 9.15 Lawn Bowls 10.30 VILLAGE AGM 1.30 Bingo/cc 2.30 Ukelele Gp HDL 4.0 BYO Social Evening/CC	<b>20</b> 9.15 Back Strength/CC 10.0 Knit&Natter/HDL	<b>21</b> 10.0 Petanque nr V28 2.00 Mandarin Youth Group /CC  6.0 Coffee and Dessert Evening /CC
<b>22</b> 4.00 Worship in Wesley Chapel led by Rev. Mohu Lolohea	<b>23 LABOUR DAY</b> 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC	<b>24</b> 9.15 Lawn Bowls 10.30 Chartwell	<b>25</b> 9.15 Sit & be Fit/CC 10.30 New World 7.00 Pool/CC	<b>26</b> 9.15 Lawn Bowls 10.30 VIG Coffee/CC 1.30 Bingo/cc 2.30 Ukelele Gp HDL	<b>27</b> 9.15 Back Strength/CC 10.0 Knit&Natter/HDL 3.30 Happy Hour /CC	<b>28</b> 10.0 Petanque nrV28 11.0 Catholic Liturgy /C (Lynn Fromont)
<b>29</b> 4.00 Worship in Wesley Chapel led by Rev. Tau Lasi	<b>30</b> 9.15 Seated Exercises/CC 1pm Board Games, Pool/CC 2.30 Walking Gp /	<b>31</b> 9.15 Lawn Bowls 10.30 Chartwell	<b>Colour Coding</b> Green Exercise Groups Black Church Services Red Groups, Trips (Shopping etc), Games Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group		cc = Small Lounge in Cherry Blossom Centre CC = Cherry Blossom Centre and Cafe C = Wesley Chapel HDL= Harakeke Downstairs Lounge	in Cherry Blossom Centre and C el downstairs Lounge

