



Welcome to the
TAMAHERE VISTA
July 2026



Field Days are over for another year, and life, and traffic return to normal again.

The year certainly has its rhythms, and the wintry days and foggy mornings tell us that spring can't be far away. I've seen daffodils, daphne, and camellias all in flower already!! Make sure you keep warm though. There are plenty of viruses out there!

This month, we meet Anne and John Hayward who moved to Tamahere earlier this year. They moved from Levin to Hamilton many years ago, and appreciate being near their families here. Anne and John have spent much of their married lives working with people with disabilities and are so deserving of time now to enjoy their retirement here in our community.

We are also introduced to our new Hospitality Manager, Ginu. Most people will have seen him in the Café, but it's good for us to learn more about him. Congratulations Ginu – we hope you will be very happy in your new role.

Friday 10 July is Matariki – be aware that apart from all the celebrations, this is a public holiday. And don't forget that the school holidays are this month too – 6-17 July. But isn't it true? When you are retired, every day is a holiday!

Have a very happy July!

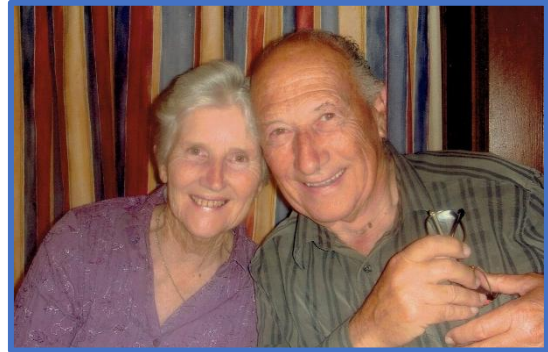
Carole Fleming (Editor)

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Introducing Anne and John Hayward

John was born in 1937 in Rotorua – that’s my Turangawaewae, he explained to me. He had three sisters. His parents worked in the bush at Mokai, where his grandmother was a cook. The locals named her Haggis, as she was a big Scottish woman. When his parents married, as a way of honouring his mother, the Maori people gave her three piupiu (skirts) and a kakahu (cloak). These remain in the family today, and the cloak has been worn by John to mark special occasions.



John was educated at local schools, and had three years at Napier Boys’ High School. On leaving school, John joined the NZ Navy at the age of 17, as a signaller on HMNZS Kaniere, which was part of the United Nations Peacekeeping Force after the Korean War. In daytime, the signalling was done with flags and semaphore, but at night, a strong ten inch light was shone, directly upwards, and Morse Code used passing a shutter against the light beam to convey messages. Obviously the light could not be beamed horizontally, or it would be interpreted as another vessel.

John told the story that they could only go to the 38th parallel between North and South Korea but with nothing happening they went to Singapore, Phillipines, Hong Kong, Pakistan. He was particularly taken with Pakistan and Singapore which he described as a beautiful place, very clean. He said that if someone made a mess on the street, they were given a coat and broom and told to clean it up.

John was in the Navy for 5-6 years. He explained that the NZ Navy bought Loch frigates that had all been named after UK Lochs; they were then renamed after NZ lakes – Kaniere, Rotoiti, Taupo, etc. A few years ago, a friend’s son took John on board a NZ Navy ship berthed in Wellington, and they were taken to the bridge. John was able to see the differences between the ship of the day compared with the one he knew.

On leaving the Navy, John moved to Napier working for the Ministry of Works in Stores.

Anne was born in Grafton, a city in the Northern Rivers region of the Australian state of New South Wales. It is located on the Clarence River, on a floodplain. It is known for its jacaranda trees and the annual festival held to coincide with these in flower.



Anne was the youngest of five children, (two brothers and two sisters), went to school there, and on leaving school, worked in a bank. Two friends were keen on going away for a holiday and encouraged Anne to join them, coming to New Zealand. They came by ship, and landed in Wellington, staying at the YWCA, where they learned the places to visit – one being apple picking in Hawkes Bay.

Their travels took the opposite direction – firstly the overnight ferry to Christchurch, then buses to Invercargill and Stewart Island; it was here they found empty paua shells lying on the beach. So beautiful! They moved on to Te Anau and the glow-worms, Queenstown, a trip on the Earnslaw, to Dunedin then back to Wellington. The next stop was by train to Napier, and (they thought), apple picking.

While in Napier, they somehow met the Mayor of Napier whose mother was overseas, and wanted someone trustworthy to care for his home. It was a four bedroomed house, there were three of them so they went.

Still no apples! One of their group went back nursing, while Anne worked at Rothmans Cigarette Factory. It was while she was in Napier that she met John.

They were staying at the Kennedy Park Motor Camp and Anne wanted to go to Church, so she walked there. John's parents were there and took her home afterwards for a cup of tea, and so I met John. He came up with ideas of where we could visit, like the Hastings Blossom Festival. We went out twice, then he proposed. (So much for the holiday!) Later, during the time of the nuclear ships issues, when the US Government would neither confirm nor deny that ships coming to New Zealand were nuclear powered, our Parish Priest, Fr Paul commented that at the time of John's proposal, Anne would neither confirm nor deny either.

They married – in Grafton on 3 October 1964. then moved for six months to Sydney, where it was expensive to rent. John was working for the Australian Navy and Federal Government, while Anne was working for the State Government, in the Department of Agriculture. They found a place to rent in Tamarama, a beachside suburb near Bondi, where the rent was 8 guineas (that is A£8.8.0). John and Anne shared a love for cricket especially when Australia was playing England. Interestingly their landlady didn't understand what they were talking about! Cricket clearly was not her thing.

They moved back to New Zealand, to Napier briefly, then to Wellington where they lived in a State House in Trentham, until John was transferred to Levin. Anne, by this time had two little children. John was working at Kimberley Centre for Children with Disabilities as a Recreation Officer. The Centre had a swimming pool and as John had his Bronze Medallion for Swimming, he was well equipped to ensure the safety of the young people.

As Anne explained, "So our life's work with people with disabilities began." The people with disabilities were very well cared for there – Anne worked there later herself.

One of their daughters was asked at school what she would like to be when she left school. Her answer was that she wanted to dance – "But you're disabled, and disabled people can't dance!" She was to prove them wrong – she went on to produce the national mixed ability dance troupe Touch Compass and advocated for many years setting up an integrated mixed ability dance company in Wellington! She was made an Officer of the NZ Order of Merit for her work with disabled people and the arts.

While living in Levin, Anne and John became deeply involved supporting members of the Catholic Samoan Community. The tug to care similarly for their own grandchildren led them to Hamilton in 2007 where they settled in Olwyn Green, off Olwyn Terrace near Rifle Range Road. This meant that John and Anne could walk to Church at St Columba's.

In May this year, Anne and John made the move to Tamahere – with the need for future residential care for John in mind. They are happily settled in Villa 48, but still finding things so lovingly unpacked and put into drawers and cupboards by their family. They like their villa, and are enjoying getting to meet their neighbours. John spends two days each week at the Day Programme at Tamahere – while Anne is spending time with her family. She wants to explore the village, and the gully, by walking more, and is enjoying being able to go to Mass at Atawhai Assisi each week.

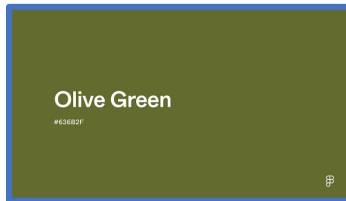
*It's been an absolute privilege spending time with Anne and John learning of their lives.
Thankyou both for sharing your stories with me. We trust you will be very happy here
in this special place.*

Our New Staff Uniforms

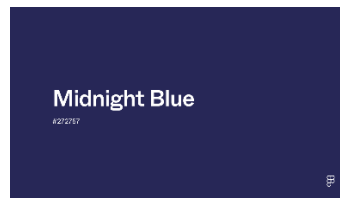


The last of the new uniforms have now arrived and Jenny, one of our laundry staff modelled this for us. She looks very smart, and proud! This grey uniform will be worn by laundry, housekeeping and kitchen hands.

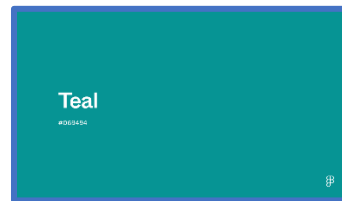
To help you identify who you are talking to, here is a summary of the colours used in the New Look uniforms for staff at Tamahere Eventide and Atawhai Assisi. The reference of new uniforms' colours is taken from our company logo which is embroidered on them.



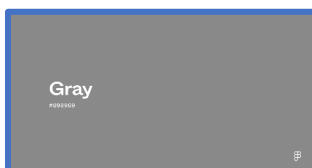
Rehab



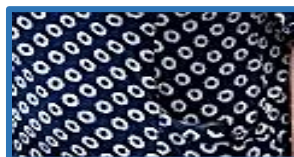
Caregiver



Reg. Nurse



Support staff: laundry,
housekeeping, kitchen hand



Diversional
Therapist



Management



Care Admin &
Reception staff

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“Don’t say you don’t have enough time. You have exactly the same amount of time of hours per day that were given to Helen Keller, Louis Pasteur, Michelangelo, Leonardo da Vinci etc.”

(Anon)



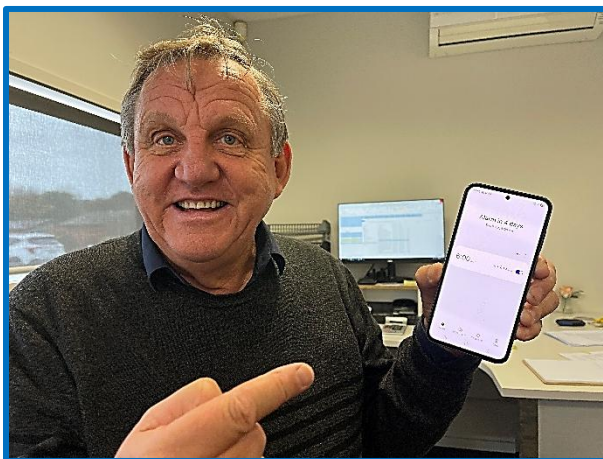
New Residents

Villa 79 Selwyn Hanson and Val Holmes
Harakeke 21 Lally Naidoo

If you get the chance to go to the Chapel at Atawhai Assisi, you will see the amazing work that Andrew and his team of contractors have done in making this beautiful building more functional for more people. We are blessed to have our Chapel here at Eventide along with the Chapel at Assisi. These are further supplemented by the work that our Chaplains do.

At a time of war, it’s wonderful to be able to lose yourself in the World Cup when Iran and New Zealand can take part on the same stage. At the end of the day, people are more important than ideology. May the world be a better place through occasions like this.

David McGeorge



Earlier this month, David began working reduced days. This photo was taken as he very excitedly set the alarm on his phone for, not the next Monday, but the Tuesday morning – as the screen notes, in 4 days’ time!



CHAPLAIN'S KORERO

Tēnā koutou e te whānau! Warm greetings to all who call Tamahere and Assisi home.

Last week Nan and I watched a livestream of the celebration of the life of Dame Jools Topp who died in May. It was a moving farewell as people shared their stories and songs, tears and laughter in memory of a dearly loved sister, musician, comedian and activist.



It was a reminder to me of the power of humour. The Topp Twins had an amazing ability to bring people together by making them laugh. Who would have thought that two wise-cracking yodelling lesbians would be adored by town and country, National and Labour voters alike?

But the Topps crossed all boundaries, creating iconic characters who helped us celebrate the quirkiness of the New Zealand identity. Camp Mother and Camp Leader, the two Kens, Prue and Dilly, the Bowling Ladies and Raelene and Brenda showed us aspects of who we are as people and rather than taking offence, we loved them for it.

Mostly I think that was because the Topps' humour was so good-natured. They delighted in the absurd but were never cruel or mocking. It became almost a badge of honour to be invited on stage by them and made to participate in the most outrageous antics because it was all done in such good fun. People trusted the Twins and that trust was never abused.

Yet the Topp Twins weren't afraid to use their humour or music to make a political point. They had a passion for justice and were involved in issues like Bastion Point, the nuclear-free movement, Anti Springbok Tour marches and Homosexual Law Reform. Linda's recent call to politicians to better support the arts shows she will continue to be a straight talker.

In the end the Topps also used humour as a gentle way to face tough times. Jools' final message to her sister was in her inimitable style. "When you hear the wind blow", she said, "that's me. That's me reminding you that I will always love you forever ... I will love you till the cows come home. Moo! Love you." Moe mai rā e te rangatira. Rest in peace. Moo!

Ngā manaakitanga,

Susan



Beth showing us a Buddha's Hand. It may look like a bunch of bananas, or feel like an avocado, but no! It is fragrant, and a subtropical citrus, native to East Asia.

Hamilton East Rotary Club Update

The beginning of July heralds the start of a new Rotary year for the Hamilton East Rotary Club. On the night of the 1st. of July the club holds its Annual Changeover meeting. On this night, a new set of Officers who will guide the club over the next 12 months is installed, and an updated list of objectives and projects for the year ahead, announced. The Retiring President will highlight past years activities and there will be a few awards presented in front of members, their partners and a few special guests.

Who is responsible for what is yet to be advised, but we do know that heading the team, will be the new President, Stuart Gordon. In the background and providing support will be his wife, Michelle. Stuart has not been a Rotarian very long but already has shown exceptional leadership skills leading club efforts with the Gully Restoration Project. That is not surprising given his business background. He is not long retired having held Senior Executive positions in Innovation Waikato, Livestock Improvement Corporation and the NZ Dairy Co-op.

The retiring President, Mark Milroy, who has led the team for two years, will no doubt be looking forward to a well -earned and much more relaxed time in the club.

At this stage the list of guest speakers for the next few months is not finalised but Village residents are welcome to come along to all Club meetings to hear whoever is speaking. Club meetings are held on the 1st and 3rd. Wednesday's every month in the Village café and commence at 6.15 p.m. Club members partake of a meal and conduct club business before moving onto the guest speaker slot at around 7.00 p.m. and that is when village residents may join the meetings if the wish to hear the speaker.

NOTE – There will NOT be a guest speaker at the meeting on 1st July.

Club Contact - Ian - Email – hookian10@gmail.com - Phone 0210728940

News from Lisa

Winter has arrived! And with that, we celebrate Matariki. The Residents' Committee are marking the actual holiday with a soup and rolls lunch, while earlier that week, on Tuesday 7 July, there will be a series of activities in the Community Centre followed by a Hangi. The cost for the hangi is \$32 each, but do check the weekly flyer for more details. It should be really special.

Later in July, there are two further rather special events planned. The first of these is a trip to Zealong Tea Gardens and Tea Room. We have a van at the ready to take a group there. The cost is \$30 each, but again, check the weekly flyer as all the details will be given there.

The second event planned is a Mid-Winter Christmas celebration. We will give all details in the weekly flyer, so check your mail box for this.

Keep warm – and have a wonderful July.

Lisa



A recent visit from the Youth Group at the Living Waters Church

On Saturday 13 June 2026, we enjoyed another afternoon with the Living Waters Church Youth Group. It was our turn to suggest the activities and we were pleased to see that everyone was happy to join in and have a go. We played Beetle Dice, Wobbly Worms Tower Challenge – also known as Jenga - Triominos, Quoits and Skittles, all with some surprising results as well as some frustrating ones! As a special treat, Lauren (one of the students) played the piano and gave us some lovely background music.

These young people are a delight to spend time with and they are also very good at tidying up at the end of the day.

- Diana Visser



Who are the Youth Group at the Living Waters Church ?

The Hamilton Mandarin Christian Church Youth Group - now renamed The Living Waters Church Youth Group - are young people, all between the ages of 13-18, who attend our local schools.

They are first generation New Zealanders - while they may still have grandparents alive, they all live in China, meaning that they have not seen each other for a considerable time.

These young people are very excited at the opportunity they have to come here and to relate to us, as people the same age as their own grandparents. The activities they would be keen to participate in with us include board games, (Rummikub etc), Cards, Pool, Bowls, but there may be so many others as well. Perhaps we could teach them some new ones! Meanwhile, they have taught us some of their favourites, and introduced us to their culture,

The group join us in the Centre one Saturday each month from 2pm. We all have so much to learn from each other, and they are certainly very keen to get to know you and learn from you. Do come and join us, and them.

More details will be circulated in the weekly Village Flyer each month.



Introducing our new Hospitality Manager, Ginu Mathew

Ginu is from Kerala 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.

Earlier this year, Ginu was appointed to the newly created position of Hospitality Manager for both Tamahere Eventide and Atawhai Assisi. In this role he is responsible for the main kitchens and Cafes at both facilities. Ginu told me that the Café at Assisi re-opens on Wednesday 24 June. He is currently busy developing systems for menus (the Winter menu was introduced earlier in June), food standards, and suppliers along with the staff in each facility.

His plan is to have the same arrangement and system at each place – at present, the Cafes will each be open Monday to Friday, with buffet lunch meals each day, a Roast meal every Wednesday and Fish and Chips every Friday. Ginu is also responsible for booking and providing for functions at both facilities.



Ginu, his wife and two sons (aged 16 and 7), 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 here and is proud of his team. He is excited about this new position and keen to ensure residents are happy and is delighted at their response to the changes he has introduced for them so far.



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



Pet peeves of a computer technician

This is going to be essentially a gripes article. Hey, everyone gets one, right? In every profession there's stuff that non-experts get wrong. I wouldn't have the faintest clue about all the things I'm getting wrong about my car, or even about the cereal I eat. So, don't take it personally, but listen up, you might learn something.

1. Your computer is not a hard drive.

Okay, here's what a hard drive looks like: It's a small thing that sits inside the computer and stores all your documents and every program the computer runs. That box sitting on the floor with the power button? Not a hard drive. It's a desktop computer. In fact, most drives in computers aren't hard drives any more they're solid state drives, and they're smaller than that. I wouldn't say I'm bothered by this, it just makes communication tricky.



2. “High performance” power mode in Windows does not do what you think it does

I see a lot of computers configured by amateur enthusiasts who see this setting and think “Oo I'll get some more performance”. It does not work that way. All this feature does is turn off the ability for the computer to save power when it's not doing anything. It doesn't speed anything up, nor is it useful outside of a few very specialised scenarios that the average computer user and gamer will never come across. The default power mode is best for the majority of computers.

3. Google is not a web browser

This one's understandable. When people click on their web browser, the first thing they usually see is the google search page (or possibly the bing search page if they're using Microsoft Edge). Also, for reasons unbeknownst to us mere mortals, most web browsers have removed the name of the browser at the top of the screen when you run it – unlike most other computer programs. And in the past ten years Microsoft removed, again for unknown reasons, the name of the program you're running from the taskbar (at the bottom of the screen). Very dumb. So people generally don't know what web browser they're using when I ask them. They just “go to google”. Fair enough. Here's how to know what web browser you're using: if you click on a blue “E”, it's either Internet Explorer or Edge. If you click on a red-green-yellow circle logo, you're running Chrome. If you click on an orange and blue circle logo, you're running Firefox.

4. You absolutely totally actually do have a password for your email, honest!

This one is also understandable. When you enter passwords for websites into your web browser, it tends to remember them for you, so it will already be put in the next time you visit that website. But also, websites can store a little bit of information on your computer called a ‘cookie’ that, amongst other things, stores your login details. So sometimes you don't even have to log in to check your email, it just takes you straight there. But eventually you're going to need that password again.

This one catches people out when they move to a new computer or the old one has problems, or their email gets hacked. You have a password, but you probably didn't write it down. So I recommend to people that they have a notebook separate to their computer which they write down all their websites, usernames and passwords in, immediately after creating them. That means, when the inevitable occurs – and it will occur – they can get back up and running in no time, rather than going through a 15 minute process, or losing access to their email entirely.

Alright, that's enough, I swear I'll have something more positive to chat about in the next article. Be smart, be safe. Peeved? Contact Matt at 0211348576 or info@computersupport.nz \$80 per hour, or \$70 for drop-off-to-workshop services.



News from the Residents' Committee

Thank you to all who came along and celebrated Kings Birthday Morning Tea. There certainly was a great turnout of residents who enjoyed the lovely morning tea that you all provided for us to enjoy. We noted that we have had some suggestions of different ideas for entertainment which the committee are considering. Thank you to those who have used the suggestion box.



At their first committee meeting we spent time brainstorming different ideas of entertainment and we have come up with a long list of different and interesting ideas some of which were Fashion Parade, talent quest, Diwali celebration, a couple of choirs, cooking for one and many others. Watch this space as we work through some of these ideas. A few of us went away with ideas to find out more details about entertainment, so we will report back at the next committee meeting.

On the 10 July we will be celebrating Matariki with a Soup and Bun lunch time gathering (Please note the new time) at 12 noon. If you are willing to make a pot of soup, please let Carol Villa 56 know and what sort of soup so that labels can be made to let residents know what flavour these are. The residents committee will provide buns, and we ask a gold coin donation.

A big thankyou to the maintenance team here at Tamahere as the grounds are looking a picture even though it is wintertime. A lot of time and effort goes into maintaining the grounds for our enjoyment.

Carol Hancock



Our New Committee Members

L-R Quentin, Carol, John Fiddes, Ivan, Ngaire, Wayne



A Morning Tea – fit for a King!!

Matariki Soup and Buns



Come along on Friday 10 July at 12 noon and enjoy hot soup and buns and let us celebrate Matariki together.

If anyone is prepared to provide a pot of soup for the occasion that would be greatly appreciated.

Please let Carol (Villa 56) know so we know how many pots are provided and what variety of soup you are making so that we can make labels for each pot.

Your Residents Committee will provide the buns.

A gold coin donation would be appreciated.



What's Going On?



Local Markets:

- Cambridge Farmer's Market - Every Saturday 8am - 12pm Held in Victoria Square
- Cambridge Trash & Treasure - 2nd Sunday each month - 8.30 - 1pm - at the Rugby Grounds
- Hamilton Farmer's Market - Every Sunday 8am - 12pm - held at Claudelands -
- Tamahere Country Market - 3rd Saturday each month 8.30 - 1pm - St. Stephen's Church
- Hamilton East Village Market - 1st & 3rd Sunday every month 8.30 - 1pm - Hamilton East shops
- Hamilton Collectables 3rd Saturday each month 8.30 - 1.30 - The Barn, Claudelands.
- Rosetown Monthly Craft Market, 10am - 2pm - 4th Saturday each month, Selwyn Park, opposite the Rose Gardens
- Frankton Street Market every Saturday 8.am-1pm

I discovered a new market - at Te Kowhai - 571 Horotiu Rd, Te Kowhai you will find a lovely Cafe/Restaurant - **The Saints** - In a paddock attached to The Saints you will find a Craft Market - The Market operates from 9am - 1pm on the 3rd Sunday of each month.

What a lovely outing, first the craft market and then lunch at The Saints.

ReCircle - Serious 2ndHand Shopping - Aotearoa's First -

This is just like a Sunday Market BUT all week. Do you have stuff to sell? Then bring it along to 313 Victoria St, Hamilton. Close to Sky City and Garden Place

CAMBRIDGE MODEL ENGINEERING SOC.

Miniature Trains run 1st and 3rd Sundays (weather permitting) 9.30 - 12.15

Good fun for children and grandparents - there is a small charge for each ride.

You will find them at Leamington Domain, Wordsworth St. Cambridge

WOODLANDS ESTATE - HOMESTEAD - GARDENS - CAFE - RESTAURANT -

Woodlands is a beautiful historic homestead, just 10 mins out of Hamilton. 42 Whitikahu Rd, Gordonton, Taupiri - this would be a lovely outing when our warmer weather arrives.

Phone 824.3687 - to check if they are open - there is a small charge to view the gardens -

HAMILTON CITY DARTS ASSOCIATION -

To play and encourage learners into the wonderful world of darts 211 Peacockes Rd, Fitzroy.

Meetings on Tuesday night - contact Steven. Chairman 027 344 8696

VELODROME CAMBRIDGE - Join us for our 'Retired and Rolling' Group - \$10.00 per session

A supportive programme tailored to you, with specific health needs or just trying something new.

Contact Louisa on 021 128 06612 - trikes@velodrome.nz

Look for the poster on our notice board, you might recognize someone you know?

MIXTURE EATERY - TAMAHERE DRIVE - Mixture are now open a few evenings each week.

Dinner is served from 5pm - 9pm Wednesday – Saturday; Small plates from 3pm - 5pm.

Call or text to book 027 227 6654

EVENTS IN JULY:

4th July - Musical MATILDA - BNZ Theatre, Hamilton check for times and tickets.

5th July - Hamilton Cat Club's Annual Show at the Tamahere Community Centre, Devine Rd, Tamahere.

From 10am - 3pm - open to the public - a small entrance fee - 849.5371 if you need more details

11th & 12th July - The Waikato Food Show at Claudelands - Foods from several of our immigrant Kiwi's - 9am-4pm Saturday 9am to 3pm Sunday - Entrance fee \$10.00 - Come hungry and taste the food!

18th July - Waikato University Open Day - This free event is designed for whanau, friends, and the wider community to explore the campus, check out facilities, plus enjoy food and entertainment.

10th July - MATARIKI - This is a Public Holiday marking the Maori New Year and many different events will be held all across Kirikiriroa.

WORLD EVENTS IN JULY -

1st July is CANADA DAY! Canada Day is the National Day of Canada and celebrates the anniversary of the Canadian Confederation which occurred on July 1st 1867 when three separate colonies of United Canadas (Ontario & Quebec), Nova Scotia and New Brunswick united into a single Dominion. Celebrations, street parades and fireworks are seen all across Canada at this time.

4th July - USA Independence Day

9th July - Argentina Independence Day

10th July - New Zealand MATARIKI!

12th July - Kiribati Independence Day Commemorates the Nations Sovereignty from the UK in 1979. This day is Kiribati National Day and celebrates Gilbertese Heritage.

14th July - France, Bastille Day

Pauline Eastwood

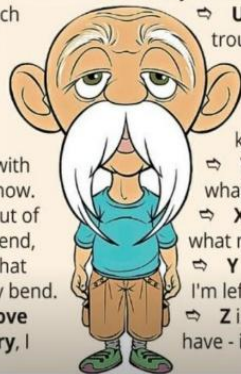
Alphabet for seniors will make you laugh

A is for apple and B is for boat, that used to be right but now it won't float! Age before beauty is what we say but let's be a bit more realistic instead

The alphabet for seniors:

- ⇒ **A's** for **arthritis**,
- ⇒ **B's** for **bad back**,
- ⇒ **C's** for **chest pains**, perhaps **cardiac**?
- ⇒ **D** is for **dental decay** and **decline**,
- ⇒ **E** is for **eyesight**, can't read that top line!
- ⇒ **F** is for **fissures** and **fluid retention**,
- ⇒ **G** is for **gas** which we'd rather not mention.
- ⇒ **H** is for **high blood pressure**;
- ⇒ **I** for **incisions** with scars you can show.
- ⇒ **J** is for **joints**, out of socket, won't mend,
- ⇒ **K** is for **knees** that crack when they bend.
- ⇒ **L's** for **lots of love**
- ⇒ **M** is for **memory**, I

- forget what comes next.
- ⇒ **N** is **neuralgia**, in **nerves** way down low;
 - ⇒ **O** is for **osteo**, bones that don't grow!
 - ⇒ **P's** for **prescriptions**, I have quite a few, just give me a **pill** and I'll be good as new!
 - ⇒ **Q** is for **queasy**, is it fatal or flu?
 - ⇒ **R** is for **reflux**, one meal turns to two.
 - ⇒ **S** is for **sleepless nights**, counting my fears,
 - ⇒ **T** is for **Tinnitus**, bells in my ears!
 - ⇒ **U** is for **urinary**, troubles with flow,
 - ⇒ **V** for **vertigo**, that's 'dizzy,' you know.
 - ⇒ **W** for **worry**, now what's going 'round?
 - ⇒ **X** is for **X ray** and what might be found.
 - ⇒ **Y** for another **year** I'm left here behind,
 - ⇒ **Z** is for **zest** I still have - in my mind!



THINGS HAD NAMES?

1. The space between your eyebrows is called a glabella.
2. The way it smells after the rain is called petrichor.
3. The plastic or metallic coating at the end of your shoelaces is called an aglet.
4. The rumbling of stomach is actually called a wamble.
5. The cry of a newborn baby is called a vagitus.
6. The prongs on a fork are called tines.
7. The sheen or light that you see when you close your eyes and press your hands on them is called phosphenes.
8. The tiny plastic table placed in the middle of a pizza box is called a box tent.
9. The day after tomorrow is called overmorrow.
10. Your tiny toe or finger is called minimus.
11. The wired cage that holds the cork in a bottle of champagne is called an agraffe.
12. The 'na na na' and 'la la la,' which don't really have any meaning in the lyrics of any song, are called vocables.
13. When you combine an exclamation mark with a question mark (like this ?!), it is referred to as an interrobang.
14. The space between your nostrils is called columella nasi.
15. The armhole in clothes, where the sleeves are sewn, is called armscye.
16. The condition of finding it difficult to get out of bed in the morning is called dysania.
17. Illegible handwriting is called griffonage.
18. The dot over an "i" or a "j" is called a tittle.
19. That utterly sick feeling you get after eating or drinking too much is called crapulence.
20. The metallic device used to measure your feet at the shoe store is called a Bannock device.

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 **3.30pm on the first Monday of each month** in the small Lounge in the Community Centre. Their next meeting is Monday 6th July.



One of the books read by one member of our group this month is:

Heaven: My Father's House – Anne Graham Lotz (John)

All of us have the opportunity to accept the invitation to enter this unique place, where a splendid wedding feast is being prepared. The entry fee has been fully paid for, but each of us have to RSVP. This will ensure our name is on the guest list or in the 'Book of Life'.

Combining the apostle John's glorious description of Heaven from Revelation with heart-touching reflections on her own father's charming mountain home, Anne Graham Lotz weaves a tapestry of truth that will take away your fear of death and fill you with hope for the future. With her mother now gone and her husband and father both in failing health, Lotz beautifully shares her own vulnerability and stories to offer encouragement for this journey we're all on as we head toward Heaven: My Father's House.

Heaven is the home of your dreams: a home of lasting value that you are invited to claim as your own – the Father has left the light on for you!

Contact John, text 0210342721 if you want to borrow a copy of this book.

Petanque

This is an enjoyable activity which is not too strenuous and we play for one hour (more or less). Every Saturday morning at 10am - weather permitting - you will find us at the end of Tidd Close on the edge of the gully.



All residents are welcome to come along and 'give it a go' - we will explain how to play.

Pauline Eastwood – Villa 58

Ukulele Sing-a-long Group

The Ukulele group are an enthusiastic little group who meet in the downstairs Harakeke lounge on Thursday afternoons at 2 pm, (but not the last Thursday of the month), to sing and make music together. We welcome anyone to pop in to our sessions. It gives us pleasure to be able to play for the Rest Home and Day Programme for their entertainment.



Contact Keith or Janice, Villa 10, or ph. Keith 021 255 1653., Janice 021 262 4469

Bowls

Outdoor Bowls

Outdoor bowls have been a bit intermittent due to the weather, but we have had fun disrupting the Cafe playing indoors when we set up inside.

The couple of days we have had outdoors have been magnificent, the green has been cleaned to perfection this month, and it really made a difference to the tracking of the bowls.

Of course we had to retreat indoors the week after the Field Days as the weather reverted to June in Hamilton.

We welcome new players, our rules are a little elastic, but we play for about an hour and then have morning tea.

There are bowls available if you wish to have a try. We muster at 10am since the mornings have got a little cooler.

Indoor Bowls

We have continued playing on Monday evenings and have about ten players coming along at 7pm. You are welcome to join us, just bring along a torch to find your way back home again!

We are usually home again by 8.30. for those who missed their nap in the afternoon.

Beth Richards, H23
Bowls Communicator

Games Afternoons

You will find residents in the Community Centre every Monday and Friday starting at 1pm.

Just now we have up to three tables of players enjoying RUMMIKUB. As of last week, another game is being explored and this game is TRIOMINOS. But if you have a game you enjoy playing, bring it along and maybe another resident will join you.

All are welcome to come and join us, come to watch, or come to 'give it a go' - We are happy to show you how to play.

Note that we won't be meeting on Friday 10 July as there is a soup and buns lunch- it being Matariki!

Pauline Eastwood – Villa 58

Pool

We meet on Mondays at 1pm in the Café. New people are always welcome – we are a friendly bunch. If you haven't played for a while, dig out those old skills – if you are new to the game, we are happy to teach you. Come and join us.

Tamahere Global Village

For those interested in and discussing global events.

The world is going through what many believe are historical changes to quite different structures than before. We bring together the insights that each member has with those from significant conferences and other inputs. In particular the Otago Foreign Policy School 26 to 28 on “The Crisis of the International Rules-Based Order and New Zealand” should be insightful.

TGV Meetings will be slightly differently scheduled this month, being on the 8th and 22nd July, as normal at 4pm Wednesday at the lower Harekeke lounge.

Enquiries - Gray Southon, email gray@Southon.net - Ph 0211 020 977

Knit and Natter Group

In their latest newsletter, Kids in Need (our choice of charity to knit and craft for), reported that on 19th May they received their 10,000th care pack request since supporting children in care began in 2018.

That is a staggering amount of work, attention to detail and necessary supplies and clothes for each one. Our knitting and crafting is a small contribution to the overall picture but what a privilege to be able to say that we are part of this.

If you haven't found us yet – we meet Friday mornings for cuppa and chat while we work in the Lower Harekeke Lounge.

On Friday 10th July, Matariki, there will be no Knit and Natter. The Residents' Committee have a function organized.

Helen Painting ph 854 7662

Movies for July

Movies are shown in the Community Centre - on Fridays 4pm.

Friday 3 July August Rush 1hr 54m

The story of a charismatic young Irish guitarist (Jonathan Rhys Meyers) and a sheltered young cellist (Keri Russell) who have a chance encounter one magical night above New York's Washington Square, but are soon torn apart, leaving in their wake an infant, August Rush (Freddie Highmore), orphaned by circumstance. Now performing on the streets of New York and cared for by a mysterious stranger, August uses his remarkable musical talent to seek the parents from whom he was separated at birth.



Friday 17 July Mary Poppins 2h19

In Edwardian London, yet another nanny resigns from keeping an eye on George Banks' boisterous children, Jane and Michael. But then, as if by magic, a new one, the enchanting Mary Poppins, lands on their doorstep to take control of the situation as thrilling adventures along with her Cockney performer friend, Bert, pave the way for a wonderful transformation. Will she turn chaos into order?

Library News

Waikato District Library Books

Good news! We have a new selection of books from WDL.

PLEASE record these in the red book when you borrow them and mark them off with the date when returned. Thankyou to everyone for getting books back on time.

Congratulations on an awesome effort. We have just heard that ALL the books have been returned. We're very proud of you, keep up the good work 😊.

Tamahere Eventide Library Books

Please remember you DO NOT need to record these anywhere. Just borrow, enjoy and return at your leisure.

Puzzles

If you complete a puzzle and find any pieces missing, could you please put a note on the box indicating the number of missing pieces.

We would like some feedback please. Could you please put a note in the Suggestion Box (located outside the office in the Community Centre) addressed to Librarians. Any suggestions welcome but specifically....

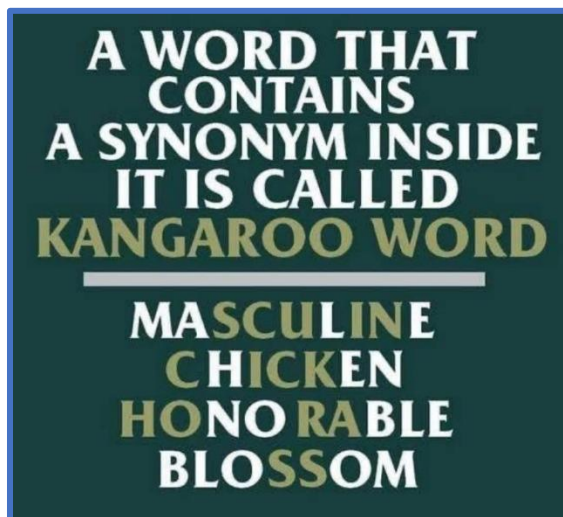
Regarding puzzles with a piece/pieces missing:

Are you happy to do a puzzle knowing it has one or more pieces missing?

Would you rather we remove puzzles with missing pieces from the collection?

Is your answer different depending on the number?

Jenny V98 & Gill V84
Librarians



Be well, be happy and
enjoy this beautiful new
day. You are never too
old to enjoy life!



Our Rehabilitation Corner

As we age, the reasons for insomnia increase and this explains the greater incidence in the elderly. To have good sleep, one needs to be relaxed, healthy, and a bit worn out from exercise and work. As we age, anxiety increases, health is dissipated, and sedentary lifestyles (including naps during the day) are common. This is the general setting for insomnia in the elderly.



There are other very specific causes for sleeplessness in the elderly. Many medications have insomnia as a side effect (check to see if this is the case for you.) Travel, particularly long-haul trips, is disruptive to sleep. A very long list of diseases cause insomnia including depression, other mental illnesses, arthritis, cancer, narcolepsy, heart failure, heartburn, coronary artery disease, sleep apnoea, large prostate (frequent urination,) acute injuries, and many more. One common cause that worsens with age is the snoring of a sleep partner. Other factors are too much caffeine, alcohol, excitement before bed (including arguments with pillow-fellow), and overeating, especially soon before bedtime. Anything that causes stress or worry such as personal health, finances, or lives of children can cause sleeplessness. Finally, the bedroom is not to be used to watch TV, read, etcetera: It is meant for sleep — other uses can contribute to insomnia.

There are several things to do to improve sleep. These include setting a regular schedule for sleep each day (same time to bed and out each day.) Avoid excitement, medicines, caffeine, and excess food and alcohol before bedtime. The bed should be clean and fresh and the bedroom dark and quiet, with an ambient temperature in the range of about 19 to 22 degrees. If you are unable to sleep within an hour, get up and go somewhere else and relax until you're tired and then return to bed. Finally, avoid over-the-counter sleep aids, since most are unproven and some may be harmful to the elderly.

Sleep deprivation, especially in the elderly, can lead to many diseases (not just be a result of them), worsen existing conditions, lead to accidents, and impair thinking and judgment. Thus, lack of sleep is not something to ignore or figure “well, I am just getting old and not sleeping.” There are many reasons that seeing your doctor about this problem is important, and it never hurts to ask your physician if you need some diagnostic studies and treatment by him or her or a sleep medicine expert. To save time, one important thing to take to your physician is an accurate sleep diary.

A sleep diary should record for each day in a typical month, bedtime and time getting up. Record the amount of sleep during that interval spent in bed. Exercise type and amount each day, as well as the amount of caffeine and alcohol consumed, should be noted. The use of any sleep aids should be registered as well as the number of trips to the bathroom or other disturbances. Finally, naps (which can be a good thing if not too long or numerous during the day) should be written down in the diary.

Prepared by: Rosalyn Pelaez
Allied Health Coordinator – Tamahere Eventide
Source: MUSC Health

Our Chuckle Corner

A Letter from Granny

Dear Son,

The other day I went up to a local Christian bookstore and saw a "honk if you love Jesus" bumper sticker.

I was feeling particularly sassy that day because I had just come from a thrilling choir performance, followed by a thunderous prayer meeting, so I bought the sticker and put it on my bumper. Boy, I'm glad I did! What an uplifting experience that followed!

I was stopped at a red light at a busy intersection, just lost in thought about the Lord and how good He is and I didn't notice that the light had changed. It is a good thing someone else loves Jesus because if he hadn't honked, I'd never have noticed!

I found that LOTS of people love Jesus! Why, while I was sitting there, the guy behind started honking like crazy, and then he leaned out of his window and screamed, "For the love of GOD! GO! GO! Jesus Christ, GO!" What an exuberant cheerleader he was for Jesus!

Everyone started honking! I just leaned out of my window and started waving and smiling at all these loving people. I even honked my horn a few times to share in the love! There must have been a man from Florida back there because I heard him yelling something about a "sunny beach"... I saw another guy waving in a funny way with only his middle finger stuck up in the air. Then I asked my teenage grandson in the back seat what that meant, he said that it was probably a Hawaiian good luck sign or something. Well, I've never met anyone from Hawaii, so I leaned out the window and gave him the good luck sign back.

A couple of the people were so caught up in the joy of the moment that they got out of their cars and started walking towards me. I bet they wanted to pray or ask what church I attended, but this is when I noticed the light had changed. So, I waved to all my sisters and brothers grinning and drove on through the intersection.

I noticed I was the only car that got through the intersection before the light changed again and I felt kind of sad that I had to leave them after all the love we had shared, so I slowed the car down, leaned out of the window and gave them all the Hawaiian good luck sign one last time as I drove away.

Two elderly women meet up again for the first time at their 60th high school reunion. They're talking and catching each other up in their lives since leaving high school. One tells the other she's been married 4 times.

"4 times, you've had 4 husbands!"

"Yes. My 1st husband was a banker, my 2nd husband was an actor, after that was a rabbi, and my current husband is an undertaker."

"That's really weird you went for such a strange variety of men. Why did you marry them?"

"I had a purpose for that... 1 for the money, 2 for the show, 3 to get ready, and 4 to go"

Answers to Quiz Questions on page 22
with Explanations

1: B) The Austin Mini. Sir Alec Issigonis designed the fuel-efficient Mini in response to fuel rationing in the UK. *A, C, and D are incorrect* as they were either designed earlier or did not target the Suez fuel crisis specifically.

2: A) Michael Collins. Collins kept the Command Module *Columbia* in orbit while his crewmates descended. *B, C, and D are incorrect* because Conrad and Shepard commanded later Apollo missions, and Lovell commanded the infamous Apollo 13.

3: A) Hummingbird. Their unique shoulder joint structure allows their wings to rotate 180 degrees. *B, C, and D are incorrect* as these birds can hover or dive but cannot fly backward.

4: B) Negroni. It is a classic Italian apéritif mixed in equal parts. *A, C, and D are incorrect* because a Manhattan uses whiskey, a Tom Collins uses lemon juice/soda, and a Boulevardier swaps gin for bourbon.

5: A) Stewart Island / Rakiura. Oban is the main settlement on the island and constitutes New Zealand's southernmost populated town. *B, C, and D are incorrect* because the Chathams and Great Barrier are in different latitudes, and Enderby Island is an uninhabited subantarctic island.

6: B) David Lange. Lange's Labour government introduced the New Zealand Nuclear Free Zone, Disarmament, and Arms Control Act, which permanently altered NZ's foreign policy and strained relations with the US. *A, C, and D are incorrect* as Muldoon opposed it, Palmer succeeded Lange later, and Bolger led the subsequent National government.

An old man and a 20 year old are paired together at a golf tournament. They're playing a long par 5 that dog legs around some tall trees.

As the 20 year old sets up his tee shot to hit onto the fairway the old man notes "when I was your age we used to hit over the trees - not around to the side."

So the 20 year old readjusts and tries to hit over the trees - but can't clear them and loses his ball. He tries again and loses that one too...

Then the old man says "of course, when I was your age, the trees were only 6 foot tall."

This young blond decided she wanted to pay off all her bills. She started going door to door in her neighbourhood asking if anyone needed something done for a little money. She knocks on her first door. An elderly man answers. "Hello. I'm trying to make some extra money to pay off bills. Do you have any odd jobs you need done" The old man replies, "Well, you can paint the porch". She jumps for joy and says 'Great! How much will you pay? "

" One hundred dollars", said the old man. " The paint, rollers, and brushes are in the garage. Knock on the door when you're done and I'll pay you ". The old man goes back inside as the young blonde bounds off to the garage. " Does that poor girl know our porch wraps around the whole house? " asks the old man's wife. " Of course she does. You've heard too many dumb blonde jokes. Just at that moment there was a knock at the door. The old man opens it to find a smiling face, "I'm done. And I had enough paint to give it two coats. By the way mister, that's a Lexus. Not a Porche.



It's Puzzle Time

A slightly more challenging test this month!! The answers are on page 21.



1: Which iconic British vehicle, launched in 1959, was originally designed by Sir Alec Issigonis to combat fuel shortages caused by the Suez Crisis?

- A) The Morris Minor
- B) The Austin Mini
- C) The Jaguar E-Type
- D) The Land Rover Series II

2: In 1969, Neil Armstrong and Buzz Aldrin famously walked on the Moon. What was the name of the third Apollo 11 astronaut who stayed behind in the command module?

- A) Michael Collins
- B) Pete Conrad
- C) Alan Shepard
- D) Jim Lovell

3: Which of the following is the only bird that can fly backwards?

- A) Hummingbird
- B) Kingfisher
- C) Swift
- D) Swallow

4: What classic cocktail consists of gin, sweet vermouth, and Campari, garnished with an orange peel?

- A) Manhattan
- B) Negroni
- C) Tom Collins
- D) Boulevardier

5: Which New Zealand island, located in the Foveaux Strait, is famous for its blue cod fishery and for being home to the southernmost town in the country?

- A) Stewart Island / Rakiura
- B) Chatham Island
- C) Great Barrier Island / Aotea
- D) Enderby Island

6: In 1987, New Zealand made global headlines by officially declaring itself a nuclear-free zone. Which Prime Minister led the government that passed this landmark legislation?

- Robert Muldoon
- David Lange
- Geoffrey Palmer
- Jim Bolger

A woman, pregnant with twins, gets into a car accident, and ends up in a coma for a month.

When she wakes up, she's no longer pregnant, the nurse tells her that she gave birth while unconscious, but assures her that both babies, a boy and a girl, are perfectly healthy. "There's just one thing," the nurse says, "because your children needed legal names, we had to contact your next of kin, your twin brother Patrick."

Well, knowing her brother, the woman can only imagine what he named her newborns. She takes a deep breath and asks "What did he decide to name my daughter?" "Denise" says the nurse. After thinking about it for a while, the woman decides she actually really likes the name Denise. Feeling a bit more optimistic, she asks,

"What did Patrick name my son?" The nurse sighs and replies "Denephew."

Tamahere Retirement Village – Calendar of Events – July 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Colour Coding Blue Health Clinics Green Exercise Groups Red Groups, Trips, Games Black Church Services	cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge		1 9.15 Strengthening exercises with dumbbells CC 10.30 New World 5.45 Rotary Club Meeting /CC	2 PODIATRIST HERE 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	3 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 4.0 Movie /CC "August Rush"	4 10.0 Petanque– near V28
5 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	6 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 3.30 Book Club /cc 7.0 Indoor Bowls /CC	7 10.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	8 9.15 Strengthening exercises with dumbbells CC 10.30 New World 4.00 Global Village /HDL	9 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	10 MATARIKI 12.0 Soup and Buns Lunch /CC	11 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
12 4.00 Worship in Wesley Chapel led by Ngaire Southon	13 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 7.0 Indoor Bowls/CC	14 10.00 Bowls 10.30 Chartwell	15 9.15 Strengthening exercises with dumbbells / CC 10.30 New World 11.0 Holy Communion /C (Rev. Dr Susan Thompson) 5.45 Rotary Club Meeting /CC	16 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/HDL	17 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 4.0 Movie /CC "Mary Poppins"	18 10.0 Petanque– near V28 2.00 Living Waters Church Youth Group here /CC
19 4.00 Worship in Wesley Chapel led by Rev Liz Lightfoot	20 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool 7.0 Indoor Bowls/CC	21 10.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	22 9.15 Strengthening exercises with dumbbells / CC 10.30 New World 4.00 Global Village /HDL	23 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/HDL	24 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	25 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
26 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	27 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 7.0 Indoor Bowls /CC	28 10.00 Bowls 10.30 Van trip to The Base	29 9.15 Strengthening exercises with dumbbells / CC 10.30 New World	30 10.00 Bowls 10.30 Coffee Group/CC 3.00 Happy Hour /CC	31 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	