



Welcome to the  
**TAMAHERE VISTA**  
June 2026



---

It's June!! Winter!! Enjoy these colder mornings, and the sparkly days that follow! A very warm welcome to all the new residents to our village. We hope you are happy in your new homes as we all are. When you are ready, (and all that unpacking is sorted), we would strongly recommend that you come and join in as many activities as you are able. It is an easy and relaxed way of getting to know other residents, and making new friends.

This month, our Resident of the Month is Irene Fox, who is a relative new comer to the Village. It really is a privilege to sit and hear the stories and experiences of people we live alongside, but know very little about.

A heads-up that it's that time of year again! The Field Days are on at Mystery Creek from Wednesday 10 – Saturday 13 June. Be aware of traffic congestion and delays – especially at the beginning and end of each of these days. It would be worth allowing more travel time if you have appointments.

We have another public holiday this month – King's Birthday on Monday 1 June. Then in July, we have Matariki on Friday 10 July. But isn't it true? When you are retired, every day is a holiday!

Have a very happy June!

*Carole Fleming (Editor)*

---

## **Table of Contents – Tamahere Vista – June**

Page 1	Editorial	Page 9	News from the Residents' Committee
Page 2	Introducing Irene Fox	Page 11	"What's Going On?"
Page 3	News from our Property Manager	Page 12	News from Village Groups
Page 4	Village Manager's Column	Page 14	Movies for June
Page 5	Chaplain's Korero	Page 16	Our Rehabilitation Corner
Page 6	News from Lisa	Page 17	Our Chuckle Corner
Page 7	Rotary Club News	Page 19	Puzzle Corner
Page 8	"Just a reminder – your data is impermanent"	Page 20	Calendar of Activities for June

## Introducing Irene Fox

Irene was born in Hamilton – her family lived on a farm at Horsham Downs where she first went to school. They then moved to town and lived in Thackeray Street, and Irene went to school at St Mary’s, then Hamilton West Primary School, and later to Hamilton Tech.

Irene was the youngest of three girls – her older sister died at the age of 98, and her other sister is 94, while Irene is 90 later this month. All blessed with long lives! She chuckled as she shared with me that her father was in the Home Guards at Horotiu during the war years.



Irene started work with Child Care (for young children and toddlers,) run by Mary Bryant, then became a nurse aid at Cassel Hospital, a private hospital in von Tempsky Street. After this, she returned to office work. It was while she was working in the office at Waikato Motors that she met her future husband – he was a mechanic there. They married in 1957 at the Presbyterian Church on River Road, where her sisters were also married.

They have three children, two sons and a daughter and Irene is very proud of the adults they have become. There are six grandchildren and four great grandchildren!

Irene’s husband was working for Robinson’s Air as a loader driver of sprays until they bought a shop at Hillcrest – now a liquor store on Cambridge Road – then later a carrier–trucking business in Hamilton with four trucks, doing local deliveries. Irene did all the bookwork as well as running the home and caring for the children. They later sold the business and bought Edwards Driving School. It was busy as they had four drivers – Irene’s husband, their elder son, and another man, as well as a woman. Again, Irene attended to all the office work, bookings and accounts as well as the family.

Irene’s husband left in 1989 which meant that she had to sell the house- she went into a unit in Claudelands for a time, then sold and bought a place back in Melville – Normandy Avenue.

She loves to travel – Irene has been to Australia to visit her sister who lives on a sheep station in Hamilton, Victoria, and has had a holiday in Rarotonga. She and her husband had a boat, a 24ft boat, and they loved to sail around the Hauraki area, and Taupo. Later, when they sold this, they bought a caravan and joined the Caravan Club. They had many happy trips away. When this was later sold, they bought a bach at Mt Maunganui – times she remembers fondly.

Irene was never one to sit – she worked in the Red Cross Shop, went to Care and Craft for the Elderly, a Walking Group and a Garden Group. Her hobbies are crocheting, knitting and she loves rugby! Her son played for his school and was in the Under 20 team. Irene has long been a collector – for many years, a collector of frogs, then owls, but when she moved to Tamahere, downsizing meant they had to go. If you look carefully at her apartment door now, you will see a fox welcoming you!

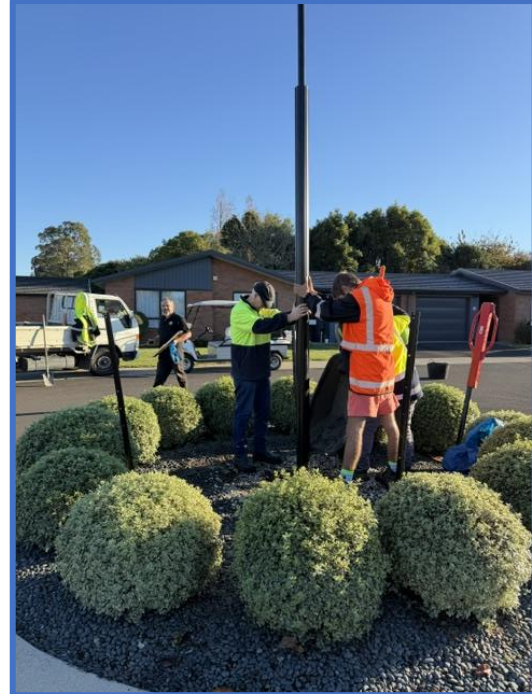
For health reasons, the time came when Irene was no longer able to manage her large section and she made the decision to move here. Irene wanted to be “in the country” recalling fondly her early years on the farm. She really liked Tamahere because it was open and park-like, and knew straight away, this was home. She moved into an apartment in Rimu and is very happy and settled there. She still drives – goes to Knit and Natter and the Exercise group on Mondays.

***Thankyou Irene for spending time with me and sharing your story with us. You’ve certainly earned your retirement and we are delighted you have chosen to spend it here with us. We hope you are very happy in your new home! Congratulations Irene - Happy 90<sup>th</sup> Birthday!!***

## News from our Property Manager

The boys have done a great job of installing the solar street light at the roundabout beside the Community Centre. Andrew explained that they are always looking to make improvements in the village.

*Thankyou Andrew – this will be welcomed by those leaving the Centre in the dark.*



### **Experience the Magic of Theatre together Seniors (60+) Acting and theatre skills, classes for beginners, 2026.**

Give it a go! Try out some fun acting and theatre skills at the Riverlea Theatre, 83 Riverlea Road.

**Classes for seniors (60+)** run on Wednesday afternoons at Riverlea Theatre from 1 pm - 2.30pm starting from May 27th for 8 sessions.

\$110 for the whole course (tea/coffee included).

Fun, meeting others and learning in a relaxed and encouraging environment.

*Taken by Jane Barnett, a second alto and successful director of many shows/plays and a fully qualified tutor with a sense of humour!*

**For further information and enrolment:**

Email [janesbtt@gmail.com](mailto:janesbtt@gmail.com) by May 13th

## VILLAGE MANAGER'S COLUMN

### Quote of the Month:

*“Two things are infinite; the universe and human stupidity: and I’m not sure about the universe.”*

*(Albert Einstein)*



### New Residents

Villa 113      Kevin Newport  
Villa 121      Ross Mellow  
Assisi Villa 7   John and Margaret Ferguson  
Assisi Villa 28   Diana Craven  
Assisi Villa 30   Roger and Rita Peterson

### “Speak Up; Stand Together; Stop Bullying” - Pink Shirt Day

Now we have had this day, we need to live by what it is saying – tolerance of others, especially our physical and mental shortcoming should be our goal in Tamahere Eventide Retirement Village.

*“Now that we are in our golden years, it would be good to have the gold polished in our interactions with each other.” - Wayne Wilson*

### Street Lighting

You will see that there is an article here about the new street lighting for residents walking around at night. We would like to recommend that all residents leave their security lights turned on. The advantage for people walking our streets is that your movement sensor triggers the lighting as they walk past. This is also a security feature at your home, ensuring you see who is at your door. If you need any help- setting this up, please ring me.

### Village Cleaner Services

Residents making use of the Village Cleaner services may have noticed some new and unfamiliar faces recently. You are not mistaken — we currently have relief cleaners providing ongoing services to our clients while we complete the appointment process for our new designated Village Cleaner.

Should you have any concerns, issues, recommendations, or require any changes to your current service, please contact Marie Cockeram, our lovely receptionist, who will pass your message on to the Housekeeping Team. Marie’s contact details are:

Phone: 07 856 5162    Email: [admin@tamahere.co.nz](mailto:admin@tamahere.co.nz)

**David McGeorge**



## **CHAPLAIN'S KORERO**

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

Last week at Tamahere we celebrated International Nurses Day. This is held every year on 12th May, the birthday of Florence Nightingale, the founder of modern nursing. It's a chance to thank our nurses for their skills, their leadership, their commitment to excellence and their devotion to our residents.



Many of you won't have met our nurses as they mostly work within our care homes. But if you've ever had a fall, experienced chest pain or shortness of breath or needed to ring your emergency bell in the middle of the night, they are the ones who will come. At those truly frightening moments of life, they will be there to quickly assess your needs, offer professional care and advice and gently help to allay your fears.

We're fortunate to have some exceptional nurses working at Tamahere. They're highly trained, have worked all over the world and have skills that are in high demand. They care for all our residents with real respect and compassion. Nursing for them isn't just a career choice but a calling, a work of the heart.

So I give thanks for all our nurses: Versie, Abhi, Lisa-Ann, Bindu, Joji, Aaron, Iby, Aiswarya, Kate, Ileen, Mrudula, Cherry, Wyeth, Belinda, Annalisa, Christian, Julie and Foloke. In the words of the writer Brian Doyle, those "tireless and patient and tender souls ... those with prayers in their mouths as their [residents] slide gently through the mysterious gate ... they who have their holy hands on the brows and bruises of the broken and frightened ..."

I give thanks for "each and every one, glorious and lovely in their greens and blues and rainbow clothing; they who are [the love of God] in every tender touch and quiet friendly gentle murmured remark; they who are the best of us ... the clan of calm and the tribe of tender; and [we] bow in thanks for them. And so: amen."

Ngā manaakitanga,

Susan

---

**Our nearest pharmacy is Unichem at Tamahere.**

**UniChem would like to inform all residents that they are now open on Saturdays from 9am to 2 pm.**

## News from Lisa

During May we celebrated Pink Shirt Day with cupcakes and coffee in the Café. The chefs created some amazing cupcakes for us all.

Then we had a presentation from Linda Roil, who heads the charity, “Kids in Need”. What incredible work she and her team do for children who are taken into care. We were privileged to hear Linda speak – so much so that we are to take up a collection for them - either cash or brand-new socks or underwear for children (aged 0-17 years) - at our Happy Hour on Thursday 28 May – 3pm in the Community Centre.



Our Guys Group are continuing to meet each Monday (including King’s Birthday) at 10am. There is plenty of conversation and good numbers attending.

In June, there is a pop-up shop of clothing from AOK here on **Thursday 4 June**, a celebration of Pink Shirt Day (watch the flyer for more details), and a workshop, “Strong and Stable” – how to live stronger for longer. This is on **Monday 22 June** at 2.30pm.

Have a very happy June,

Lisa



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

On Saturday 16 May 2026 the Living Waters Youth Group once again gave us a most enjoyable and instructive afternoon.

They arrived with DIY Ceramic Painting Craft Kits each of which contained a round ceramic plate, a trinket tray, a ceramic vase, acrylic paints and a paint brush. We were invited to choose what we would attempt to paint. For all of us it was a completely new activity. The delightful student tutors were very encouraging and seemed to have endless patience.

Even though our artistic ability was certainly put to the test, most of us produced a very creditable effort, provided one did not look too closely.

- Diana Visser



## Hamilton East Rotary Club Update

### **“OUT WITH THE OLD – IN WITH THE NEW”**

The end of June marks the end of one Rotary year and the start of a new one for Rotary clubs world-wide. With that, comes a change of personnel responsible for the direction and operation of the organization at all levels. The incoming President of Rotary International has chosen as his theme for the 26/27 year, “Create Lasting Impact”. As much as possible, clubs everywhere will be planning something that embraces the Presidents theme.

At the local level the incoming President of Hamilton East Rotary, Stuart Gordonn, is assembling his team and details of who will be responsible for what will be shared with all at the changeover meeting, scheduled for first Wednesday in July.

Meetings for June are scheduled for Wednesday 3<sup>rd</sup>. and Wednesday 17<sup>th</sup>. These are taking place, as usual, in the Village Café, commencing at 6.15 p.m. Residents are invited to join with Rotarians for the whole meeting including a meal or for the latter part of the meeting that takes in, usually, a guest speaker presentation, but occasionally something a bit different.

At the June 3<sup>rd</sup>. meeting the Guest Speaker is Mr. Fraser Smith from the Hamilton City Council. He will talk about pest control in the City. The speaker session commences about 7 p.m.

Things will be a bit different at the final meeting for the “year”, on the 17<sup>th</sup> June. That’s when the club has its Annual Games evening. Those present are divided in 5 teams and they compete against one another for prizes in 5 different games. Each team has the same amount of time at each game. Briefly the 5 games are – Golf putting, Skittles, Carpet Bowls, Quoits, Bag in Hole. Full instructions on how to play are provided in advance to those who indicate their intention to attend the evening.

VILLAGE RESIDENTS ARE MOST WELCOME TO ATTEND BOTH MEETINGS, BUT THEY **MUST REGISTER WITH THE CLUB CONTACT NO LATER THAN SUNDAY PRECEEDING MEETING.**

Club Contact - Ian -                      Email – [hookian10@gmail.com](mailto:hookian10@gmail.com)                      -                      Phone 0210728940

---

Neil was five years old, and he had no brothers or sisters. He lived with his parents in the country, and there were no neighbours near his house.

One Saturday Neil’s Uncle Fred came and visited them. He had lunch with Neil and his parents, and then Neil’s mother went into the kitchen and washed the dishes, and his father went out and washed the car.

“Stay here and talk to Uncle Fred,” Neil’s father said to him. “And show him your toys,” said his mother.

Neil showed his uncle his toys and they talked for half an hour in the living room. Then Neil said to his uncle, “I’m going to go out and play with God in the garden now.”

His uncle was surprised. “How do you play with God?” he asked him.

“It’s easy.” Neil answered. “I throw the ball up, and then God throws it back to me.”

## **Just a reminder – your data is impermanent**

I seem to get a call about once a month involving data recovery, so just a note to everyone who uses computers to do things: back up your data. If your data is important to you, don't assume it is safe unless it's backed-up, because:

- If you get a ransomware virus, your data is gone (or at the least, expensive to retrieve).
- If someone hacks into your computer, your data may be gone.
- If the hard drive inside your computer fails, your data is gone.
- If the motherboard or power supply in your computer fails, your data may be gone.
- If your operating system or computer memory does something unexpected, your data may be gone.
- If you get a power spike/lightning strike and it makes it past your power supply, your data is gone.
- If you have a blackout/brownout, your data may be gone.
- If you accidentally delete your data, your data is gone.
- If someone else deletes your data, your data is gone.
- If your computer is stolen, your data is gone.
- If someone steps on the screen of your laptop and it doesn't have an external display port, you're going to have to pay someone to retrieve the data or your data is gone.

If your data is gone, your data is Gone. When data is gone it doesn't like to come back so much. And data recovery can get expensive; between a hundred dollars for simple retrieval up to thousands of dollars if a situation involves total hard drive failure. Therefore it makes more sense to sort out your data recovery solution now, rather than later. The easiest way to make data 'not gone' is to back it up to an external hard drive using a free backup program like the ones built into Mac OSX and Windows.

Another method of backup is to have your documents in 'the cloud' (ie. on an internet server, somewhere) using Dropbox, Google Drive, OneDrive or Mega. However these solutions tend to be instant, rather than staggering the backups to once a week, so if you mess up something on your computer, likely it's messed up in 'the cloud' as well. The best solution is probably to do both (external hard drive weekly backup, plus cloud storage), but it depends on how important your data is to you. Either way, be smart, be safe. Don't assume your data is permanent.

Not feeling secure with your data? Contact Matt at 0211348576 or [info@homepcsupport.co.nz](mailto:info@homepcsupport.co.nz) \$80 per hour, or \$70 for drop-off-to-workshop services.



**Bentley Home PC Support**



## **News from the Residents' Committee**

It was great to see a good number of residents attending the AGM recently. Thank you for attending. I wish to thank on behalf of you all the retiring committee members who have done a great job over the last twelve months.



Your new committee is:

Chairperson: Carol Hancock

Vice Chairperson: Wayne Wilson

Secretary: Ngaire Lepper

Treasurer: Quentin Lukey

Committee: John Fiddes and Ivan Brooker. Also, Lynn Dring as ex-officio.

We are yet to meet as a full committee but in the meantime, we are arranging a celebration for King's Birthday on Monday 1<sup>st</sup> June in the way of a morning tea at 10.30am. We ask that you bring a small plate to share and of course your crowns. The committee will provide tea and coffee.

In the foyer of the community centre there is a suggestions box and we, the committee, encourage you to put in there any suggestions of entertainment that you would like us to consider hosting on your behalf. Perhaps you have a suggestion of something that we haven't had before or it might be something out of left field. We need a good laugh.

I have been taking walks down to the gully late in the afternoon, and really enjoying hearing the bird life down there. What an asset for the Village residents and a big thank you to those who attend to the maintenance. (I took this photo while in the gully recently).



Thank you to Management for the new light at the roundabout by the café. It certainly makes walking along there in the evening easier. I noted that David mentioned that very few people have their outside security lights on. When walking, as we know, it is quite dark along the paths, and I am sure if more people put these lights on it would make it safer for us who venture out after dark.

I look forward to meeting more of you at the Village at the different activities that are arranged for us to enjoy but mostly I look forward to your suggestions for entertainment.

Carol Hancock



**King's Birthday Morning Tea  
Monday 1<sup>st</sup> June at 10.30 am**



Please bring a small plate, your crown of course and enjoy each other's company as we celebrate King Charles Birthday.

---

**Have you ever tried to explain the Rules of Cricket?**

***Cricket is quite simple***

You have two sides, ours and theirs, one out in the field, and one in. Each man in the side that's in, goes out, and when he's out, he comes in and the next man goes in until he's out. Then, when they have all been in and are all out, the side that's been in the field goes in and the side that's in goes out and tries to get out those coming in. Sometimes you get men still in and not out. Then when both sides that have been in and out, including not-outs, that's the end of the game..... It's really very simple!

## **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.
- Frankton Street Market every Saturday 8.am-1pm

### **The Sculpture Park at Waitakaruru Arboretum:**

Discover more than 100 sculptures and installations within one of New Zealand's largest outdoor galleries.

Recently this was a great outing, not only for the sculptures, but the landscape of ponds, cliffs, rocks, flowering shrubs and trees. BUT note, you are not able to take a walker and there are areas to be climbed. The small cafe is open on Weekends 11am - 3pm - 207 Scotsman Valley Road.

We drove to Matangi. At the intersection you will see an old sign on the right giving you an arrow to the Sculpture Park. Just follow the road and it took about 30 mins from Tamahere. Entry \$20

### **CAMBRIDGE CREATIVE FIBRE FAIR AND EXHIBITION:**

Held at Cambridge Town Hall - 24th June - 28th June

Wednesday 24th: 12-4pm; Thursday 25th/Friday 26th: 10am-4pm

Saturday 27th: Fibre Fair 10am-3pm

Sunday 28th: 10am-3pm

Fibre Fair on Saturday only. Entry \$5 – cash only.

Cafe operating Saturday – cash only.

### **WAIKATO MUSEUM HAMILTON:**

Te Whare Taonga.NZ - 3 days of Fossil Fest - June 5th - 7th

3 days of Ancient Worlds or talk to a Fossil Hunter and much more.

Different prices for different sessions - check with the Museum.

### **Dates in June:**

Monday June 1st - King's Birthday Weekend

June 6th - Swedish National Day

June 12th - Philippines Independence Day

June 21st - Shortest Day

### **And – coming up in July ..... THE WAIKATO FOOD SHOW - JULY 11th & 12th:**

9am - 4pm Saturday -- 9am - 3pm Sunday -

Prepare to come hungry! A great show for all ages.

**Pauline Eastwood**

## 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 1<sup>st</sup> June.



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

#### **China** – Edward Rutherford (John)

This historic novel starts in 1839 when the opium trade was thriving and many a British merchant was making his fortunes, which the Emperor decrees must cease and finishes around 1900 when the Empire is torn apart by the Revolution. This is the story of China and its great clash with the West in the nineteenth century.

From Hong Kong to Beijing (Peking) to the Great Wall, from the exotic wonders of the Summer Palace and the Forbidden City, which can still be visited today, to the village huts, a century long conflict rages.

A kaleidoscope of people are caught up in the struggle: a young village wife striving against the rigid traditions of her people; Manchu empresses and warriors; powerful eunuchs; fanatical Taiping and Boxer rebels; well-intentioned missionaries and the rapacious merchants, diplomats and soldiers of the West. Fortunes will rise and fall as the Empire is torn apart.

The author is a master in blending fictional and historic factual figures into an absorbing and page turning story.

The extraordinary end to the story can only be enjoyed if one is willing to read through the complete volume, which in my case consisted of 761 pages!!

#### **Man Meets Dog** – Konrad Lorenz (Isabelle)

A delightful and informative book giving the history of wolf and jackal dogs and their present characteristics with interesting and amusing incidents. There are many little illustrations.

#### **Letters to Malcolm** – CS Lewis (Isabelle)

Not corporate but private prayer with no claim to be teaching. Just listening to two very ordinary laymen discovering their prayer life. Worthwhile reading.

---

### Petanque

A special note to any new residents. If you would like to come and 'give it a try, we are happy to explain and show how to play Petanque.



This is an enjoyable activity which is not too strenuous. You might meet new people as well as learn a new game. We play every Saturday morning weather permitting.

Come along at 9.45 and you will find us at the end of Tidd Close, on the edge of the gully.

---

## **Bowls**

### **Outdoor Bowls**

We're back to playing in the morning again, and the general consensus has been that 9 am is too early for the winter months, so from Kings Birthday Weekend we will commence morning bowls at 10am. That is the 1st Tuesday of June.

Coffee and muffin will be still at your own expense after the game on Tuesdays.

John Grey has spent a lot of time setting up for three rinks, so it would be great to welcome more players to fill the playing space. New players are welcome, and bowls are available if needed. We play Indoor bowls if the weather is inclement.

### **Indoor Bowls**

We have a band of happy players who come along on Monday nights at 7pm to be placed in random teams to play eight ends of indoor bowls.

Newcomers are welcome. We are generally home again by 8.30pm. Make sure you bring a torch to find your way back home again!

**Beth Richards. H23**  
**Bowls Communicator**

---

## **Games Afternoons**

We play table games, and just now have three tables of people playing Rummikub. However, there is always room for more people plus different games can be introduced. You might just find another resident who enjoys scrabble, UNO, TRI-OMINOS or your favourite card game. We play Monday and Friday at 1.00pm until just after 3pm.

---

## **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.

---

## **Tamahere Global Village**

Due to absences, the June meeting will be on the 24th, 4pm at the Lower Harakeke Lounge.

There are so many angles to what is happening around the world. Everyone is welcome and bring what you can on any developments.

Enquiries - Gray Southon, email [gray@Southon.net](mailto:gray@Southon.net) - Ph 0211 020 977

---

## **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.

---

## **Knit and Natter Group**

We were boosted in our crafting endeavours by the visit on 19<sup>th</sup> May to our village as a speaker, of Linda Roil, the founder of Kids in Need Waikato.

A good crowd attended her talk (thanks for organizing it, Lisa), which alarmed us with the numbers of displaced children and families, while inspiring us by Linda's ceaseless efforts to make life easier for both carers and children.

Her dedication and energy poured into this cause enthused us yet again. Frighteningly, 80% of the carers they support are grandparents and great-grandparents.

She left with our next load of crafted donations – well done, ladies.

We continue to meet Friday mornings in the Lower Harakeke Lounge.

***Helen Painting ph 854 7662***

---

## **Movies for June**

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

### **Friday 5 June - Courageous**

Four men, one calling: To serve and protect. As law enforcement officers, they are confident and focused. Yet at the end of the day, they face a challenge that none of them are truly prepared to tackle: fatherhood. While they consistently give their best on the job, good enough seems to be all they can muster as dads. When tragedy hits home, they are left wrestling with their hopes, their fears, their faith, and their fathering. Can a newfound urgency help these dads draw closer to God ... and to their children?



### **Friday 19 June – The Wizard of Oz**

When a tornado rips through Kansas, Dorothy Gale and her dog, Toto, are whisked away from their house to the magical Land of Oz. They follow the Yellow Brick Road to the Emerald City to meet the Wizard, and on the way, they meet a Scarecrow who wants a brain, a Tin Man who wants a heart, and a Cowardly Lion who wants courage. The Wizard asks them to bring him the Wicked Witch of the West's broom to earn his help.

---

## Library News

We hope you are enjoying our expanded library as much as we are.

We've noticed the puzzle collection being used a bit more now that we can display it better. These may be borrowed in the same way (no recording needed) as the Tamahere Eventide books and placed in the Returns bin when finished.

Thanks for all your positive feedback, we really appreciate it.

Jenny V98 & Gill V84  
Librarians

---

### Good Power

- Good Power is supported by Vinnies (St Vincent de Paul), a community agency providing affordable energy solutions
- Good Power is made possible by community agency Vinnies, offering affordable energy nationwide.
- **Our rate is \$0.2835 per kWh, with a daily fixed charge of 75 cents.**
- At present, anyone living in the Waikato Region can join. Ultimately, those living in other parts of NZ will also be able to apply.
- We provide weekly direct debits for easier budgeting! If you want to explore other payment options, our Community Partners are here to assist you.
- For more information, go to their website, [goodpower.co.nz](http://goodpower.co.nz)

A man walked into a doctor's office and the receptionist asked him what he had. He replied, "I got shingles".

She said, "Fill out this form, supply your name, address, medical insurance number. When you're done, please take a seat."

Fifteen minutes later, a nurse's aide came out and asked what he had. He said, "I got shingles."

So, she took down his height, weight, and complete medical history, then said, "Change into this gown and wait in the examining room."

Half an hour later, a nurse came in and asked him what he had. He said, "I got shingles." So, she gave him a blood test, a blood pressure test, an electrocardiogram, and told him to wait for the doctor.

An hour later, the doctor came in and asked him what he had. "He said, "Shingles."

The doctor gave him a full cavity examination, and then said, "I just checked you out thoroughly, and I can't find shingles anywhere."

The man replied, "They're outside in the truck. Where do you want them?"

## **Our Rehabilitation Corner**

Osteoporosis is a very common problem that leads to broken bones and poor posture in aging women and men. To prevent the loss of bone mass, it is important to have sufficient calcium in the blood that is transported to the bones. Although calcium is abundant in dairy products like milk, the amount of calcium that we need increases as we age. Since many people quit eating or drinking food products with calcium, such as whole milk, due to a health-related diet, a dietary supplement with calcium is important. Older adults require approximately 1,200 milligrams of calcium per day.



The remainder of this article addresses ways to get enough calcium to keep bones strong. The healthiest sources of calcium are from foods that are rich in calcium, including most dairy products, cheeses, fortified orange juice and leafy green vegetables, which can provide at least 100 milligrams of calcium. A balanced diet provides most calcium needed by older adults. However, additional calcium must be ingested to reach a required 1,200 milligrams per day. The body can handle more than the minimum requirement of calcium. However, the body cannot manufacture calcium if too little is ingested.

All calcium ingested is not absorbed into the body. The small intestine, which is the part of the digestive system just beyond the stomach, is where calcium is taken by the blood and transported to bone and other tissues. The amount of calcium absorbed is dependent on several key factors:

- Amount of calcium already in the blood
- Form of calcium (diet or formulation)
- Small intestine conditions

Calcium typically comes as a liquid or tablet carbonate or citric acid preparation. The carbonate requires acid in the intestine that generally is generated with food in the stomach. Therefore, carbonate pills should be taken with meals by people taking calcium to increase calcium absorption. Calcium citrate is soluble and does not require meals for absorption. Most used calcium supplements come as a carbonate form and should be taken during or immediately after meals. Check the label of your calcium supplement to determine which form you have and when to take it. Approximately 500 milligrams of calcium can be taken at one time. Therefore, do not take all supplements at the same time. If you and your doctor have agreed you need supplementation, be sure to take it three times a day or approximately one-third at a time. To avoid taking too much, do not take more than 2,500 milligrams per day.

Vitamin D also is required for calcium absorption. The best source of vitamin D is sunshine for approximately 20 minutes per day, which is not a problem for most people who live in the South. Vitamin D also is found in many other sources and generally is not responsible for poor calcium absorption. On the other hand, oestrogen facilitates calcium absorption. After menopause, some women lose their ability to easily take up calcium. For this reason, calcium generally is given at menopause as a vitamin supplement.

As we age, we need calcium to prevent weak bones and fractures. Both women and men should take an additional 1,000 to 1,500 milligrams a day after first consulting a physician. Three doses of 500 milligrams of calcium should be taken each day, preferably with a meal, for healthier bones and other tissues.

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

## Our Chuckle Corner

An Irishman was terribly overweight, so his doctor put him on a diet.

"I want you to eat regularly for two days, then skip a day, then eat regularly again for two days then skip a day .... And repeat this procedure for two weeks. The next time I see you, you should have lost at least five pounds.

When the Irishman returned, he shocked the doctor by having lost nearly sixty pounds.

"That's amazing!" said the doctor. "Did you follow my instructions?"

The Irishman nodded. "I'll tell you what though, I taut I was going to drop dead on dat tird day."

"You mean from the hunger?" asked the doctor.

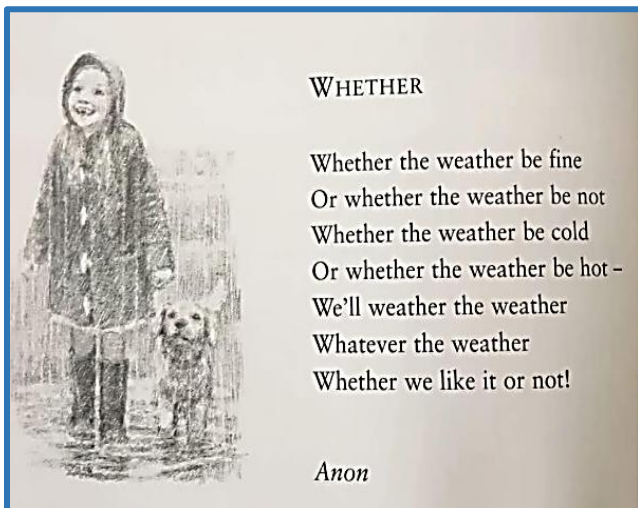
"No, from the skippin'!"

Little Suzie badly wanted a baby brother, so her dad suggested she pray for one every night. Suzie prayed earnestly, night after night, but her prayers seemingly went unanswered. After a few weeks, she didn't bother to ask anymore.

Some months later, her dad said they were going to see Mum in the hospital and she was going to get a big surprise. When they got to the room, Suzie saw her mother holding two babies.

"Well, what do you think about having twin brothers?" her dad asked.

Suzie looked shocked and replied, "I bet you're glad I stopped praying when I did!"



### A Limerick (of sorts)

$$\frac{12+144+20+3x\sqrt{4}}{7} + (5 \times 11) = 9^2 + 0$$

Doesn't look like a limerick to you?

Try this: (read it aloud)

A dozen, a gross, and a score,  
Plus three times the square root of four,  
Plus five times eleven  
Is nine squared, and not a bit more.

## SENIORS TEXTING CODE:

**ATD:** At The Doctors

**BFF:** Best Friend Fell

**BTW:** Bring the Wheelchair

**BYOT:** Bring Your Own Teeth

**FWIW:** Forgot Where I Was

**GGPBL:** Gotta Go Pacemaker  
Battery Low

**GHA:** Got Heartburn Again

**IMHO:** Is My Hearing-Aid On

**LMDO:** Laughing  
My Dentures Out

**OMSG:** Oh My! Sorry, Gas

**ROFLACGU:** Rolling On Floor  
Laughing And Can't Get Up

**TTYL:** Talk To You Louder.



I asked my daughter to give me the phone book. She laughed at me, called me a dinosaur, and handed me her i-Phone.

So now the spider is dead, her i-Phone is broken and my daughter isn't speaking to me!

**Teacher:** Clyde, your composition on "My Dog" is exactly the same as your brother's. Did you copy his?

**Clyde:** No, Sir. It's the same dog.

**Teacher:** Maria, go to the map and find North America.

**Maria:** Here it is.

**Teacher:** Correct - now class, who discovered America?

**Class:** Maria.

## WORDNERD:

Did you know?

- Dreamt is the only word that ends in mt.

- The oldest word in the English language is 'town'.

- 'Bookkeeper' and 'bookkeeping' are the only 2 words in the English language with three consecutive double letters.

- The dot on top of the letter 'i' is called a tittle.

## Answers to Quiz Questions on page 19

1. Auckland
2. Norman Kirk did not; this was a trick question
3. Melbourne
4. Augustus
5. Ferdinand Magellan
6. Iran
7. Seize the day
8. William Wordsworth
9. Ag
10. The nucleus
11. Ludwig van Beethoven
12. Casablanca
13. AB negative
14. Bat
15. Gold
16. Astana
17. The Red Sea
18. Bishop

**One of these days  
I'm going to  
get it together.**

**But not today.  
Or tomorrow.**

**The next few weeks  
are pretty full too.**



## **It's Puzzle Time**

A slightly more challenging test this month!! The answers are on page 18.

1. What was the original capital of New Zealand before Wellington?
2. Which New Zealand Prime Minister won the Nobel Peace prize?
3. Which Australian city was originally called Batmania?
4. Who was the first Roman Emperor?
5. Which explorer first circumnavigated the world?
6. Which country was formerly known as Persia?
7. What does the Latin phrase "carpe diem" mean?
8. Which poet wrote "I wandered lonely as a cloud"?
9. What is the chemical symbol for silver?
10. What part of a cell contains genetic material?
11. Which composer became deaf in later life?
12. In which film would you hear the line "Here's looking at you, kid"?
13. What is the rarest blood type?
14. What is the only mammal capable of true flight?
15. Which element has the atomic number of 79?
16. What is the capital of Kazakhstan?
17. Which sea separates Saudi Arabia from Africa?
18. Which chess piece can move only diagonally?



## Tamahere Retirement Village – Calendar of Events – June 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10.0 The Guys Group /CC 10.30 King's Birthday Morning Tea /CC 3.30 Book Club /cc 7.0 Indoor Bowls	<b>2</b> 10.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	<b>3</b> 9.15 Strengthening exercises with dumbbells CC 10.30 New World 4.00 Global Village /HDL 5.45 Rotary Club Meeting /CC	<b>4</b> PODIATRIST HERE 10.00 Bowls 10.0 AOK Clothing /CC 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	<b>5</b> 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 4.0 Movie /CC "Courageous"	<b>6</b> 10.0 Petanque– near V28
<b>7</b> 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	<b>8</b> 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 7.0 Indoor Bowls	<b>9</b> 10.00 Bowls 10.30 Chartwell	<b>10</b> 9.15 Strengthening exercises with dumbbells CC 10.30 New World	<b>11</b> 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	<b>12</b> 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	<b>13</b> 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
<b>14</b> 4.00 Worship in Wesley Chapel led by Nan Russell	<b>15</b> 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 7.0 Indoor Bowls	<b>16</b> 10.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	<b>17</b> 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	<b>18</b> 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/HDL	<b>19</b> 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 4.0 Movie /CC "Wizard of Oz"	<b>20</b> 10.0 Petanque– near V28 2.00 Living Waters Church Youth Group here /CC
<b>21</b> 4.00 Worship in Wesley Chapel led by Rev. Mohu Lolohea	<b>22</b> 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool 7.0 Indoor Bowls	<b>23</b> 10.00 Bowls 10.30 Chartwell	<b>24</b> 9.15 Strengthening exercises with dumbbells / CC 10.30 New World	<b>25</b> 10.00 Bowls 10.30 Coffee Group/CC 3.00 Happy Hour /CC	<b>26</b> 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	<b>27</b> 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
<b>28</b> 4.00 Worship in Wesley Chapel led by Rev. Barry Neal	<b>29</b> 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 7.0 Indoor Bowls	<b>30</b> 10.00 Bowls 10.30 Van trip to The Base	<b>Colour Coding</b> 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	