



Welcome to the
TAMAHERE VISTA
 May 2026



In recent weeks, we have had a number of new residents move into the Tamahere Eventide Village, to enjoy the next phase of their lives in our community. We warmly welcome you all and look forward to meeting you in the coming weeks – once all that unpacking is completed!

Sadly, with new people moving in, so it is that others have left us. We have had a number of residents in hospital and while we wish them a speedy recovery, our thoughts are also with those who have recently died. A wise person told me recently that “grief is the price we pay for loving”. We extend our love and sympathy to all those who are grieving.

April has been a quiet month in many ways, with Easter and Anzac Day all public holidays. However, we are now into May – Mother’s Day is just around the corner, children are back at school, and village life will be back to normal, (we hope).

This month, our Resident of the Month is Jan Batey, who has been at Tamahere Village for the past six months. It really is a privilege to sit and hear the stories and experiences of people we live alongside, but know very little about.

Congratulations to those residents who have offered their time and ideas to serve on our Residents’ Committee. On behalf of all the residents, thank you – we wish you well. Our thanks too to those who are have stepped aside from the Committee after a time. Thank you for all you have done for our village community.

Have a very happy May!

Carole Fleming (Editor)

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Introducing Jan Batey

Jan was born in Stratford, Taranaki, where her father was working on a farm. She had two brothers and two sisters – only one sister and herself are still living. (Jan explained that she lost both her brothers and a sister within six months last Christmas).



At the age of 5, the family moved from Stratford to Piarere, where she started school. Jan shared with me her vivid memories of riding a horse to school – from her grandfather’s farm in Horohoro Road, across four paddocks and down the road to the Tirau Road, and then on to the school.

Both at Stratford and Piarere, they had cows, and horses. They remained on the farm at Piarere until 1959, when they moved to Pukeatua, (between Arapuni and Te Awamutu) where her father bought a farm - they had dry stock, milking cows and sheep. Jan finished her primary school days there and then moved on to Te Awamutu College. She left school at 15, and spent the next year at home, on the farm – as her father thought, “growing up”.

Jan then went nurse-aiding – at the Wilson Home for Crippled Children in Takapuna, then later in Rotorua. It was while she was there, that she met a lady who needed to be accompanied home to the South Island, and so Jan set off and enabled the lady to travel back to Kaikoura. She stayed there caring for her for a further six months, and just loved the place. She learned to fish from a row boat – a great experience! She then moved back to the Waikato and worked at Tokanui Hospital, mainly on the night shift.

It was while she was working in Rotorua, that she met Alan – a blind date! Jan tells the story that they both wore glasses, and were blinded from then on. Their entire courtship was through letters as Alan was working for the Electricity Department, building substations. They were married in Kihikihi, and moved (with Alan’s job), initially to Maraetai, then over the next ten years, to Mangakino, Te Aroha (Waihou), Tauranga and then Rotorua. At this point, they decided enough was enough and moved to Hamilton – still with Alan’s job in the Department - where they bought a home in Ulrich Avenue. They stayed there for the next 49 years! Alan stayed with the Department until he retired at 72.

Jan and Alan had five children, four daughters and one son – the first three were born in Te Aroha, the fourth in Tauranga, and the fifth in Hamilton.

Last year, a grandson shared with them that he wanted to buy a house and was looking at one in Gordonton. Jan and Alan, who had been checking out possible villas at Tamahere, asked if their home came up for sale, would he be interested. He certainly was, and jumped at the opportunity – this meant they moved to Villa 40 at Tamahere two weeks later. They had the villa on hold while deciding if they were really ready to move after such a long time in their family home. This hurried the process – but Jan explained that for her it was comforting to have her grandson in the home and be able to still go back there whenever.

Scouting has been a major part of the family's life – Alan first became involved supporting his children who belonged. He became Scout Leader of the Sea Scout Group, where many activities, like boating, were water based. He gave 44 years of commitment to the development of young people, and just loved it. He said it gave him an excuse to just be a boy again.

Jan was also involved – she started as Alan's assistant – helping with cooking at camps – and then as the children were older, she too became a leader, for the next ten years.

Jan and Alan were committed to their community – through Scouting, school and Church. Alan was always on committees, and Jan went to the craft groups. Despite her limited sight now, she still knits – profusely – and showed me some of her work. They are really beautiful. She knitted for her own children, but now it's mainly for her great grandchildren. (She has 13 grandchildren and 13 great grandchildren – she will be busy!) She said, "It's now just play!" She spoke of wanting to join the Village Knit and Natter group.

Why did they choose Tamahere? A friend had recommended the village to them. Alan had been unwell for the previous year and with his health declining further, they realised that Jan would never be able to care for the large home and property on her own. The move to their forever home was in October 2025, but for Alan, sadly his forever home lasted only two and a half weeks.

Jan says she is still sorting stuff - though the garage is looking very organised, far better than it was, she told me. Jan said, "I can see daylight, and I'm here to stay!"



Some of Jan's knitted blankets. The one on the left she explained, is designed to resemble the sea – from the sand and breakers, through to the deeper sea; it even shows some shells.



Thankyou Jan, for sharing so much of your story with us. You have given so much of yourself for others, it is now your turn! Welcome to the Tamahere family – we hope you are very happy in your new home!

- Carole Fleming Editor)

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“Of all the seasons, autumn offers the most to (wo)man and requires the least of him (her).”

(Hal Borland)



New Residents

Villa 48	Anne and John Hayward
Villa 79	Selwyn Hanson and Val Holmes (from 7 May)

The market for the selling of your villas and apartments has been quite strong through summer and into autumn. The period of time of new residents signing until the sale of their home has shortened. I think this has been driven by falling interest rates and the willingness of NZ banks to lend to first home buyers. Whilst the value of your villas increased with the improving market, we are not back to the levels we had experienced prior to the latest downturn.

We are continuing with our radio advertising campaign through both secular (eg Newstalk ZB) and Christian stations, such as Life FM.

We have made the decision to move staff parking away from the café, after a suggestion from your Village Committee. We are hopeful that this will allow those with walking difficulties, better access to your Community Centre.

David McGeorge

Meet Billie – our Barista

Billie is originally from Napier; the family moved to Gisborne when she was 10. From a family of four daughters, Billie is the third. They all work in caregiving roles. There aren't many work opportunities in the Gisborne area outside of horticulture, so Billie moved to Hamilton to study at the NZ School of Tourism. She completed her Level 4 course in 16 weeks, and followed this with her Level 5 Diploma in Tourism Management. She is trying to get as much experience as she can for a role in hotel management.



Billie just loves art – she paints and draws in her free time. She loves a challenge – and really enjoys her partner with his old truck, combining their mutual interest in automotive mechanics and carpentry.

News about the Morrinsville /Matangi /Silverdale Roads intersection

In recent weeks, we have all learnt different ways that take us to Atawhai Assisi – the challenges continue! The peanut shaped roundabout is progressing well. The latest update from the Hamilton City Council is:

Works completed in the last two weeks:

- completed the first layer of asphalt
- installed most of the kerbs and islands
- installed the rocks in the centre of the roundabout and a new landscape feature
- installed more sections of the shared path
- installed the remaining rain gardens
- completed the ducting for the street lights.



And now they move into Stage 2. This next stage began on **Monday 13 April 2026**, and it is expected that **these upgrades, between Matangi Road and Cambridge Road, will continue through to early July (weather dependant).**

What's being built in Stage 2:

- shared paths on the busiest cyclist and pedestrian sections of the road
- physically separated on-road cycle lanes on remaining sections
- safe, raised crossings on Mullane Street, Morris Road, and Berkley Avenue
- improvements to the existing signalised pedestrian crossing on Morrinsville Road
- new and upgraded bus stops
- footpath widening
- energy efficient LED streetlights



And then, just in time to include in this newsletter, the Council have amended their electronic signs to say the roads are closed until **19 May!**

Hello Residents,

We are Valet Drycleaners, and we offer a full drycleaning service for the Residents of Tamahere Eventide with free pick-up and delivery on Tuesdays and Thursdays.

We can clean bedding, woollen garments, suits and formal apparel and everything in between, as well as your soft furnishings like curtains, throws and cushion covers.

Call Wendy or Jason on 07 8476492 to book a collection.



Cantando Choir Concert

Baroque to Blessed Light: A Journey of Light, Hope and Transcendence

**Saturday 9th May 2026, 7pm,
Waikato Cathedral Church of St Peter,**

Adult \$35, Concession \$30, Student \$20, Child (aged 12 and under) Free.
Available from info@cantando.org.nz or choir. There will be door cash sales.

As well as Vivaldi's *Gloria*, the concert programme includes the iconic *Zadok the Priest* by G. F. Handel, *Jesu, Joy of Man's Desiring* by J. S. Bach, *Cantique de Jean Racine*, *Ave Verum Corpus* by W. A. Mozart, movements from the *Requiem* by G. Fauré, and concludes with Fauré's *In Paradisum*.

In the words of the conductor, Kolitha Jayatunge, "This programme is about light, "It begins in brilliance and celebration, then gently guides us toward a sense of peace and hope".

Any queries please contact Delwyn, Villa 66. Phone 027 277 6563.

An Irishman went into a department store and asked the sales assistant: "Do you sell potato clocks?"

"I'm sorry, Sir", she replied, "I've never heard of such a thing. We sell digital clocks, alarm clocks, carriage clocks, cuckoo clocks and even grandfather clocks, but what exactly is a potato clock?"

"I don't know either," replied the Irishman, "but I start my new job at nine tomorrow, and my wife said to me: "You'd better get a potato clock."

CHAPLAIN'S KORERO

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

Over the last few weeks religion has been in the news. We've heard stories of prayer services in the Pentagon invoking violence against enemies, Donald Trump depicting himself as Jesus on social media, the Pope calling for an end to war in Iran and the American Vice President telling the Pope to stay out of politics and stick to matters of morality.



The right relationship between religion and politics has often been a matter of debate. It's sometimes said that religion exists to meet people's spiritual needs and so shouldn't get involved in social or political issues. People may protest when church leaders (of any faith) make public statements about things like poverty, racism, war and peace.

Yet, it can also be argued that politics is a central theme of religion. Jesus was someone who challenged the way society was ordered by offering a welcome to the little and the least: women, children, foreigners, lepers and sinners. His teaching and activity had a radical social and political edge giving some of his followers an example they want to follow.

These varying perspectives are a cause of contention both within the churches and without. My own view is that religion and politics need to go together and be held in balance.

I appreciate the scholar Walter Wink who argued that prayer without action lacks integrity, but that action without prayer lacks any soul. The theologian Kenneth Leech similarly wrote that a spirituality that cuts itself off from politics runs the danger of becoming escapist, while politics apart from spirituality is in danger of becoming anti-human. By this thinking religion and politics aren't alternative choices but ways of living that are deeply interconnected.

However, I also believe we're living in a time when some world leaders are seeking to hijack religion for their own political ends. As a Christian, I strongly oppose God's name being used to justify militarism, Christian nationalism or the arrogant use of power. "When that happens", said Rabbi Jonathan Sacks, "God speaks, sometimes in a still small voice ... beneath the clamour of those claiming to speak on his behalf [saying] *Not in My Name.*"

Such religion is false religion and I for one am glad to hear Pope Leo say "I have no fear of the Trump Administration or speaking out loudly of the message of the Gospel".

Ngā manaakitanga,

Susan

News from Lisa

The weeks roll round so quickly, its now nearly time for our next Happy Hour. Mark it on your calendar - Thursday 30 April, in the Community Centre, from 3pm.

In May, we are starting a new group – The Guys Group. The plan is to meet each Monday, starting 4th May, in the Café at 10am. This is very casual – come when you can; a good way to meet others.

You may be familiar with the charity, “Kids in Need”, supported by the work of the members of our Knit and Natter Group. Linda Roil, who heads this charity, has generously offered to come and speak to us about their work and the need for them in the community. Watch the weekly flyer for details of the time and date.



Have a very happy May,

Lisa



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’!”

The New Look continues!!

Towards the end of last year, we were introduced to the first of the new uniforms for Tamahere Eventide staff. The Rehab Therapists were in an olive-green, and the Registered Nurses, in a light blue.

Then in February, we saw two groups proudly wearing their new uniforms – the management staff and Diversional Therapists.

And now we can introduce you to our health care assistants wearing their very smart navy uniforms.



Planting your Spring Onions

For the Garden of your Daily Living:

Plant three rows of peas

1. Peace of Mind
2. Peace of Heart
3. Peace of Soul

Plant four rows of Squash

1. Squash gossip
2. Squash indifference
3. Squash grumbling
4. Squash selfishness

Plant four rows of Lettuce

1. Lettuce be faithful
2. Lettuce be kind
3. Lettuce be patient
4. Lettuce really love one another

No garden is complete without Turnips

1. Turnip for meetings
2. Turnip for Service
3. Turnip to help one another

To conclude our Garden, we must have Thyme

1. Thyme for each other
2. Thyme for Family
3. Thyme for Friends

Water freely with Patience and cultivate with Love. There is much fruit in your garden because you reap what you sow.

A Special Announcement:



Tamahere Eventide's Rehab team is pleased to announce that our group exercise classes enjoyed by residents at the Cherry Blossom Café every Monday, Wednesday, and Friday, can now be accessed on YouTube. So, whether you missed a session due to unforeseen errands or want to continue your exercise regime at a more convenient time, just open YouTube and search the title of the video or click the link.

Title: Tamahere Eventide - Balance and Core Exercises for Seniors

Link: <https://youtu.be/lSE269ZCCIQ?si=lsCwzVUcgjA1YHpE>

Title: Tamahere Eventide - Seated Exercises for Seniors

Link: <https://youtu.be/Kk310iG1OME?si=2TcEdSkUcaB5Mruz>

Title: Tamahere Eventide - Strengthening Exercises, With or Without Dumbbells, for Seniors

Link: <https://youtu.be/tkemlEXxAWQ?si=cnuA5pqOdUlg8Z31>



As always, your Rehab team is here to help by providing you with an exercise programme you can enjoy with family and friends, either at the vibrant community centre or in the comfort of your home.

**“It’s never too early
or too late to work towards
being the healthiest you.”**



Hamilton East Rotary Club Update

Two high quality presenters, with interesting and topical messages, have been arranged for May meetings.

At the meeting on May 6th, Professor Ross Lawrenson, the Professor of Health at the Waikato University, will be giving an update on progress towards the Waikato Medical School's opening.

Sean Dwyer from Taranaki Saving Bank, will be discussing fraud and how to protect against it at the Club meeting on 20th May.

The presenter for the June 3rd meeting is Fraser Smith from Hamilton City Council to talk about pest control while the meeting on the 17th of June will be a Games night. More about these in next newsletter. Residents will be well aware by now that the Rotary Club meets in the Village Café on the 1st and 3rd Wednesday of each month and that the club warmly welcomes residents to participate in the meeting either for the full meeting which includes partaking in a roast meal, or for the guest speaker-only part of the meeting. Meetings commence at 6.00 p.m. and the speaker session starts about 7.10 p.m. Residents wishing to attend either option **must** advise the club contact (details below) no later than the Sunday evening before the meeting of their intention to attend. There is no charge to attend the speaker-only part but a charge of \$30 pp applies for a full-meeting attendance.

Rotary International's special theme for the month of May is, YOUTH. Hamilton East Rotary is not currently directly involved in any specific youth project, but over the 66 years since its inception, it has been very active in supporting one or more of the several programmes which include - International Youth Exchange, Rotary Youth Leadership Award, Rotary Foundation University Scholarship, Outward Bound, J.R. McKenzie Trust Assistance, etc.

Rotary Contact – Ian – email hookian10@gmail.com Phone – 0210 728940



The teacher asked the Sunday School class to draw their favourite Bible stories.

She was puzzled by Eddie's picture which showed four people on an aircraft, so she asked him which story it was meant to represent.

"The Flight to Egypt", Eddie replied. "I see... and that must be Mary, Joseph and Baby Jesus", she said. "But who's the fourth person?"

"Oh, that's Pontius – the Pilot!"

During a visit to my Doctor, I asked, "Doctor, how do you determine if an older person should go to a Care Home?"

He replied, "Well, we fill up a bathtub with water, and then offer a teaspoon, a teacup and a bucket, and ask them to empty the bath.

I replied, "Oh, I understand – A normal person would use the bucket because it's bigger".

He looked at me and said, "No..... A normal person would pull the plug. Would you like a bed near the window?"

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 \$80 per hour, or \$70 for drop-off-to-workshop services.



Bentley Home PC Support

News from the Residents' Committee

Hello everyone,

This is my last report for the Vista as Chairperson of the Committee.

Firstly, I would like to thank Carole for all her work in collating everything interesting that goes into the Vista. I certainly enjoy reading it every month. Carole also adds photos to my report sometimes that she has taken at our events. I'm always so busy I forget to take pics. Thank you Carole.



Our Easter Monday morning tea was a lovely event and it was great to see so many of you all there. The Easter hats looked awesome and Rev Chee had a very difficult job of choosing a winner. It was also lovely to see you all swap an Easter Egg with friends. The Hot Cross buns went down a treat too.

We will have already had our ANZAC evening event by the time this Vista comes out. I'm hoping it was enjoyed by all.

We have decided to have one more activity run by this Committee. Helen Painting has arranged for a friend of hers, Adam Archer, previous owner of Peachgrove Antiques, to come along on Tuesday 12th May from 2pm. He is very knowledgeable about all things Antique. Bring along your items, he can appraise them, tell you about them and if you are wanting to sell, he will buy them. It should be an interesting afternoon.

Of course this event is in the Community Centre. There has been a little confusion about this space. It is our Community Centre, with a Cafe, Library and Pool Room. Everyone is welcome to use this space. Occasionally there will be private events. It does get used by the Rotary Club and is also used for Funerals, so obviously discretion is required.

I don't want to repeat myself too much as I have written about my committee in my report for the AGM. However, I would like to thank them for their support, ideas, hard work and friendship over the last year. There is no I in Team and we certainly have worked together as a team. I am sure you will agree with me as they have produced some fun activities for you to enjoy. As I am writing this a week and a half before the Vista comes out and before our AGM, I cannot report on the new Committee as yet. Thank you for your patience.

Lynn

A friend of mine works in an office where a computer going down causes quite an inconvenience.

Recently, one of the computers not only crashed, it made a noise sounding like a heart monitor.

"This computer has flat-lined!" a co-worker called out with mock horror, "Does anyone know how to do mouse-to-mouse?"

Answers to Quiz on page 24

1. Monaco
2. Smith
3. Calligraphy
4. Heights
5. Taoism
6. Delta
7. 42
8. Apollo
9. Yellow
10. 12

The Easter Bonnets!



There were some amazing (and a very innovative one using a bird's nest) creations at our Easter Bonnet competition at the morning tea on Easter Monday. Congratulations to Dawn Visser, (dressed in royal blue) who won first prize. Well done everyone!



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



On Saturday 18th April the Living Waters Youth Group together with The New Zealand Arts Association and the Oaktree Family Band presented a most enjoyable cultural recital. The show was compered by a cheerful and well prepared young lady from the Youth Group, who introduced the performers and explained each item.

We were treated to several dances from six beautifully dressed, graceful and elegant Chinese dancers. There were solo items from a tenor, an artistically costumed Chinese opera singer, accomplished violinist, expert cellist, very talented 8 year old pianist and an amazing Chinese cello player. We had a delightful Mother and Daughter dance, Children's enthusiastic hip hop demonstration and a version of the play Red Riding Hood. We were also invited by the tenor to join another dancer in a slightly different style of dance but none of us felt we had the flexibility or the courage.

Afternoon tea was provided by the group and we had the opportunity to mix and mingle.

It was a well organised recital and we were privileged to have this group of very talented young people visit us to share their culture.

- Diana Visser



What's Going On?

KEEPING ACTIVE:

There are several ways for us older folks to keep active. I have a couple of suggestions.

Try riding a trike at The Cambridge Velodrome. \$10.00 for one hour. I go along with a group from the village but our Wednesday class is full. However, there are several classes, contact trikes@velodrome.nz - or Louisa Anderson 0212806612

Or check out Cambridge Aquatic Centre, 23 Williamson St. The Perry Aquatic Centre is a state of the art facility. One outdoor pool and one indoor pool, a Hydrotherapy Pool, a Spa, Sauna and a tots pool. I go to use the hydrotherapy pool. Phone 07 823 5115, tell them what you need and check the hours. You can go independently and use the pools or join an aqua Aerobic Class.

Take your bikes to the Pureora Bike Trails Bike through bush, hear and see birds and wildlife. Bike over 18 suspension bridges. This, of course, is for people who are still able to ride bikes. Maybe tell your younger generation about this. New Zealand's best two day mountain bike trail. Follows the path of old logging roads.

TAMAHERE CULTURAL RESERVE:

As I drive back home from a trip to the Tamahere Shops and approach the Alfred Main Bridge, I often wonder what is happening on the land on my left. You can see a Pataka which might suggest that there is a Marae on this land. I drove into the driveway and parked with the intention of having a walk around. This reserve recognises the partnership established between the Mana Whenua and Kotahi NZ Transport Agency prior to the construction of the Expressway.



The first stop I made on my walk was the **Pataka** - storehouse - a very important food storage building on any Marae. The construction of the Pataka also displays the strength of the Rangatira – Chief. I then walked up to the **Tirohanga** - the lookout. This lookout was constructed to allow a wider view of the reserve and the surrounding landscape. This reserve sits on the edge of one of the many steep gullies found in the Tamahere district. These gullies feed into the streams and eventually into the Waikato River.

Ngati Korokii, Nga Hawaa and Wairere tribal narratives speak of many paa in this area. Two of them are very close to this location - one to the North and one to the South. The southern site can be seen across the gully beside the Alfred Main Drive. Evidence of rua - borrow pits - and Maara kai - cultivations - have also been recorded showing that communities thrived on the lands of Nukuhau and Tamahere. The Borrow Pits were made by Maori as they dug out sand and gravel to mix into and improve garden soil for crops of kumara and taro. Archaeologists discovered clusters of haangi, shallow scoops with charcoal rich soil containing small bones and cooking stones.

An interesting walk to be had, taking in the history and just a short walk (or drive) from our village. There is a picnic table if you take along a snack (and maybe a friend).

BUS NUMBER 20 - CAMBRIDGE TO HAMILTON:

It is possible to take a bus from Tamahere into Hamilton City Central Bus Station.

Bus number 20 comes from Cambridge and stops at the Tamahere Bus Stop. You will need to drive your car over to the Tamahere Community Centre and leave it parked until you have had your bus ride. I park my car close to the bus stop, with the Tamahere Park playing fields on the right. The bus stop is on the slip road access to the Expressway.

This bus runs every day and I took the 10.06 bus into the city and returned on the 1.15 - but you should collect a timetable. I have a timetable and will help anyone to pick out the bus time they want - until you have collected your own timetable.

Just one thing. Don't expect the bus to be on time, due to roadworks, and bad weather.

When you are on your way home you will leave the bus on the other side of the Expressway and follow the footpath back to wherever you have parked.

NEW CITY ROAD:

A \$600 million project to turn greenfield land into housing for New Zealand's fastest growing city is about to hit a major milestone. The Peacocke development is Hamilton City Council's largest-ever infrastructure project, designed to transform 720 hectares of semi-rural land in the city's south into a new urban community for up to 20,000 residents, providing 8000 new homes. The council is now starting on the final piece of key infrastructure, funded through the Government's Housing Fund loan.

\$10M HAMILTON AIRPORT EXTENSION:

A \$9.8 million project to increase the length of Hamilton Airport's runway has been granted a \$6.5m government-backed loan, "boosting resilience for Waikato and national aviation network," Regional Development Minister Shane Jones says. Hamilton Airport chief executive, Mark Morgan said the funding announcement was more than welcome after the airport initiated resilience discussions with the government more than 10 years ago, but without success. "It is great news for New Zealand's entire aviation network" he said.

IMPORTANT DATES IN MAY:

5th May - Mexico - Cinco de Mayo is an annual celebration to celebrate Mexico's victory over the Second French Empire at the Battle of Puebla in 1862, led by General Ignacio Zaragoza.

10th May - MOTHER'S DAY !!

27th May - Islamic Eid al-Adha

29th May 1953 - Hillary and Tenzing conquered Everest !!

WAIWHAKAREKE NATURAL HERITAGE PARK:

Waiwhakareke Natural Heritage Park is a 60ha park located on the northwest outskirts of Hamilton, across the road from Hamilton Zoo. The park has easy walking tracks with a loop and connecting tracks. Suitable for walkers looking for an easy walking trail in peaceful surroundings.

The park is on its way to becoming a self-sustaining sanctuary that represents the original ecosystem diversity of the Hamilton Basin. The park has a peat lake (Waiwhakareke or Horseshoe Lake), and wetland ecosystems with native plantings being restored.

PODIUM CAFE:

This cafe can be found at the Sir Don Rowlands Centre, Mighty River Reserve, Karapiro. This 19 hectares reserve is 6 kilometres south of Cambridge and is open for public access all year round. What a great place to visit, especially on a sunny day with views of the lake and Mount Maungatautari. Good place to take a picnic.

Last weekend the place was actually 'buzzing' with people of all ages from all across New Zealand, taking part in the National Kayaking & Rowing competitions. Most were teams and their families, camping at the edge of the lake. A bonus for the weekend was that Dame Lisa Carrington was on hand to offer encouragement to the young rowers. Looks like we have many more Olympic Champions in the making.

CLAUDELANDS EVENT CENTRE:

Hamilton Farmer's Market - Sunday mornings in The Barn at Gate 3

A Book Fair - where authors and readers connect - Saturday 2nd May - 9.30 - 4pm free entry

Split Enz - Forever Tour - 2nd May Claudelands Arena - buy tickets - TICKETEK

The Pink Floyd Experience - The Wall Tour - 23rd May - buy tickets - TICKETEK

Waikato Comics, Games Toy Fair - The Barn - 30th May - entry free or Koha

The Music of Andrew Lloyd Webber Concert - BNZ Theatre Hamilton: Sunday 3rd May. This one night only performance features the Trust Waikato Symphony Orchestra and the Hamilton Operatic Society with 125 performers, including local singers and a children's choir performing hits from Phantom of The Opera, Cats, Evita and more. Tickets are now on sale on [Ticketmaster](#).

WAIPA CREATIVE TRAIL: 23rd & 24th May - A weekend of open studios, galleries, and curated stops across Waipa. Across 10 Trail locations, you will find 11 open studios and galleries featuring 60+ creatives. See the process, meet the artists and creatives. Experience the work.

The Event is free - The Trail Map will be available later in the local newspapers ie Cambridge and Te Awamutu.

THE ROAD LESS TRAVELLED:

I chanced upon this TV Program on Sunday morning, 7.30am - TV1 - What caught my eye initially was that the owner of the Matangi Bootleg Brewery was being interviewed. I was able to push the record button, and again was reminded that we do live in a very interesting part of New Zealand.

This programme visits several places of interest including Hobbiton near Matamata, Sanctuary Mountain close to Karapiro, Hamilton Gardens, and the Maori Art Walking Tours of Hamilton plus many more.

Cherish every moment and every person in your life, because you never know when will be the last time you see someone. Life is fragile, take nothing and no one for granted. - These words of wisdom come from Winnie The Pooh !

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 4th May.



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

Conversations with Rabbi Small – Harry Kernelman (Briar)

This is a story about two people planning to marry – Aaron and Joan. Aaron is Jewish by birth and Joan is interested in being converted. “Rabbi” means a teacher of Jewish law. At a resort in the mountains, they discuss many topics.

Aaron is a scientist and an agnostic – meaning that he believes that it is impossible to know whether God exists. Joan, a Christian, questions his beliefs, which leads to tensions and includes a spiritual adventure.

Understandably, it is very hard to follow; however, over time, they find that Joan has Jewish grandparents and that she is a Jew – the grandparents become happily involved in their lives.

The message is that whatever religion they are interested in, the ultimate authority or love is God, and the worship, whether Jew or Gentile, under bondage or free, it is all one.

The language is very interesting but I found the chapters were too long to keep one curious. A serious but compelling read is about their working dogs as they live in their beautiful and rugged country. The working dogs are indispensable for the back country work. All the stories of the owners and their dogs are wide and varied and enjoyable. Also, the photos and the stories can be related to the work of the Creator. I feel proud of the way the photographer and writer gives us this special beauty.

The Rosie Project – Graeme Simsion (Isabelle)

One of the most endearing, charming and fascinating literary characters I have met for a long time.

Gone to Earth – Mary Webb (Isabelle)

Set in the Welsh marshes, a haunted country, like all borderlands. There are very few human characters though there is a girl in her teens – the daughter of a gypsy and a crazy beekeeper. The animate and the inanimate combine to work out tragedy. Compelling but not a light hearted read.

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

Indoor Bowls.

We have had a good couple of weeks on our Monday night indoor bowls. Ten to twelve people turning for an evening of fun at 7pm. We usually play eight ends, then pack up and retire back home by 8.30pm. We have two mats, so room for more players if anyone wishes to join us.

Don't forget to bring a torch to find your way back home again!

Lawn Bowls.

It has been an off and on month for bowls, the green has been too wet to play outdoors on more than a few occasions. We run out the indoor bowls mats if this occurs, so still plenty of exercise to be had.

Join us at gam on Tuesday and Thursday. We aim to commence play by 9.15am, so as close to gam as possible please.

After bowls on Tuesdays, we take advantage of the special muffin and coffee offer at the Cafe, (at your own expense,) a good time to have a social half hour.

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

Our next gathering is **Wednesday 6th May, 4pm, Lower Harakeke Lounge.**

This session is a special one - bring your good news stories to share. Everyone welcome, whether you contribute or not.

Enquiries - Gray Southon, email 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

Our group was delighted to receive the following email (excerpt) from the charity we support:

We received a donation of amazing knitting the other day from the group and just wanted to say a huge thank you.

It is of such beautiful quality and so wonderful to see how much love and thought has gone into them.

Please pass on our thanks to the group.

Warm regards,



Rebecca Broadbent

ADMINISTRATOR &
PERSONAL ASSISTANT TO LINDA ROIL

📞 027 502 3891

📍 118 Fencourt Road, Cambridge 3496

🌐 kidsinneed.co.nz

Keep up the great work, ladies! We meet in the Lower Harakeke Lounge most Friday mornings for a catch up, sharing of ideas and chat plus a cuppa.

Helen Painting ph 854 7662

Movies for May

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

Friday 1 May - Driving Miss Daisy 1h39

Daisy Werthan, an elderly Jewish widow living in Atlanta, is determined to maintain her independence. However, when she crashes her car, her son, Boolie, arranges for her to have a chauffeur, an African-American driver named Hoke Colburn. Daisy and Hoke's relationship gets off to a rocky start, but they gradually form a close friendship over the years, one that transcends racial prejudices and social conventions.

Friday 15 May - The Phantom of the Opera 2h 21

The Phantom of the Opera follows the story of Christine Daaé, a talented young soprano at the Paris Opera House, who becomes the obsession of a mysterious and disfigured musical genius known as the Phantom. As Christine navigates her feelings for the Phantom and her childhood friend Raoul, the Phantom's jealousy leads to dramatic and tragic events, ultimately revealing themes of love, obsession, and redemption.



Our Rehabilitation Corner



Cramps are associated with physical exertion. Even the best conditioned athletes can be brought to their knees and removed from competition because of cramps. The intense use of the muscles and the dehydration that occurs with perspiration together create the risk of cramping. The loss of electrolytes like sodium, potassium, and calcium with perspiration will lead to cramping of muscles.

Dehydration for any reason predisposes one to cramping. For example, if one does not drink six to eight glasses of water or equivalent fluid per day, dehydration can occur. If any of the liquids one does consume have caffeine in them, then the fluid is likely to be excreted in the form of urine since caffeine is a diuretic. As we age, there is a tendency to become less well hydrated.

Some of the diseases associated with cramping include alcoholism, hypothyroidism, myopathies, renal disease with dialysis, and excessive sweating. Pain in muscles that is not true cramping can occur with walking if there is claudication, which is a circulatory disorder causing inadequate blood supply to the muscles used in walking.

The treatment for a cramp is what we in medicine term “supportive.” That means stopping what one is doing that could have precipitated the cramp. Walk around – “walk it off” if possible. Next, is to massage the muscle areas attempting to relax the muscle. Drink fluids with some electrolytes like Gatorade. Take a warm shower or bath. Some recommend either heat or cold applied to the affected muscle. If the pain persists after the muscle has relaxed, over the counter analgesics (acetaminophen, ibuprofen, or naproxen) may be used to combat the residual soreness.

Proper stretching before and after exercise is key to preventing cramps related to exercise. Calf stretching is particularly important before or after exercise. The other important preventive measure is to hydrate before, during, and after the exercise. It is wise to use a diluted electrolyte solution like Gatorade in this prevention strategy. Always exercise in moderation and build up to increased amounts.

As for nighttime cramps, the best prevention is to stay well hydrated, avoid alcohol or caffeine before bedtime, eat a balanced diet that has the recommended dietary requirements for vitamins and minerals. Foods rich in calcium, potassium, and magnesium are essential. Gently stretch muscles that have caused cramps before going to bed. Avoid assuming positions of the body that seem to cause cramping at night or during the day. Do not smoke.

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

Our Chuckle Corner

My Favourite Animal

Our teacher asked what my favourite animal was and I said, "Fried Chicken."

She said I wasn't funny, but she couldn't have been right, because everyone else laughed.

My parents told me to always tell the truth. I did. Fried chicken is my favourite animal.

I told my dad what happened and he said my teacher was probably a member of the SPCA. H

I don't understand. My parents taught me to be honest, but my teacher doesn't like it when I am.

Today, my teacher asked me to tell her what favourite military person I admired most.

I told her it was Colonel Sanders.

Guess where I am now?????

The Pope and Donald Trump were on the same stage in Yankee Stadium in front of a huge crowd. The Pope leaned towards Trump and said, "Do you know that with one little wave of my hand I can make every person in this crowd go wild with joy? This joy will not be a momentary display, but will go deep into their hearts and they'll forever speak of this day and rejoice!"

Trump replied, "I seriously doubt that! With one little wave of your hand - show me."

So the Pope backhanded him and knocked him off the stage! AND THE CROWD ROARED AND CHEERED WILDLY and there was happiness throughout the land!

A lawyer had a wife and 12 children and needed to move as his current rental agreement was coming to an end and he was having difficulty in finding a new home. When he said he had 12 children, no-one would rent a home to him because they knew that the children would destroy the home.

He could not say that he had no children. He couldn't lie, after all lawyers cannot and do not lie, so he had an idea. He sent his wife for a walk to the cemetery with 11 of their children. He took the remaining one with him to see homes with the Real Estate Agent.

He liked one of the homes and the agent asked, "How many children do you have?" He answered: "12 children". The agent asked, "Where are the others?" The lawyer answered, with a sad look, "They are in the cemetery with their mother". And that's the way to rent a home for his family without lying!

God lives in the Post Office

Our 14-year-old dog, Abbey, died last month. The day after she died, my 4-year-old daughter, Meredith, was crying and talking about how much she missed Abbey. She asked if we could write a letter to God so that when Abbey got to heaven, God would recognise her. I told her that I thought we could so she dictated these words:

**Dear God,
Will you please take care of my dog? She died yesterday and is with you in heaven. I miss her very much. I am happy that you let me have her as my dog, even though she got sick.**

I hope you will play with her. She likes to play with balls and to swim I am sending you a picture of her so when you see her, You will know that she is my dog. I really miss her.

Love, Meredith



We put the letter in an envelope with a picture of Abbey and Meredith and addressed it to God, Heaven. We put our return address on it. Then Meredith pasted several stamps on the front of the envelope because she said it would take lots of stamps to get the letter all the way to Heaven. That afternoon she dropped it into the letterbox at the post office. A few days later, she asked if God had received her letter yet. I told her that I thought He had.

Yesterday, there was a package wrapped in gold paper on our front porch addressed, "To Meredith", in an unfamiliar hand. Meredith opened it. Inside was a book by Mr Rogers called, "When a Pet Dies". Taped to the inside front cover was the letter we had written to God in its opened envelope. On the opposite page was the picture of Abbey and Meredith and this note:

Dear Meredith,

Abbey arrived safely in Heaven. Having the picture was a big help. I recognised Abbey straight away.

Abbey isn't sick anymore. Her spirit is here with me just like it stays in your heart. Abbey loved being your dog. Since we don't need our bodies in heaven, I don't have any pockets to keep your picture in, so I am sending it back to you in this little book for you to keep and have something to remember Abbey by.

Thankyou for the beautiful letter and thank your mother for helping you write it and sending it to me. What a wonderful mother you have. I picked her especially for you. I send my blessings every day and remember that I love you very much.

By the way, I'm very easy to find. I am wherever there is love.

Love, God.

It's Puzzle Time

A slightly more orthodox test to challenge you this month!! The answers are on page 13.

1. Which country has the highest life expectancy as of 2026?
2. What is the most common surname in the United States?
3. What art form is described as "decorative handwriting or handwritten lettering"?
4. What is acrophobia a fear of?
5. What is the name of the Chinese philosophical system that emphasizes harmony with nature?
6. What is the 4th letter of the Greek alphabet?
7. How many dots appear on a pair of dice?
8. Who was the Ancient Greek God of the Sun?
9. Aureolin is a shade of what colour?
10. How many faces does a Dodecahedron have?



Sleeping Pills

Tom had this problem of getting up late in the morning and was always late for work. His boss was mad at him and threatened to fire him if he didn't do something about it. So Tom went to his doctor who gave him some pills and told him to take one every night before he went to bed.

Tom slept very well. In fact, he woke up before the alarm went off. He had a leisurely breakfast and drove cheerfully to work.

"Boss", he said, "the pill actually worked!"

"That's great", said the boss, "but where were you yesterday?"

"Did God make you, Grandpa?" "Yes, God made me" the grandfather answered. A few minutes later, the little girl asked him, "Did God make me, too?" "Yes, He did," the older man replied. For a few minutes, the little girl seemed to be studying her grandpa, as well as her own reflection in the mirror, while her grandfather wondered what was running through her little mind. At last she spoke up. "You know, Grandpa," she said, "God's doing a lot better job, lately, isn't he?"

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

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

Tamahere Retirement Village – Calendar of Events – May 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 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0 Movie /CC "Driving Miss Daisy"	2 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
3 4.00 Worship in Wesley Chapel led Rev. Dr Susan Thompson	4 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	5 9.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	6 9.15 Strengthening exercises with dumbbells CC 10.0 Village Cttee AGM /CC 10.30 New World 4.00 Global Village /HDL 5.45 Rotary Club Meeting /CC	7 PODIATRIST HERE 9.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	8 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	9 10.0 Petanque– near V28
10 4.00 in Wesley Chapel – Singing in the New Hymn Book led by Rev. Dr Susan Thompson & Others	11 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	12 9.00 Bowls 10.30 Chartwell 2.30 Antiques Appraisal and Info /CC	13 9.15 Strengthening exercises with dumbbells CC 10.30 New World	14 9.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	15 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0 Movie /CC "Phantom of the Opera."	16 10.0 Petanque– near V28 2.00 Living Waters Church Youth Group here /CC
17 4.00 Worship in Wesley Chapel led by Rev. Peter Bargh	18 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	19 9.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	20 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	21 9.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/HDL	22 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	23 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
24 4.00 Worship in Wesley Chapel led by Mary West	25 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1 pm Board Games, Pool 7.0 Indoor Bowls	26 9.00 Bowls 10.30 Van trip to The Base	27 9.15 Strengthening exercises with dumbbells / CC 10.30 New World	28 9.00 Bowls 10.30 Coffee Group/CC 3.00 Happy Hour /CC	29 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	30 10.0 Petanque– near V28
31 4.00 Worship in Wesley Chapel led by Rev. Paula Moala						