



Welcome to the **TAMAHERE VISTA** August 2025



Winter is an oddly quiet time of the year. We can see the signs of spring waiting to just burst forth, but holding back as the frosts and fogs are still with us. These days are still cold and it's wise to keep the heat pumps going and the extra bedding at the ready for a time yet. It's more important than ever, to keep warm – and well.

This month, we have so much news to share. Firstly, we meet Delwyn and Ian White who moved in to Tamahere earlier this year. They have had connections with Tamahere for many years, and now themselves have settled here to make it their home. Welcome to the Tamahere family! We trust you will be very happy here.

We are also introduced to the women of our Rehab team – their journey from the Phillipines to Tamahere is not the most usual. Read their story - we are exceptionally blessed to have them on our team!

This month, the staff of Tamahere Eventide have celebrated the wide diversity of cultures among them and now share the richness of that day with us. Congratulations on such a happy celebration.

A special thankyou to the many people who contribute in any way to this newsletter. Many of you provide information, others encouragement – thank you for helping to make this what it is.

Have a very happy August!

Carole Fleming (Editor)

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Introducing Delwyn and Ian White

Delwyn describes her childhood as privileged. Her family lived on a small dairy farm in southeast Queensland. There was no power – instead they had a generator for the dairy milking machine, no phone, she did her homework by lantern, and rode a bike to school, 6kms away, before going to boarding school at 14. They had a kerosene fridge, boiled clothes in a copper and separated the cream from the milk which was fed to the pigs. No sign here of Fonterra tankers!



At the end of 1969, Delwyn came to New Zealand for six months and ended up staying as so many others do. She had trained as a secondary teacher in Australia, taught there for four years and then at Tauranga Girls' College – and just loved it.

Ian was born and grew up in Hamilton – at the age of 17, he went to Rotorua to work as a Telecommunications draughtsman in the NZ Post Office, where he remained for nine years. Ian became involved with folk music and was part of the Wayfarers Folk Music Group based in Hamilton; he plays folk guitar and sings. While in Rotorua, he would come back to Hamilton each weekend to practice for various performances. Monday mornings (in the fog or frost) would see him making the trek back to Rotorua.

Ian and Delwyn met at a Beach Mission at Oakura near New Plymouth, and were married in Tauranga at the Wesley Methodist Church (before it burned down and was rebuilt). After they were married, they moved to Gisborne for four years. Delwyn taught at Gisborne Girls' High School before they had their two children, a son and a daughter. They are now the very proud grandparents of five grandsons.

Their move from Gisborne to Hamilton was prompted by the need for them to be closer to an experienced paediatrician for their daughter. Delwyn taught again at a number of high schools and intermediate schools, including an 18 year stint at Peachgrove Intermediate. She explained that there had been no intermediate schools in Australia – primary schools went from new entrants to year 8 (the old Form 2), and she just loved that the education system here was designed to meet the particular needs of this age group.

After retiring from Peachgrove, one would have expected Delwyn to “put her feet up”, but instead she went on to teach at a primary school, covering teacher release time for new entrants to Year 6.

Ian was still with the NZ Post Office Telecommunications and moved into IT when computers came in. With the restructure of the Post Office, Telecom was formed and in turn this was later owned by Bell Ameritech – who Ian ended up working for. He was involved in the initial data capture of cable terminal data and later the address data base. That involved Ian along with about 100 others manually keying in all the data – information – from the old paper records.

In 1995, the operation was closed in Hamilton, and re-centred in Auckland. The Post Office Engineering staff numbers were downsized from 35,000, to, when he took voluntary severance, a mere 7,000 people. Such was the effect of computers!

The next move for Delwyn and Ian was to Tamahere. They had been in their previous home for 20 years, and downsizing has been a challenge. They have been in Villa 66 for four months now and just love it - they feel very settled here.

Delwyn and Ian are still very active in the wider community. Delwyn is a member of the Cantando Choir, is a volunteer at Hospice In-Patient Care, writes poetry and enjoys crafts and sewing. Ian's IT skills and interests were used – along with 2 friends – in the design, setup and then operation of AV (Audio/Video) in the new St John's Church, built in Hamilton East. They both continue to be involved with St John's Church and have been involved with the Choir for many years.



VILLAGE MANAGER'S COLUMN

Quote of the Month:

"You only live once, but if you do it right, once is enough."

(Mae West)



New Residents

Harakeke 11	Wendy Fairweather
Villa 43	Karen Kirman

1. For those of you who didn't know, our Activities Co-ordinator, Karen, broke her right wrist. The break wasn't simple and she is recuperating at home – the next medical update is due on 2nd September. In the meantime, Chris has stepped up and will be doing some of Karen's duties. She will be based in the Village Café office Wednesdays to Fridays. Outside of these hours, please contact David or Marie in the main office.

Chris will be getting help with doing some of your house cleans, with the rest of them being done by her at her scheduled times. Karen was intending to doing the Tuesday drive to various malls and The Base. However, this change obviously has not happened. Please bear with us as we work through what is needed. In the meantime, the drive to Chartwell will take place with our normal driver.

2. The construction of the new villas on the motel site is well advanced. We have sold four villas and there is a lot of interest in the balance. The Board expects residents to be moving in by the end of September. We will be doing open homes nearer the time.

We now have eight staff units occupied on the site with a further four to construct. Each of the staff has been given a contract for up to three years' accommodation. Our expectation is that the staff are saving towards a house or specific projects to improve their lives.

3. Heat Pumps – If your heat pump is not operating as you would like, (eg blowing cold air), please contact Chris.

David McGeorge



Meet our Rehab Team

This month, it is my privilege to introduce to you, two recent appointments to our Rehab team. The team is led by Rosalyn, and until earlier this year, she was assisted by Lucky. He has now moved on, and we have two young women from the Philippines working with Rosalyn – Bheng and Mia.

Bheng (whose correct name is Legiel) has always loved sports and fitness. While at high school, she played basketball, and competed at the national level in basketball and handball. When she finished her studies, she chose to go and work to help support her family. She went to Dubai, UAE; she didn't realise that she could work and do sport there at the same time, and represent the Philippines at basketball and handball. She even became one of the Emarati-import players for the club.



From 2018 until 2021, Bheng was part of the coaching team of the Dubai Police Academy, worked as a fitness and sports trainer where she coached the cadets, SWAT ladies' team, plus their children and even their parents! They were very flexible!

Life in Dubai was too fast, Bheng reflected. Work, sleep, then more work. She explained it as, "If you don't move, you don't earn, and then you have no visa." She chuckled as she explained that in Dubai there are two seasons – winter and summer. Winter lasts for two months where the temperature averages between 13 and 15, and then for the next ten months, it is summer!

There is a very strong Filipino sporting community there. The fastest growing sport in Dubai at the moment is Padel Tennis, in which she was also an active member of the Pinoy Padelistas. She explained that this is very popular in Australia, and has now reached Auckland.

On leaving the Police coach role, Bheng went to work at the University as Head Coach for the Women's Varsity Basketball Team until earlier this year, when she decided to leave Dubai and thought about her future and even her retirement – here in her dream country, New Zealand. Bheng arrived here on 2nd May this year, and slipped into the role vacated by Lucky.



Mia and Bheng became friends in Dubai through the active sporting community there, and when a vacancy occurred at the Dubai Police, Bheng suggested her friend might be interested. Mia has a Black Belt in Taekwondo and has been the part of the Philippine National Team as well. They became mentors for each other as well as colleagues.

Mia came to Hamilton and is working towards her Masters in Sports Science (Human Performance Science) at WINTEC. In March this year, and needing to secure a placement for her studies, she was referred to Louis, our CEO, who agreed that she might undertake this at Eventide. Alongside this placement, she has worked in a voluntary capacity on the Rehab Team, and since Bheng's appointment, as a casual staff member – on both the Rehab team and the Diversional Therapists team, as required. Bheng and Mia have said that they both are very grateful to Tamahere's management in giving them a chance to work with this institution they now call a family.

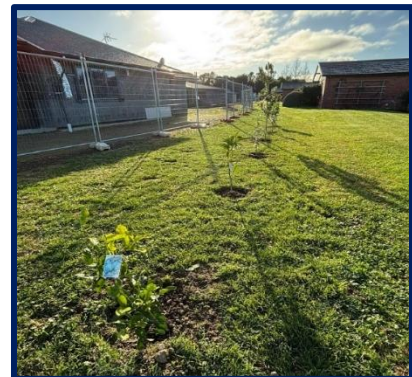
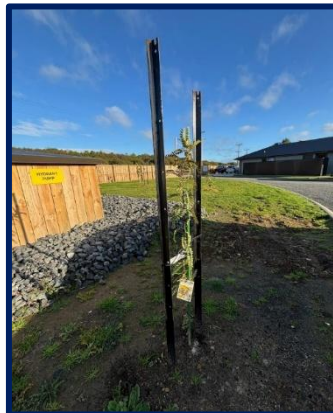
Outside of work, Bheng and Mia both coach and play basketball, enjoy jogging, hiking and exploring our countryside. They have been up Whakapapa and experienced the snow even. In addition, they both volunteer at Red Cross.

Their philosophy is so refreshing – they are aware of the different styles of fitness leadership. Their aim is to make a mark in people’s lives, for people to realise that exercise is not a punishment, but reward. “It makes you want to live longer, to love it – that’s why you do it! So make it fun!!”

What’s been happening in the Gardens?

Our gardeners have been very busy planting this row of citrus fruit trees, located between the old village and the new one on the motel site in order to create privacy between the residents’ homes.

We chose a Metrodiseros Maori Princess (Pohutakawa tree), surrounded by mandarin, orange and lemon trees. The Pohutakawa tree will provide vibrant red flowers that bloom during the summer months. It will attract birds and insects due to their nectar-rich, vibrant red flowers.



CHAPLAIN'S KORERO



Tēnā koutou e te whānau! It's good to be home after being away. As many of you know, I spent a week in Johannesburg attending a meeting of the World Council of Churches central committee representing WCC member churches from Aotearoa.

Before I left, many people gulped and wished me well as Johannesburg is known for its high crime rate. However, the chance to have a significant encounter with the South African context was a real privilege. This included visits to Nelson Mandela's home in Soweto, the Apartheid Museum and Constitution Hill, once a prison, now home to the country's Constitutional Court.

We also heard about the important role played by churches in being a voice for the voiceless during the long and difficult journey from apartheid to democracy.

A particular highlight was listening to Father Michael Lapsley, founder of the Institute for the Healing of Memories. Father Lapsley's experience of personal trauma (he lost both hands as the result of a letter bomb in 1990) led him to create a space where people could tell their stories and find healing from the wounds left by apartheid and other forms of violence.

Our meeting had a wide agenda but I will share a couple of decisions which may be of interest.

It was agreed by the committee that the segregation being imposed on the people of Palestine by Israel amounts to a modern-day system of apartheid in violation of international law and moral conscience. The meeting didn't use the word "apartheid" lightly and wanted to be clear that the actions of the government of Israel don't reflect the views of all Jewish people. However, in light of the suffering being inflicted on the people of Gaza and the escalating violence and oppression in the West Bank and Jerusalem, we believed that "apartheid" is an appropriate and prophetic description of current realities.

Keenly aware of the suffering of creation as a result of climate change, the meeting launched a world-wide Ecumenical Decade of Climate Justice Action. Many of our churches are taking climate-focused initiatives already and it's hoped that the new Decade will bring these together and promote bolder action. We also affirmed a proposed new Feast of Creation to be held every September uniting Western and Eastern Christian traditions in worship and environmental stewardship.

God speaks to us in the wisdom of many traditions but also in the cries of our broken world. As we left our meeting, we prayed together for the courage to speak out "where silence is betrayal, to act where injustice reigns and to love where fear divides ... in the name of Christ, who walked among the poor, who broke bread with the outcast and who rose with wounds still visible."

Ngā manaakitanga,

Susan



NEWS FROM KAREN (AND CHRIS)

Hello to you all – I trust you are all keeping warm – and dry!

A special thankyou from Karen - to Wendy, Lynn, Helen and Anne for their help in decorating the Café for the Mid-Winter Christmas celebrations. I would not have got the cafe so beautifully decorated without them.



Thankyou too to Sandra, Loka and all those involved in bringing the great event together. And thanks to our wonderful laundry for washing the many tablecloths we used.

And this is how Karen ended up that day!

Mark these August dates on your calendar!!

- **Saturday 2nd August** – Café closed for private function
- **Tuesday 5th August** – 2pm Pellows and Hills Funeral Services will be here in the Centre to discuss how to organise funerals.
- **Wednesday 6th August** – 3pm in the Centre for the Residents' Committee quiz. BYO drinks and nibbles, teams of six people. If you don't have a team, come along and we will make teams up.
- **Saturday 9th August** – 2pm in the Community Centre. The Living Waters Church Youth Group – our Mandarin young people, will be here.
- **Thursday 28th August** - Happy Hour – start time is 3.30pm (on the last Thursday of each month) in the Community Centre.

Zumba Gold sessions - these will now be on Tuesdays from 4:20pm to 5:20pm led by Paola, Lesly's sister, and on Saturdays from 9 am to 10 am with Lesly - in the Village Cafe.

Please note that over the next several weeks, there are a number of private functions being held in the Community Centre. Check the weekly flyer for the dates of these.

Karen / Chris
Village Activities Organiser



Chris' Housekeeping Tip for the Month

If you've got melted plastic or other gunk building up on the bottom of your iron, just pop into your kitchen and grab a dash of seasoning. No, really!

Sprinkle some table salt over a sheet of paper and then run a warm iron over it a few times. Once the iron has cooled down – make sure it's unplugged first – wipe it down with a soft cloth.

Salt is actually pretty coarse on a microscopic level. The mineral will scour any residue on your iron sole-plate but is less likely to leave scratches than something like steel wool. You can also use a pinch of salt to clean cast iron skillets.

Age Concern Waikato Community & Industry Event



Age Concern Waikato is proud to host:
Scam Awareness 2025

This event will be a panel discussion from local and national experts on Scams and the impact on our older community members. We will follow with time for questions, discussion and connection.

Coffee & Tea provided

10 am – 12 noon, Thursday 7th August 2025

The Link
4 Te Aroha St
Claudelands
Hamilton

Everyone Welcome, No cost

Please RSVP - enquiries@ageconcernwaikato.org.nz
Or phone 07 838 2266



Thank you so much those that attended my holiday presentation last week. Leisure Time Travel is a leading New Zealand owned tour operator, offering an exceptional range of escorted group domestic and international tours. I was particularly excited about sharing with you all, our stunning New Zealand tours, alongside a handpicked selection of international itineraries. If you would like to register on our website to get all the latest updates, just click on the contact tab in the menu to complete.

We look forward to welcoming you on a Leisure Time Travel tour, where we can pick you up from your door and drop you home again.

John McGough

021 244 3445

<https://www.leisuretimetours.co.nz/>

DRYCLEANING TWICE WEEKLY SERVICE

Valet Drycleaners offer a free pick-up and delivery service to the residents of Tamahere Eventide on Tuesdays and Thursdays.

It's time to refresh your winter woollies, coats and jackets and blankets and bedding.

Call Wendy or Jason on 07 847 6492 to arrange a pick up.

Valet Drycleaners

**29 Whatawhata Road
Dinsdale, Hamilton**



Do you remember this?

One day, a little boy came running home with a letter in his hand.
— The teacher asked me to give this to you... and said only you should read it, no one else — he told his mother.

She read the letter silently. Her eyes filled with tears, but she smiled and said:

— The teacher writes that you are a genius. The school doesn't have the facilities or the teachers to properly educate you. So he recommends that I teach you at home.

And that's exactly what she did — with love, patience, and belief in her son.

Years passed. The mother passed away. And the boy grew up to become one of the greatest inventors in history — Thomas Alva Edison.

One day, now an adult, he happened to find that same letter. He opened it out of curiosity — and what he read stunned him.

In reality, the letter said:

"Your child is mentally deficient. We cannot allow him to attend our school anymore."

Edison cried for a long time. Then he wrote in his diary:

"I was a child with learning difficulties. But I had a mother who was brave enough to make me believe I was a genius. And so I became one."

Incredible, isn't it?

She could have told him the truth and broken him. But she chose otherwise.

She gave him words that became his wings for life.

That's the power of words.

And that's what it means to believe in someone when no one else does.

Remember:

What you say to a child stays in their heart forever.

So guard your words.

Because they can destroy — or save.

Break — or lift up.

And like that mother — don't let someone else's words define who you are.

Write your own story.

And most importantly... never give up.

Memory care support group

Are you caring for someone living with dementia? Do you need someone to listen or understand? Would you like to meet with others on a similar journey? If so, you are welcome to come to our memory care support group.

We offer a space where you can share your experiences, hear from staff and other health professionals, ask questions, learn how to navigate support services and talk about self care. A diverse range of people attend including the whānau of people who are living with early and more advanced dementia.

Our group is a safe space where everyone understands and no-one judges. We listen, we learn and we encourage; we laugh and sometimes we cry. We all know that dementia is a tough journey; we all need people to lean on.

The support group meets on the third Thursday of every month at 10.30am in the Harakeke Lounge (Upper Floor). If you would like to come along, please give the Chaplain a call at 027 538 8827. We next meet on Thursday 21st August.

- Chaplain Susan



A Peek into the Photo Album showing Mid-Winter Christmas!!

Amazing images of a wonderful celebration of Mid- Winter! Just look at the decorations and all those happy faces!





Teacher .. Maria, go to the map and find North America.
 Maria .. Here it is.
 Teacher.. Correct – Now class, who discovered America?
 Class .. Maria.

Teacher .. Donald, what is the chemical formula for water?
 Donald .. HIJKLMNO
 Teacher .. What are you talking about?
 Donald .. Yesterday you said it's H to O.

Some of the best words literally ever!

**BAMBOOZLED - MALARKEY - SKEDADDLE - DOOHICKEY -
 WHATNOT - GOBSMACKED - FLIBBERTIGIBET -FLUMMOXED -
 WHIPPERSNAPPER - GOBBLEDYGOOK - FLABBERGASTED -
 SHENANIGANS - LOLLYGAGGING - KERFUFFLE -
 NINCOMPOOP - THINGAMAJIG - WHATSIT - WHATCHAMACALLIT -
 CANOODLE - CODSWALLOP**

A Celebration of Cultures



Last Saturday, the staff of Tamahere Eventide gathered for our Cultural Celebration. It was indeed a celebration of different heritages shared with joy by all staff, with their own native cuisine, decorations, cultural clothes and all woven with fun and laughter that connected with everybody.

The opening celebration started with a welcome speech from our CEO Louis Fick, followed by a prayer from our Chaplain Susan. Then a cultural parade with people from each nation carrying their national flag, wearing traditional outfits and singing their national anthem.



They each then gave a brief description of their culture:

- **New Zealand:** 24 staff in this ethnic group. The culture of New Zealand is a synthesis of indigenous Māori, colonial British, and other cultural influences. The country's earliest inhabitants brought with them customs and language from Polynesia, and during the centuries of isolation British colonists in the 19th century brought Western culture that had a dramatic effect on the indigenous inhabitants, spreading Western religious traditions and the English language. Over time, a distinct Pākehā or New Zealand European culture emerged.



Sports that most New Zealanders participate in are rugby union, cricket, basketball, netball, association football (the most popular sport amongst children), rugby league and hockey. Also popular are golf, tennis, cycling and a variety of water sports, particularly sailing and rowing.

- **India:** 37 staff of Indian culture, which is often labelled as a combination of several cultures, this has been influenced by a history that is several millennia old, beginning with the Indus Valley Civilization and other early cultural areas. India has one of the oldest continuous cultural traditions in the world. The most important and frequently used spices and flavourings in Indian cuisine are whole or powdered chilli pepper, introduced by the Portuguese from Mexico in the 16th century, black mustard seed, cardamom, cumin, turmeric, ginger, coriander, and garlic.



Cricket is currently the most popular spectator sport. Football has also gained popularity; they qualified for the 1950 FIFA World Cup, and 1960 Olympics. India has also had success in field hockey, winning the World Cup and multiple medals in the Olympic Games.

- **South Africa:** There are 9 South African staff - the culture is known for its ethnic and cultural diversity. It has twelve official languages, but other indigenous languages are spoken by smaller groups, chiefly Khoisan languages. The heavily meat-based diet has spawned the distinctively South African social gathering known as a *braai*. A variation of the barbecue, braais often feature boerewors or spicy sausages, and mielies (maize) or Mielie-meal, often as a porridge, or pearl millet, a staple food of black South Africans. Pastries such like koeksisters and desserts like melktert (milk tart) are also universally popular.



The most popular sports in South Africa are association football, rugby, and cricket.

- **Korea:** There are 2 staff from Korea who traditionally believe that the taste and quality of food depend on its spices and sauces, the essential ingredients to making a delicious meal. Therefore, soybean paste, soy sauce, *gochujan* or red pepper paste and kimchi are some of the most important staples in a Korean household. Other popular dishes include *bibimbap*, which literally means "mixed rice" (rice mixed with meat, vegetables, and red pepper paste), and naengmyeon (cold noodles).



Association football remains one of the most popular sports in South Korea, the martial art of taekwondo is considered to be the national sport. Baseball and golf are also popular. The board game, Go, known in Korea as *baduk*, has also been popular for over a millennium, first arriving from China in the 5th century CE; *baduk* is played both casually and competitively. Traditional Korean music includes combinations of the folk, vocal, religious and ritual music styles of the Korean people.

- **Sri Lanka:** 8 staff are from Sri Lanka, also known historically as Ceylon, an island country in South Asia. It lies in the Indian Ocean, southwest of the Bay of Bengal, separated from the Indian peninsula by the Gulf of Mannar and the Palk Strait. It shares a maritime border with the Maldives in the southwest, India in the northwest, Andaman and The Nicobar Islands in the northwest, and Myanmar through the Bay of Bengal. The most spoken language Sinhala, is spoken by the majority of the population (approximately 17 million). Tamil is also spoken by approximately five million people, making it the second most-spoken language in Sri Lanka. The culture of Sri Lanka is influenced primarily by Buddhism and Hinduism. Sri Lankan culture is the basis of the country's long life expectancy, advanced health standards, and high literacy rate. Dishes include rice and curry, pittu, kiribath, wholemeal roti, string hoppers, watalappam (a rich pudding of Malay origin made with coconut milk, jaggery, cashews, eggs, and spices including cinnamon and nutmeg), kottu, and appam, Jackfruit may sometimes replace rice. Traditionally food is served on a plantain leaf or lotus leaf.



- **Tonga:** There are 5 staff from The Kingdom of Tonga, an island country in Polynesia. Traditionally, fishing and farming have accounted for the livelihood of a majority of Tongans. The main food crops include sweet potatoes, bananas, yucca, taro and giant taro. Cash crops include squash and pumpkins, which have in recent years replaced bananas and copra as the largest agricultural exports. Vanilla is another important cash crop. The liquid from the centre of coconuts was commonly drunk, and the soft "spoon meat" of young coconuts much relished. Baked breadfruit was eaten in season, and with the banana and taro could be stored in pits until fermented into a unique staple preserve known as *mā*. Pigs were killed and cooked only on special occasions, such as weddings, funerals, feasts honouring a visiting chief, and the like. Tongans also ate chickens. They have also acquired a liking for meat of horses which were originally brought by British sailors intended to be bred as transportation for missionaries; one delicacy is a braised dish with coconut milk.



Rugby union is the national sport in Tonga.

- **Philippines:** There are 39 staff from this country that has 7,641 islands. Inhabited by more than 182 ethnolinguistic groups. Festivals in the Philippines, locally known as *fiestas*, originated dating back to the Spanish colonial period when the Spaniards introduced Christianity to the country. Flores de Mayo (Spanish for "flowers of May") is a festival held in the Philippines in the month of May. It is one of the May devotions to the Blessed Virgin Mary and lasts for the entire month. The



Santacruzán (from the Spanish *santa cruz*, "holy cross") is the ritual pageant held on the last day of the *Flores de Mayo*. It honours the finding of the True Cross by Helena of Constantinople and Constantine the Great. Filipinos cook a variety of foods influenced by Western, Pacific Islander, and Asian cuisine. The Spanish colonisers and friars in the 16th century brought with them produce from the Americas such as chili peppers, tomatoes, corn, potatoes, and the method of sautéing with garlic and onions. Eating out is a favourite Filipino pastime. A typical Pinoy diet consists at most of six meals a day; breakfast, snacks, lunch, snacks, dinner, and again a midnight snack before going to sleep. Rice is a staple in the Filipino diet, and is usually eaten together with other dishes. Filipinos regularly use spoons together with forks when eating out and when it involves eating soup like nilaga. But in traditional home settings they eat most of the time with their bare hands and also when eating seafood. Rice, corn, and popular dishes such as *adobo* (a meat stew made from either pork or chicken), *lumpia* (meat or vegetable rolls), *pancit* (a noodle dish), and *lechón baboy* (roasted pig) are served on plates.

- **Thailand:** 1 staff member is from Thailand's historical and cultural heritage that has been shaped by interactions with neighbouring cultures such as Indian, Chinese, Japanese, Khmer, Portuguese, and Persian, with the ancient city of Ayutthaya serving as a global trade centre. Thai cuisine is known for its diverse range of dishes, which include spicy salads, soups, curries, stir-fries, and desserts. The flavours in Thai cuisine are balanced and often incorporate sweet, sour, salty, bitter, and spicy elements. The most common ingredients used in Thai cooking are fresh herbs and spices, such as lemongrass, ginger, garlic, and chilli peppers, as well as fish sauce, coconut milk, and palm sugar. Thai cuisine varies across regions, with dishes influenced by local traditions and ingredient availability. In central Thailand, sticky rice is not commonly used as a staple food but is instead used in desserts, such as mango sticky rice, custard sticky rice, durian sticky rice, etc., which are often made with coconut milk/cream. Thai iced tea, Oliang, and Nom yen are popular drinks in Thailand, often sweetened with condensed milk and flavoured with cardamom or syrup.



Association football and Futsal are the most popular sports in Thailand.


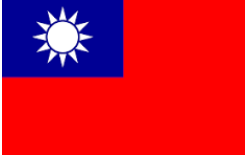

- **Nepal:** 1 staff member is from the culture of Nepal which is expressed through music and dance; art and craft folklore; languages and literature; philosophy and religion; festivals and celebration; food and drinks. As many as 123 languages are spoken in Nepal. The government declared volleyball as the national game of the country. Before it used to be dandi biyo.



- **Chile:** 2 staff members are from the culture of Chile which reflects the population and the geographic isolation of the country in relation to the rest of South America. The national dance of Chile is the *cueca* (short for *Zamacueca*) and first appeared in 1824. Another form of traditional Chilean song, though not a dance, is the *tonada*. Arising imported by the Spanish colonists, it is distinguished from the cueca by an intermediate melodic section and a more prominent melody. The cuisine arose from the fusion of traditional indigenous ingredients with Spanish culture and traditions. Further European immigration also brought various styles and traditions in cooking were heavily influenced by the *Italians* and the *Germans*. Many Chilean recipes are enhanced and accompanied by *wine* and Chilean *pisco*, a type of grape brandy produced in Chile.



Football is the most popular sport together with skiing, surfing, basketball, and rodeo.

- Chinese:** 2 staff members are from the Chinese culture which has exerted profound influence on the philosophy, customs, politics, and traditions of Asia. Chinese cuisine has influenced many other cuisines in Asia, with modifications made to cater to local palates. Seasoning and cooking techniques of Chinese provinces depend on differences in historical background and ethnic groups. Geographic features including mountains, rivers, forests and deserts also have a strong effect on the local available ingredients, considering climate of China varies from tropical in the south to subarctic in the northeast. The history of tea in China is long and complex, for the Chinese have enjoyed tea for millennia.
 
- Taiwan:** 1 staff member is from the culture of Taiwan, a blend of Han Taiwanese and indigenous Taiwanese cultures. The most widely spoken and de facto language in Taiwan is Mandarin Chinese. Pearl milk tea (also known as bubble tea or boba) is a popular tea drink available in many parts of the world. Taiwanese tea culture, include tea arts, tea ceremony, and a very social way of enjoying tea. The most common teas are oolongs, especially Taiwanese oolongs such as Iron Goddess and Alpine Oolong - however, black teas and green teas are also popular. Many of the classical arts can be seen in the tea culture, examples: calligraphy, flower arts, incense arts, and such.
 
- Peru:** 1 of our staff is from the Peruvian culture which is the gradual blending of Amerindian cultures with European and Asian ethnic groups. The ethnic diversity and rugged geography of Peru allowed diverse traditions and customs to co-exist. Peruvian culture has been deeply influenced by native culture, Spanish culture, and Asian culture. Other minor influences on their culture are Chinese, Japanese, and other European peoples.
 

Football is the most popular sport in Peru. Among the most representative dishes of Peruvian cuisine are *ceviche* (fish and seafood marinated in lime juice), *chupe* (soup) of shrimp, *anticuchos* (grilled beef heart skewers), *olluco con charqui*, the Andean *pachamanca* (meats, tubers, and beans cooked in a stone oven), *lomo saltado* (stir-fried beef with tomatoes and onions, served with fried potatoes and rice) of Chinese influence, and *picante de cuy*. These dishes are often accompanied by typical drinks such as *chicha de jora* (corn fermented and sun-dried), with very low alcohol content, as well as non-alcoholic *chicha* made from purple corn or peanuts.

Among the native dances, those related to agricultural work hunting, and warfare are prominent. Some of these choreographies show Christian influence. Two of the most representative Andean dances are the *kashua*, communal in nature, performed in groups in open spaces, and the *wayño* or *huayno*, a "salon dance" performed in pairs in enclosed spaces. Other Andean-origin dances include the *yarav* and *triste*, which are songs with typically very sentimental lyrics.

(Thankyou Versie Gareza, General Manager Care, for sharing this wonderful occasion with us).



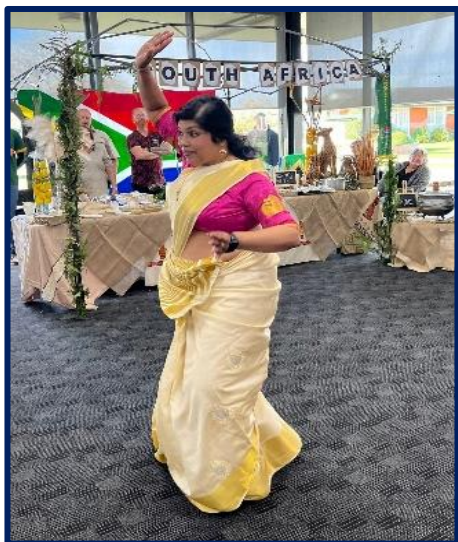
The day started with each cultural group setting up displays



The food! There were even two pigs!!



And then followed the dancing!



Such pride and love of one's own country and culture shown through colour, food and music honestly brought such joy to everyone.

The very strong sense was of belonging - to our own heritage and traditions - but to this country and above all - to Tamahere.

- Carole



Ransomware: what you need to know

Although these kinds of attacks have become less frequent over the past 3 years, I thought I'd provide some information about what are known as "ransomware" or "cryptolocker" attacks. These malicious applications are employed by anonymous hackers to extract money from their unwitting victims by encrypting (preventing access to) documents, data and images on the victims' computers. Unfortunately the attacks are not always 100% preventable, but you can save yourself a lot of hassle by knowing what to do if you get hit with one.

If you get a message on your computer (not on an email) saying your data has been encrypted and you need to pay money to get it back, close all programs and shut down your computer immediately. If your computer will not shut down, hold the power button for 10 seconds which will perform a "hard shutdown" (not advisable normally). Do not turn the computer back on. Then contact a computer expert to assess the situation. Unfortunately even with the help of seasoned professionals, it is not always possible to recover the data.

To be prepared for an attack (and many other computer issues), you need to have your important data backed up somewhere other than your computer. Simple as that. If you have your data backed up, then lose it to this kind of attack, you can just reinstall the operating system and your programs, then copy it back. Simple solutions to backup your data include the built-in Windows Backup (on PC) or Time Machine (on Mac). When backing up to an external drive, make sure it is only plugged into the computer while backing up, otherwise the data on the drive could become encrypted too in this sort of attack.

Paying the ransom is a last resort. While there are scenarios where businesses haven't backed up their data, so it makes financial sense to pay the ransom and get it back, by doing so you encourage the hackers to do more of the same to others. Also, some of the more recent attacks don't actually have a guarantee of getting your data back, even if you pay the ransom.

Antivirus solutions (I recommend Eset Internet Security) can often prevent these kinds of attacks by scanning your emails (the malicious software will often be attached to a scam email). But since no antivirus solution is bullet-proof, it makes strong sense to be cautious about emails that look suspicious. Regardless, regular backing up is a good solution to many problems including ransomware, computer failure and poor decision-making when you've had one too many drinks!

Bottom-line: always keep your data in two places, if it's important to you. Whether the second place is online in 'cloud' storage (eg. dropbox or google drive) or an external drive is up to you.

Feeling pressured? Contact Matt at 0211348576 or info@homepcsupport.co.nz \$80 per hour, or \$70 for drop-off-to-workshop services.



Bentley Home PC Support



WHAT'S GOING ON?

PETANQUE –

A French Game that has been played in Europe since the middle ages. The modern game was developed in 1910 in the town of La Ciotat, near Marseilles. Petanque is a sport that falls into the category of boules sports along with lawn bowls and crown green bowling.



Players throw their boules towards a small Jack to see who can come closest. The word Petanque meaning 'foot fixed or 'foot planted' (hence no running around). The Petanque New Zealand Association has 35 affiliated clubs.

A small group of residents play the game each Saturday morning (weather permitting). We could be described as 'social players' - we don't take the game too seriously but just enjoy the get together, the fresh air and the challenge. Several of us learned the game after moving to Eventide. Such a pleasant start to Saturday mornings.

WAIKATO HALO HALO FESTIVAL 2025 CLAUDELANDS EVENT CENTRE -

We are bringing the biggest ever Filipino Street Food Festival in the Waikato! **30th August** at Claudelands Event Centre 10am-5pm. A major part of the Hamilton Southeast Asia Festival NZ 2025.



HAMILTON OPERATIC SOCIETY -

We are thrilled to announce that Hamilton Operatic Society will be bringing Andrew Lloyd Webber's iconic musical "Cats" to the stage. We can't wait to welcome in a new generation of jellie Cats to join us for this fresh take on a purr-fectly magical production. Clarence St Theatre **26th July - 9th August** - Book TICKETECK (www.ticketek.co.nz).

THE BEST OF THE BEE GEES - Saturday Night Fever: **Friday August 22nd** 7.30 at Clarence St Theatre - Covers Tribute Bands - Tickets from TICKETECK (www.ticketek.co.nz).



SWISS NATIONAL DAY -

The Swiss National day takes place on **1st August every year**. It celebrates the signing of the Swiss Federal Charter in 1291. It is a date that all Swiss celebrate in a variety of ways, from fireworks and bonfires to brunches and BBQs with friends.

HAMILTON GARDENS;

"Time Traveller's Guide to Hamilton Gardens", Author, Peter Sergel, shares excerpts from his book for the Hamilton Book Club. **Thursday 21st August**, 6.30pm to 8pm in the Chartwell Room at Hamilton Gardens Pavilion. COST \$10.00.

Through captivating storytelling & stunning photography, The Time Traveller's Guide to Hamilton Gardens shares all the hidden secrets and fascinating histories behind each garden. Peter's book will be available for sale.

LIDO MOVIE THEATRE - CENTRE PLACE HAMILTON: They offer 'Cheap Tuesdays' to everyone - \$10.00 - 10.30am to 9pm. For more information, email hello@lidothamilton.com

YORKSHIRE DAY!!

I never would have imagined that Yorkshire Day would be celebrated down here in New Zealand. They will likely sing "On Ilkley Moor Bat At"!!

Yorkshire Day is celebrated in Waiuku, New Zealand, with festivities starting on the Sunday before August 1st due to the time difference. Waiuku is known for its strong connection to Yorkshire, with many residents having emigrated from the region. The celebrations often include traditional Yorkshire food like fish and chips, Yorkshire puddings, and mushy peas, as well as cultural activities and a link-up with Yorkshire via Skype or similar.

JUST A FEW SUGGESTIONS OF PLACES TO MEET AND EAT:

- **Tieke Golf Club** situated on Airport Rd, near to the airport. We enjoyed a very nice lunch whilst enjoying the lovely view across the golf course. Open to the public most of the time unless Golfing Championships are on.
- **Mixture:** On Tamahere Drive. So close to our Village. If you haven't tried it yet, put this place on your list.
- **Kelly's Cafe:** Grey Street, Hamilton East. This is a family run cafe, well known for its friendliness.
- **Fresca:** On Alison Street, off Kahakitea Rd or close to the lake. They have a special - \$10.00 for coffee and a muffin every morning Monday to Friday. Order before 10.30am - Muffins are delicious.
- **Absolutely Coffee:** This is the place to go to get your Eccles Cakes. In Cambridge – go into the New World carpark, and look across to the left. There are parking spots outside Absolutely Coffee.



WHAT IS THIS? This is a bath cleaner and each morning I hang it on my mailbox. My mailbox faces my neighbour's mailbox and she also hangs a bath cleaner on her mailbox. This way we both know that we are 'up - alive - and well!' I wonder if other readers have inventive ways of communication?

Dumpling Making Classes + Taste, Cambridge Town Hall, Victoria St, 10am and 5pm classes. **Friday 22nd August.** As part of CHINA DAY Festival at the Cambridge Town Hall there will be two traditional Dumpling Making Classes 10am and 5pm. These will include eating dumplings and drinking Chinese Tea. Tickets \$10, email dandiwang.tv@gmail.com to register.

Branded Winter Warm Up – Country Music Festival, Don Rowlands Centre, 601 Maungatautari Rd, Lake Karapiro, **Friday 1st August 2pm-10pm, Saturday 2nd August 10am-10pm, Sunday 3rd August 9.30am-2pm.**

A 3-Day event featuring Trevor Stevens, Te Rina Barrett, Charmaine Puriri, Grant Waikaho, Aileen Silver, Joy Adams and Matu Dennis with supporting singers.

Friday 2pm - invited singers; 6pm - 4 hours of rock'n'roll/country rock music

Saturday 10am - anyone can sing (walk-ups), 2pm-5pm invited singers will perform

6pm-10pm - Showcase Concert - Shane Hales and Suzanne Lynch with The Shazam Band

Sunday 9am-2pm - Gospel.

No Eftpos at venue. Onsite caterers. Sorry, no dogs.

Tickets Friday & Saturday \$35pp 1-day pass, \$60pp 3-day pass, Sunday free.

Auckland Youth Choir, Cambridge Town Hall, Victoria St, 2.30pm-4pm. **Sunday 3rd August.**

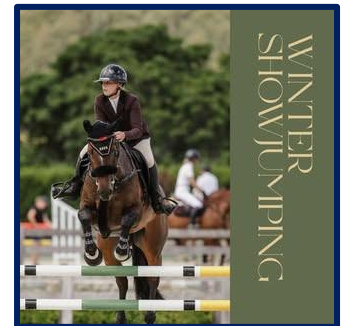
Join Auckland Youth Choir for an afternoon concert in Cambridge, featuring 130 of Auckland's finest young singers. Auckland Youth Choir is a 130-strong mixed voice youth choir of singers aged 16–27 from across Tāmaki Makaurau Auckland. The choir was set up in 1984 to bridge the gap between school and adult choirs and has had significant success since with innovative performances, large membership growth and collaborations with some of New Zealand's preeminent musicians and arts organisations. Tickets \$15 from <https://www.ayc.org.nz/event-details/ayc-in-cambridge>

Cambridge Sunday Blues Jam, Stallions Bar & Grill, 75 Victoria St, 3pm-6pm.

Open blues and jazz jam with House Band Kitset Blue. Bring your trumpet, sax, harmonica, flute, drumstick, keyboard, guitar or voice. All welcome. Backline amps provided.

Friday 8 – Saturday 9 August - Winter Showjumping, Takapoto Estate, 90 Finlay Rd, Maungatautari.

Showjumping from 9am both days. Friday – practice day. Saturday – competition day. Whether you're a long-time equestrian fan or just looking for a fun day out with the family, there's something for everyone to enjoy. Showjumping heights range from 90cm to 1.30m. Café and food trucks onsite as well as Rider's Bar.



The Trade Village for merchandise purchases will be open daily. Free entry and ample parking. Wine tastings available 12pm-4pm on Saturdays of the winter Shows. \$10pp (redeemable with wine purchase). No bookings required. Ph 027 388 5920.

Saturday 2 August - Cambridge Farmers' Market, Victoria Square, 8am-12pm.

Saturday 9 August - Tamahere Lions Best Artisan Market, Tamahere Community Hall, 4 Tamahere Lane, Tamahere, 9am-1pm. Over 30 indoor and outdoor stalls selling food, coffee, art, craft, gifts, wood and garden items, some produce and more. Proceeds to local, national and international community causes. (Also collecting good quality toys, books and clothes for Kids in Need Waikato, recycle glasses for Fred Hollows Trust and wine bottle tops/can tabs for Kids Can). Free admission and parking.

Empire Street Market, Empire St, 10am-1pm (winter hours). First Sunday of month. Quality, local, handmade products.

Monthly Dutch Market, Bridges Church & Community Centre, 28 Duke St, 10am-1pm **Saturday 30th August**. All sorts of Dutch goodies, Gezzelgheid and more. Great coffee/tea with speculaasje, kroketten and Bitterballen, Poffertjes, cheese, herring, flowers, hand-crafted cards, and the Dutch Shop. Cash sales. Check Facebook for updates.

Pauline Eastwood.

News from the Residents' Committee

Hi everyone,

Hope you are all keeping warm and dry. The committee met on the 18th and we have a busy calendar planned till the end of the year. Hopefully we have some activities that you will be interested in attending.



We are planning another Quiz for Wednesday August the 6th, but we are going to hold it in the afternoon instead of you having to come out at night.

It will start at 3pm. Bring along your own drinks and nibbles if you want any. We ask that you keep your team size to 6 or less. If you don't have a pre-organized team, still come along as we will make up teams of 6 on the day that you can join.

These have been a lot of fun in the past with spot prizes, entertainment, and the winning team getting a free lunch in the Cafe.

September, we are planning another Dessert Evening. These have been popular in the past so hopefully we will get a good turnout.

October, we hope to host another Caroline Eve Fashion Show. Date to be confirmed.

Also in October, on the Monday of Labour Weekend, we will hold the Craft Fair. More about that closer to the time but if you are a Crafty person and will require a stall, please contact me, so I can book you a table. Hopefully we are giving everyone enough time to make all your wonderful items you wish to sell. We have some very talented Residents in our village.

Now, November. A Variety Show. This will be an evening show, starting at 6.30pm. However, we can't put on a show without performers. So, if you can play an instrument, sing, dance, a bit of an actor and like skits, or have any other talents, we need you.

We don't plan on having auditions but we will get together with people who are interested in September and chat about what people have planned. That way we can organize props, sound, music etc. There isn't really a theme but it is close to Christmas, if you wish to base your act on that you are most welcome to. Otherwise, anything goes.

Our Christmas Cake and Carols evening last year was enjoyed by many, so we will hold that again in December.

Whew, that's a lot. There will be more information closer to each event, with dates, etc. The committee put a lot of time and energy into organizing these events so we do hope you can attend some of them.

Lynn.



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 10.30am on the first Friday of each month in the small Lounge in the Community Centre. Their next meeting is Friday 1st August.



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

The Glory Trail – Ray Hogan (Gladys)

Luther, a cowboy who had always fancied being a lawman, was given the opportunity by the sheriff when he had to take a prisoner to the penitentiary. The surprise came when he discovered the prisoner he had to escort was a woman guilty of cattle rustling. The woman asserted she had “friends” who would turn up to take her away whilst they were taking the journey by stagecoach. However They were attacked by Indians, the coach overturned and they commenced walking, eventually reaching a ranch where they borrowed horses. Further encounters with deserters and an attempt at being lynched when his prisoner spoke up for him claiming he was her husband. Just as they approached their destination, they were met a posse of five men. After shooting three of them, the other two turned tail and he managed to hand his prisoner over to the warden before catching the coach back to the sheriff who praised his work.

However, the cowboy decided he wasn’t cut out to be a lawman, and quit!

Zealandia – Jim Lynch (Gladys)

An interesting detailed account of establishing the Wellington fenced conservation area which later became a bird sanctuary and was copied throughout New Zealand.

The author’s vision inspired hundreds of Wellington citizens to be involved and was created mainly by volunteers.

Formerly the valley was covered by gorse and by predators (stoats, possums, rats and mice). Thirty years later, all but mice have been eliminated and many New Zealand native birds have been established – several transferred from Kapiti Island, Tiritiri and Mt Bruce. Tuatara from Stevens Island are also found there.

A Visitors’ Centre has been built for tourists and school education visits.

Petanque

This is an enjoyable activity each Saturday morning, weather permitting. If you would like to come and 'give it a try' we are happy to show you how to play.

A sociable, non-competitive game, down at the end of Tidd Lane - or next door to Villa 28.

Tamahere Global Village

We continue our discussions of the amazing changes the world is experiencing and exploring some predictions.

What sense is there in the way that the world is going?

Everyone welcome, to participate or simply listen.

For further information contact Gray, Ph 0211 020 977.

Gray Southon (V 102)

Bowls

OUTDOOR BOWLS - We need to be rescued! Dwindling numbers have caused a couple of days when we haven't had bowls. It's very difficult to form teams when only a couple roll in to play!

We'd like to welcome new players - no experience needed; we have spare bowls for anyone who would like to give it a go.

We muster at 10am on Tuesday and Thursday, play for about an hour, then have a cup of tea in the library. The rules are a bit elastic we adjust them as needed.

Please come along to swell our numbers.

INDOOR BOWLS - Our Monday nights have been a bit sketchy, darker cooler nights have kept people home, and we've had some really nasty wet weather on Monday evenings, so staying away is understandable.

We muster at 7pm, and are usually heading home around 8.30pm. Come along and join us in the Cafe. Make friends and have fun.

Beth Richards, H23
Bowls Communicator

Ukulele Sing-a-long Group

Ukulele group meet in the downstairs Harakeke lounge on Thursday afternoons at 2pm (but not the last Thursday of the month), to sing and make music together. If anyone would like to play – or learn to play - feel free to contact Keith at Villa 10.



Games Afternoons

Remember, we play table games (Rummikub, Trionimoes etc) each Monday afternoon in the Community Centre, starting at 1pm. Due to popular demand, we are now also playing each Friday afternoon, from 1pm. Come and join us.

Knit and Natter Group

We continue to work towards another delivery of warm blankets and garments for our chosen charity – Kids in Need Waikato.

Here is an excerpt from their latest newsletter so that you can all see what the need is:

As we head into winter, I'm reflecting on just how much we've achieved together so far this year. By the end of May, we had put together 946 care packs for children in care - each one a reminder that there is love and support surrounding these children when they need it most.

Over the past few months, I've had the privilege of speaking to 11 different groups sharing important updates and raising awareness about what we do. Kids in Need has also connected with 79 caregivers at 12 coffee groups across Putāruru, Te Kuiti, Waihi, Te Awamutu and Cambridge.

**Linda Roil
Founder
Kids in Need Waikato**

As you can see, they do an amazing job of supporting caregivers and children in need over a very wide area. We feel privileged to be able to do our small part in this huge need.

Helen Painting ph 854 7662

Vision Impaired Group

Hello every one -

Just a quick reminder that we are still getting together for a chat and a coffee on a Thursday at 10.30 in the Café, and you are more than welcome to join in . Come along and enjoy the company.

**Lyn Pettigrew (Rimu 1)
Group Co-ordinator (027 827 5011)**

Pool

We meet on Mondays at 1pm and on Wednesday evenings at 7pm 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.

Movies for August

Movies have moved to 4pm on Friday for the winter months, at the Community Centre.

For August they will be:

8th August 4pm - The Life List

The Life List is a 2025 American romantic comedy drama film, starring Sofia Carson, Kyle Allen and Connie Britton. It was written and directed by Adam Brooks and adapted from the novel of the same name by Lori Nelson Spielman.

After the death of her mother, Alex revisits her childhood aspirations, endeavouring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey.

22nd August 4pm - The Blind Side

The story of Michael Oher, a homeless and traumatized boy who became an All American football player and first round NFL draft pick with the help of a caring woman and her family.



Mobility Scooter for Sale



For Sale

This mobility scooter is for sale - It is very close to 2 years old and is in very good condition. The extras include the front and rear carry bags and flag, also the charger.

Price \$3,000 ONO.
All enquiries to Paul
on 027 418 4271.



*Fancy being able to
do some mending or
even some sewing?*

*Free to a good
home- a Bernina
Bernette sewing
machine.*

*Call Carole on 021
465550.*

Our Rehabilitation Corner

How to create a healthy senior diet? The key to healthy eating is to focus overall, minimally processed food that your body needs as you age—food that is as close to its natural form as possible. Our bodies respond differently to different foods, depending on genetics and other health factors, so finding the healthy diet that works best for you may take some experimentation. These tips are a good place to start:



Eat plenty of fruit and vegetables. Break the apple and banana rut and go for colour-rich pickings like berries or melons. Aim for two to three servings a day. When it comes to veggies, choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as colourful vegetables such as carrots and squash. Make veggies more appetizing by drizzling them with olive oil, sprinkling with goat cheese, or frying with garlic or chili flakes.

Choose calcium for bone health, as well as nerve health, hormone health, and muscle health which can all decline as we age. Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. It's best to get around 1200mg a day for both men and women. Good sources include milk, yogurt, cheese or non-dairy sources such as tofu, fortified soy milk, fortified orange juice, broccoli, almonds, and kale.

Go “good fat” not “no fat”. Rather than trying to cut out fat from your diet, focus on enjoying healthy fats—such as omega-3s—that can protect your body against disease and support your mood and brain function. The best sources of omega-3's come from fatty-fish; like salmon, mackerel, sardines, and tuna, as well as seaweed if you're vegetarian. Aiming to eat two to three servings of fish per week is recommended to maintain brain health as you age.

Vary your sources of protein. As you age, eating enough high-quality protein can improve your mood, boost your resistance to stress, anxiety, and depression, and even help you think more clearly. Eating enough protein can also help to prevent natural muscle loss that happens in our older years. However, eating too much protein from processed meat products such as hot dogs, bacon, and salami may increase your risk of heart disease, cancer, and other health problems. Vary your sources of protein instead of relying on just red meat by including more fish, beans, peas, eggs, nuts, and seeds in your diet.

Eat more fibre. Dietary fibre can do so much more than keep you regular. It can lower your risk for heart disease, stroke, and diabetes, improve the health of your skin, and help you to lose weight. As you age, your digestion becomes less efficient, so it's important to include enough fibre in your diet.

Be smart about carbs. Choose whole grains over processed white flour for more nutrients and fibre and cut down on sugar and refined carbs. While our senses of taste and smell diminish with age, we retain the ability to distinguish sweet tastes the longest, leading many older people to consume more sugar and refined carbs than is healthy. Unlike complex carbs that are rich in fibre, refined or simple carbs (such as white rice, white flour, refined sugar) can lead to a dramatic spike in blood sugar, followed by a rapid crash which leaves you feeling hungry and prone to overeating.

*Prepared by: Rosalyn Pelaez
Allied Health Coordinator - Tamahere Eventide
Source: www.helpguide.org*

Our Chuckle Corner

Beverly, 90 years young, had played golf every single day since her retirement 25 years ago. But one evening, she returned home looking unusually downcast.

"That's it," she told her husband, Gus. "I'm giving up golf. My eyesight has gotten so bad that once I hit the ball, I can't see where it goes."

Gus, who was a remarkable 103 years old, made her a comforting cup of tea and said, "Why don't you take me along and give it one more try?"

Beverly sighed. "That's no good," she replied. "You're 103! What help could you possibly be?"

Gus straightened up proudly and said, "I may be 103, but my eyesight is perfect!"

The next day, Beverly reluctantly took Gus to the golf course. She teed up, took a powerful swing, and squinted down the fairway. Turning to Gus, she asked, "Did you see the ball?"

"Of course I did!" Gus replied confidently. "I told you, my eyesight is perfect."

"Great!" said Beverly, feeling a surge of hope. "So, where did it go?"

Gus paused for a moment, then scratched his head. "...I don't remember."



A Polish man moved to Ireland and married Mary from Cork.

Although his English was far from perfect, they got along very well until one day he rushed into a lawyer's office wanting a divorce.

The lawyer said getting a divorce would depend on the circumstances and asked him the following questions: Have you any grounds?

Yes, an acre and half and nice little home.

No, I mean what is the foundation of this case?

It made of concrete.

I don't think you understand, does either of you have a real grudge?

No, we have carport.

I mean, how are your relations?

All my relations still in Poland.

Is there infidelity in your marriage?

We have hi-fidelity stereo and good DVD player.

Does Mary beat you up?

No, I always up before her.

Why do you want this divorce?

She going to kill me.

What makes you think that?

I got proof – Mary going to poison me!!!.

What kind of proof?

She buy a bottle at shop and put on shelf in bathroom.

I can read, and it say: Polish Remover.



I'll Still be Loving you!

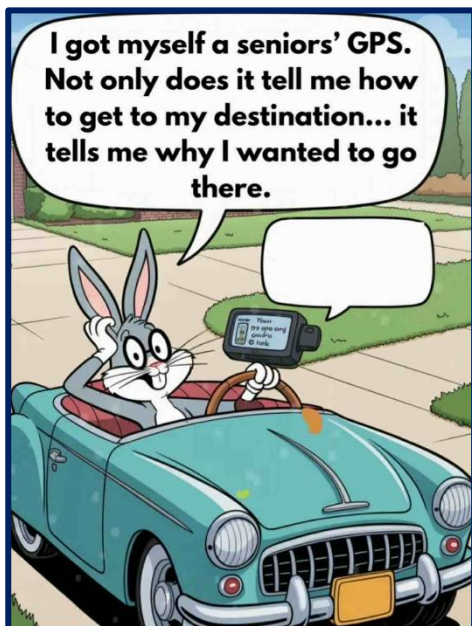
*When your hair has turned to winter
and your teeth are in a plate,
when your getter up and go
has gone to stop and wait –
I'll still be loving you.*

*When your attributes have shifted
beyond the bounds of grace,
I'll count your many blessings,
not the wrinkles in your face –
I'll still be loving you.*

*When the crackle in your voice
matches that within your knee
and the times are getting frequent
that you don't remember me –
I'll still be loving you.*

*Growing old is not a sin,
it's something we all do.
I hope you'll always understand –
I'll still be loving you.*

David Hay 1936



A couple drove down a country road for several miles, not saying a word.

An earlier discussion had led to an argument and neither of them wanted to concede their position.

As they passed a barnyard of mules, goats, and pigs, the husband asked sarcastically, "Relatives of yours?"

"Yep," the wife replied, "in-laws."

Two weeks ago, the teacher asked the children to write an essay entitled, "If I were a Millionaire".

Everyone was writing, except a girl who leaned back with her arms folded.

"What's the matter?" the teacher asked. "Why aren't you writing?"

"I'm waiting for my secretary," she replied.

The teacher scored her 10/10.

Answers to Quiz Questions on Page 31

1. Ulaanbaatar; 2. AB negative; 3. Six; 4. 1999;
5. 1896, Athens, Greece; 6. Cerebellum; 7. Hg;
8. Blue Whale; 9. Avocado; 10. Pacific Ocean;
11. Zeus; 12. Milky Way; 13. Flamboyance;
14. Unicorn; 15. Durian; 16. Coulrophobia;
17. A Hippopotamus; 18. Reykjavik, Iceland;
19. 1666; 20. Femur

It's Puzzle Time

Time to put your collection of random fun facts to the test again! Check out these quiz questions - Good luck! (The answers are on page 30).

1. What is the capital city of Mongolia?
2. What is the rarest blood type among humans?
3. How many wives did King Henry VIII have?
4. In which year did Serena Williams win her first Grand Slam singles title?
5. In what year and in which city was the first modern Olympic Games held?
6. What is the scientific term for the "little brain" at the base of the brain that coordinates movement and balance?
7. What is the chemical symbol for the element mercury?
8. What is the largest mammal in the world?
9. What is the main ingredient in guacamole?
10. What is the name of the largest ocean on Earth?
11. Who is the king of the gods in Greek mythology?
12. In what galaxy is our solar system located?
13. What is the term for a group of flamingos?
14. What is the official animal of Scotland?
15. What fruit is known as the "king of fruits" and is banned in many hotels and public transportation in Southeast Asia due to its strong smell?
16. What is the fear of clowns called?
17. What animal's milk is pink?
18. What is the northernmost capital city in the world?
19. In what year did the Great Fire of London occur?
20. What is the largest bone in the human body?



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 – August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge			Colour Coding Green Exercise Groups Red Groups, Trips (Shopping etc), Games Black Church Services Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group		1 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 10.30 Book Club /cc 1 pm Board Games/CC	2 CAFÉ CLOSED 10.0 Petanque– near V28
3 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	4 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	5 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 2.0 Pellows funerals /CC 4.20 ZUMBA /CC	6 9.15 Strengthening exercises with dumbbells/CC 10.30 New World 7.00 Pool/CC	7 PODIATRIIIST HERE 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	8 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0 Movie “The Life List”/CC	9 9.00 ZUMBA /CC 10.0 Petanque– nr V28 11.0 Catholic Liturgy /C (Sue Kenrick) 2.0 Mandarin Group
10 4.00 Worship in Wesley Chapel led by Nan Russell	11 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	12 9.45 Bowls 10.30 Chartwell 4.20 ZUMBA /CC	13 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	14 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	15 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	16 9.00 ZUMBA /CC 10.0 Petanque– near V28
17 4.00 Worship in Wesley Chapel led by Mary West	18 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	19 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 4.20 ZUMBA /CC	20 9.15 Strengthening exercises with dumbbells CC 10.30 New World 11.0 Holy Communion /C (Rev. Dr Susan Thompson) 7.00 Pool/C	21 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	22 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0 Movie – “The Blind Side”/CC	23 9.00 ZUMBA /CC 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
24 4.00 Worship in Wesley Chapel led by Rev. Paula Moala	25 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	26 9.45 Bowls 10.30 Van Outing 4.20 ZUMBA /CC	27 9.15 Strengthening exercises with dumbbells CC 10.30 New World 7.00 Pool/CC	28 9.45 Bowls 10.30 VIG Coffee/CC 3.30 Happy Hour /CC	29 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	30 9.00 ZUMBA /CC 10.0 Petanque– near V28
31 4.00 Worship in Wesley Chapel led by Rev. Alisa Lasi						