



Welcome to the
TAMAHERE VISTA
February 2026



Happy New Year friends! It's been a quieter (and yes, wetter) time during January, but we can be sure that life will be "more normal" as February rolls on. I hope everyone had a lovely Christmas, with family and friends. To those who have been travelling, welcome home! To those who have been unwell during this time, we trust you will soon be feeling brighter again.

A reminder that we have another public holiday in February – Waitangi Day (6 February) falls on a Friday this year, making it another long weekend. So, the workers and school children will all have another four day week – but sit back with your cup of tea, and smile! Because every day is a holiday when you live here!!!

Welcome to the people who have come into our village in the past few weeks. I trust that you will soon see past the cartons and muddle, and be aware that you have neighbours! This is a fantastic place to live in, and we warmly welcome you here and trust you too will soon settle and enjoy your new home. Can I just make a suggestion, that as we all try to remember names of other residents (new and not so new), we can do our bit by wearing our name badges!

Our featured Residents of the Month this time are Henry and Julie Strong who came to our Village in October last year. It's an absolute pleasure to have you as part of our "family".

Have a wonderful February – let's hope we have some summer weather soon!!

Carole Fleming (Editor)

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The Unknown 2026

The tinsel's unwrapped from the decorated tree
And the balloons, once round, now wrinkled, look sad as can be.
Carols have ceased being joyously sung
And the wreath at the front door has been unhung.

Christmas family togetherness was treasured by most
And some probably served a tender stuffed turkey roast,
Though others enjoyed something a lot more low key,
Like a picnic in a quiet sheltered park maybe.

Fireworks loudly sparkled the dark sky
At midnight the 31st and we all knew why.
The new year was heralded in with style
And at that time, it seemed right to smile.

Bright summer sunshine has warmed both air and sea
Encouraging scantily clad children to splash happily,
While busy air-cons or whirling fans
Allow for comfort inside, especially for nans.

For all of us the new year is a completely blank page
With nothing indelibly written at this stage,
None of us knows what each day holds in store
But being realistic, we know there'll be ups and downs galore.

Many made resolutions to do this and not that
But already quite a few will simply be 'old hat',
Maybe they were a want and not really a need
So it wasn't so important to make them succeed.

It's going to be hard to face every day with a smile
And sometimes we'll need help to think things through for a while,
But there will be good times that brightly shine through,
Especially with family and friends both old and new.

Thankyou for sharing this poem, Delwyn.

Happy New Year to you all!!



Introducing Henry and Julie Strong

Henry and Julie are very recent arrivals in our Village, and are happily settled in Villa 114, one of the new villas on the old motel site.

Henry was born and raised in Quincy, Massachusetts where he went to primary and junior high school. He then went on to an Agricultural High School from which he graduated at 18. As part of the course the students had work experience – his first of these was at a chicken hatchery, and then on a large farm run by a Mental Health Unit.



After graduation, Henry joined the Navy. He was in the Reserves for the first year, then in the Regular Navy where he joined the Construction Battalion. His first assignment was to Bermuda. In 1974, he volunteered for Operation Deep Freeze in Antarctica, based out of Christchurch. His role was to build “roads” in the ice, off-load ships and manage heavy equipment. Henry had expected to winter over in Antarctica but budget cuts changed that, and instead he had two summers there. His first trip to Christchurch involved extensive training, and it was during this time that he met Julie one evening at the Officers’ Mess. Henry left for Antarctica the first time, shortly after meeting Julie. On his return from the ice, he spent a few weeks with Julie then returned to California for five months. On his return to Christchurch, he and Julie were married. However, two weeks later, Henry was back to Antarctica for the next summer.

After this term, Henry and Julie moved back to the United States and settled in California for six months until he left the Navy. They then drove right across the country taking ten days, returning to where his parents were still living, in Quincy. He drove trucks there for the next four years. Their first child was born in the US in 1978, just a few days before the “Blizzard of ‘78”.

In 1980, they returned to Christchurch where Henry worked as a loader driver for Farrier-Waimak for the next two years. The Ministry of Energy had a serious recruitment campaign at this time, and Henry applied and became a Power Station Operator trainee. The training was provided in Christchurch after which they spent a year based at the power station at Lake Coleridge. This was followed by a move to Twizel where there was significant power station construction underway. Initially they lived in Twizel, but when a village was created at Omarama for permanent staff, they relocated there.

In 1991 Henry was appointed as System Controller Whakamaru, and they happily based themselves in Cambridge. In time, the Ministry of Energy became Transpower, and Henry was by now System Coordinator, managing all the rivers and power system grid in the country. For the last eight years there, Henry supported the specialised software for the Controllers. He retired in April 2022.

Meanwhile, Julie was a South Islander – born and raised in Westport. She left home at 22 and moved to Christchurch where she stayed with her aunt and uncle until she later went flatting. Julie worked in the office at Ballantynes – a very good place to work, she told me. It was about the time computers were coming in and she had to train on these.

Julie explained that she met Henry at the Officers’ Club while he was in training for his first trip to Antarctica. After they were married, Julie stayed in Christchurch until Henry had completed his time on the Ice.

Julie had only flown once before – it was to Wellington to visit the US Embassy to obtain a Visa and gain permission from the Navy to get married. Her second flight was back to the US with Henry. It was called the “Brides’ Flight” although there were no more than four brides on the flight. They were in an Air Force Starlifter – no windows and certainly not designed as Business Class. They had a refuelling stop at Pago

Pago then landed at Hawaii. She had taken with her a jar of Vegemite because she knew it wasn't available in the US. However, she was pleasantly surprised when the Hawaiian Customs Officer not only recognised it but told her it was his favourite too.

We now fast-forward to their return to Christchurch, where their second child was born - both having dual citizenship.

Julie is a very gifted quilter. When they moved to Omarama, a quilting group had just been formed, and she went along. Then when they moved to Cambridge, she forced herself to join the group there. She even worked in the Patchwork Shop in Cambridge until it closed. Then they started a group that met at the Soccer Club. This gave the women plenty of space as they took their sewing machines with them.

Julie has also been a very strong advocate for Citizens' Advice Bureau – where she was Chair of the Committee for several years. She has been working there as a volunteer for 20 years – and still does!!

Henry has been driving the Cambridge Health Shuttle for many years, and still does every Friday. This provided him with the opportunity to "check out" other retirement villages as they realised their family were all now settled in Australia and unlikely to return here to live. They were planning ahead for themselves knowing they were "on their own". Henry has always liked Tamahere and had conversations with David about coming here, over the years. The time was right in October last year – their house sold in a week, and they were here!

Welcome Henry and Julie – we hope you will be very happy here in your new home.

So, what happened on New Years' Day??



Gray and Ngaire Southon celebrated their 60th wedding anniversary on New Years' Day.

This very special occasion was shared with family and friends.



One of our residents introduced us to a new tradition for New Year's Day! Pancakes, bacon and maple syrup!

Believe me! It's a tradition worth keeping too!!

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“In three words, I can sum up everything I have learned about life: it goes on.”

(Robert Frost)



New Residents

Villa 122 Ken and Lyn Thompson
Harakeke 27 Christine Astridge

1. **Call Bells** – Just a reminder of the process that happens when you press your pendant or call bell. The alarm sounds in the Rest Home and the nurse on duty reacts to it. She first tries to phone you on the telephone number on the telephone list. If there is no answer, or you tell her it is a medical emergency, a member of staff will attend your villa or apartment. If you are not there, they will start a search. During normal business hours, David and Chris have pagers and they will attend the call-out. This call bell system is manned 24/7.
2. **Name Tags** – Before Christmas, at a Happy Hour, we gathered names of people who wanted a name tag. It has now become clear that there are other people in the Village who would also like a name tag. Therefore, if you wish to have a name tag, please contact Marie in the office (ph 856 5162 extension 0) and she will make one up for you. For new people in the Village, it is very helpful if you wear your name tag, especially at activities.

Welcome to the New Year! I hope 2026 is both a happy and a healthy one for you.

God bless,

David McGeorge

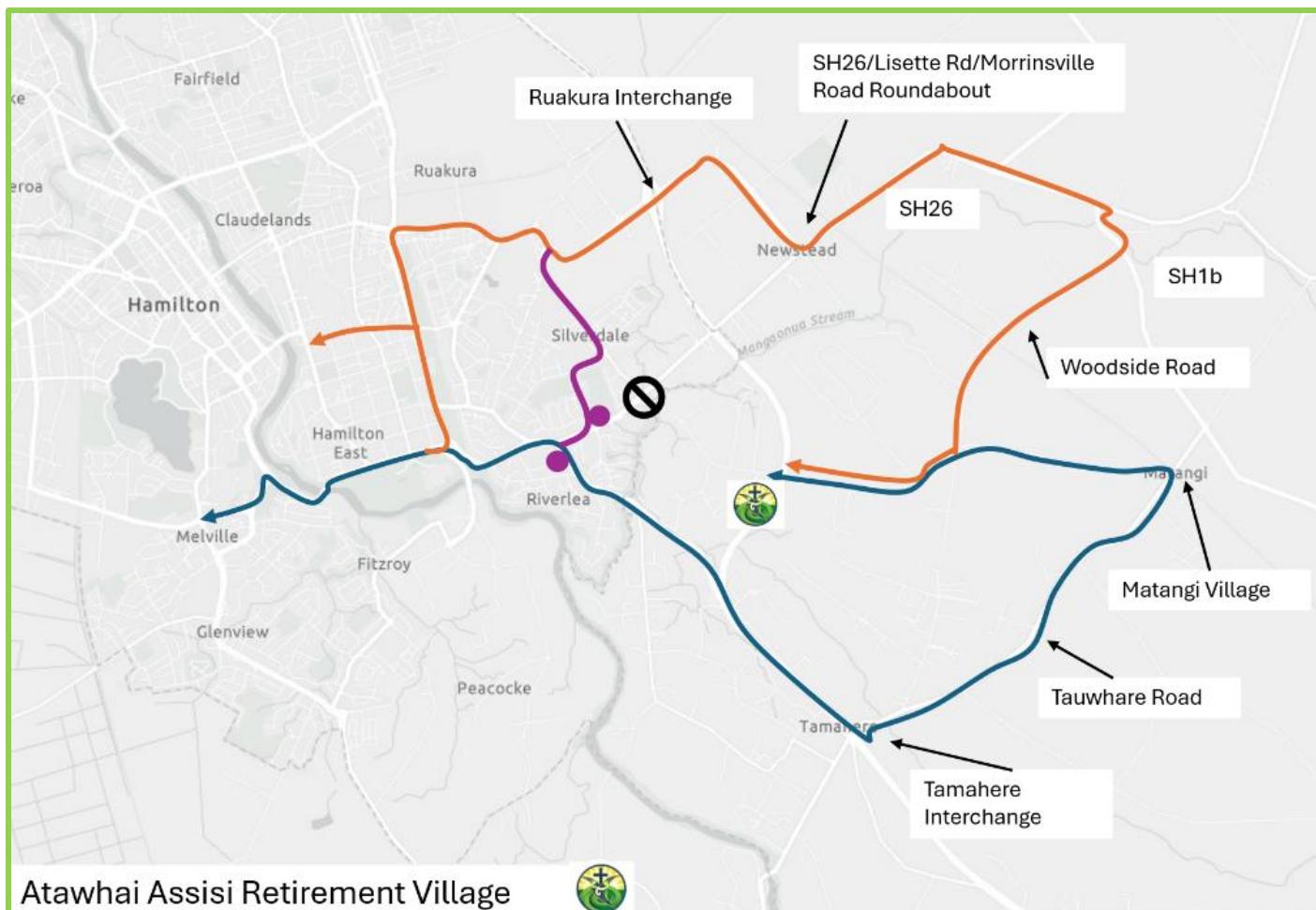


One of my favourite places on Earth! (Carole)

Closure of Morrinsville /Silverdale /Matangi Roads

The Hamilton City Council have informed us that they intend to upgrade the intersection of Morrinsville, Silverdale and Matangi Roads **starting 16 February**, and that this entire intersection will be **CLOSED TO ALL TRAFFIC** for approximately six months. This decision has been met by strong opposition from ourselves and many other businesses and residents in the area.

This map highlights the alternative means of access to Atawhai Assisi during this period. **Remember there is no vehicle access at all to or from Morrinsville Road. It is strongly suggested that, if at all possible, we delay any travel to avoid peak traffic flow times.**



- If coming from Tamahere Eventide – go to Tamahere Interchange and use Tauwhare Road – **blue route**.
- If coming from West Hamilton – the most likely route would be to use SH1c and exit at Tamahere Interchange and use Tauwhare Road – **blue route** – but some people may prefer to exit at Wairere Drive and take the orange route.
- If coming from East Hamilton, use **orange** route across **Ruakura Interchange** and using **SH 26 and Woodside Road**.

From Our Property Manager

Dear Residents -

I'm advising I will be on annual leave from 28th of January and returning to work on April 13th. During this period, please contact David McGeorge for any emergency or urgent matters. Otherwise please phone through any maintenance requests to the office as per the protocol.

Please keep in mind what constitutes an emergency - for example if there's a water leak and its manageable by catching the drips using a bowl until a phone call in the morning, that's far better than getting a contractor out during the night.

I really appreciate your co-operation during my absence as we won't have anyone on site to attend straight away.

*Andrew Mainey
Property Manager*

Introducing Damon – our new Gardener

A very warm welcome to Damon, our new gardener. He is originally from Auckland, but has been in Hamilton for the last 26 years – so I'm sure qualifies as a Waikato man! He was deeply involved in sales for over ten years, door knocking, telemarketing, and retail. But his long-held passion for gardening took him to WINTEC as an adult student and a three year horticulture course, where he was nominated for an Adult Learner Award.

Damon came to Tamahere late last year, and is really enjoying creating the garden spaces we have long enjoyed. He shared with me his philosophy that gardening for others supports their mental health. When older people, who are perhaps unable to bend over to remove a few weeds, see them, they can feel frustrated or gloomy, but when they see a “pristine” and tidy garden, they have that inner smile and life feels good again. I think he's right there too!

Welcome Damon – we hope you will be very happy here.



Please note the following change to the Village Rubbish Collection Days

Mondays	Villas 63 -122 and 12 staff houses
Thursdays	Villas 1 – 62



The Village Café is your place to meet, greet and eat.

But did you know that we cater for –

- **Funerals**
- **Weddings (yes, we had one!)**
- **Birthdays**
- **Anniversaries**
- **Business Meetings**
- **Church Meetings**
- **Service Group Meetings**

Great Food

Great outlook

Great people

Share with your friends

Hours: 9.30 – 2.00 Monday to Friday
Functions outside these hours.

Ever wonder what to have for tea?

Sandra has Ready to Eat Meals – 5 for \$67.50.

Refer to the Village website for the menu.

<https://www.tamahere.co.nz/village-cafe-weekly-specials/>



Exercise for People over 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10lb potato bags. Then try 50lb potato bags and eventually try to get to where you can lift a 100lb potato bag in each hand and hold your arm out straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.



CHAPLAIN'S KORERO

Ngā mihi mahana o te tau hou ki a koutou katoa. Warm New Year greetings to you all.

Nan and I have just returned from a week tramping and visiting family and friends in the South Island. While we were in Ōtautahi, I saw a friend who has recently entered residential care. She's younger than me but is living with early onset dementia.



Dementia is a tough disease and it was hard to see its effects on someone who was once full of life. But my friend smiled and took my hand; we looked at photos and walked around the garden; I told her I loved her and would be back to visit her again.

As we age it's likely that we will all be touched by similar kinds of experiences. Always sobering, they may make us reflect on the fragility of our own lives and the things that are most important to us.

Seeing my friend reminded me that none of us knows what the future holds. We may have all sorts of plans and priorities but life can change in a heartbeat, upending all our hopes and assumptions. In this new reality we're forced to rethink our priorities as the things that once seemed so important become less so.

It's likely that we will need to learn to live with a far more modest set of hopes focused not on the future but on the present moment. For my friend, the most important thing now is the present and the way those who love her share it with her.

This means my hopes for future visits are very simple: to try to create small moments of joy, however fleeting; to stay close to my friend in times of sadness or distress; to wrap her in love so she knows she is always cherished and to seek to be for her the presence of God, in whom we live and move and have our being.

As the new year begins, I'm less inclined to make fixed plans or to look too far into the future. Instead I'm more interested in wanting to make the most of every moment, for as the Buddhist monk Thich Nhat Hanh once wrote, "our true home is in the present moment" and "to live in the present moment is a miracle".

Ngā manaakitanga,

Susan

Chris' Housekeeping Tip for the Month

Smelly dish cloths are full of bacteria so frequent cleaning is crucial to prevent spreading pathogens in your kitchen.

After washing dishes, put dish cloth in a bowl with water, a teaspoon of baking soda and a couple of drops of dishwashing liquid, and microwave for five minutes. Afterwards, wipe down microwave and now you have a clean, no stinky dish cloth and microwave.



My aim is to keep you in your independent Villa or Apartment for as long as possible. I can clean, do washing, make or change beds, organise assistance; in fact, provide care that is not available to you from the Health Department.

INTERESTED?? Contact Chris or David to discuss.

ROTARY CLUB MEETING AT VILLAGE CAFÉ

Commencing next Wednesday, 4th February, the Rotary Club of Hamilton East (Inc.) will be having its regular meetings in the Village Café. Formal meetings are held on the first and third Wednesdays of each month and often informal meetings or special event meetings are held on other Wednesdays. The meetings commence at 5.45 p.m and usually finish by 7.45 p.m.

The Hamilton East Rotary Club is one of five Rotary Clubs active in Hamilton area. It has around 25 members and is affiliated to the International Rotary Organisation which is currently represented in 221 countries. World-wide membership is 1.17m in 36,600 different clubs.

The Object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise in the local and international community.

The club carries out fund raising and voluntary service in the community. During the current year financial assistance has been given to "Kids in Need", and we are helping the Hamilton City Council with a gully restoration project near Porrit stadium.

Activities at meetings are first and foremost centred around fellowship and keeping all informed of opportunities for sponsorship and assistance and deciding where we can best help. At most formal meeting a guest speaker is present.

Residents will be kept informed through this newsletter of any opportunities to join with the Rotarians at meetings and to hear about special upcoming activities or guest speakers.

If anyone is interested in becoming more involved with or want to learn more about the club and its activities, they are invited to ring Rotarian, Ian at 0210728940. New members are always welcome.

The New Look!!

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.

This month we are introduced to two more groups, proudly wearing their new uniforms. On the left are a group (fine looking people too!) who are wearing the uniform for management staff, while the group in the photo on the right, are wearing the uniform for Diversional Therapists. All of the new uniforms have our logo embroidered on them. The uniforms for care givers and support services staff are still being processed.



For Sale

Used (3 months) Invacare Venture Powerchair

115kg capacity, 6.3 km/h speed

8.4km range per charge, 12V 14A Batteries

Still under warranty with The Mobility Man
At reduced price \$2,000

All enquiries to 027 419 0335.



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 christchurchlass@gmail.com

Installing your “nonsense -detector”

Over the past decade or two there's some new tactics from scammers, some of which rely on hacking and some on blind luck. Last year, a young NZ woman got a call from her husband's phone number, telling her he was in custody at an airport and she needed to pay a very large fine to get him out - which she did. How could she have known that the scammers had tricked the phone network into making it look like the call was from his phone? That her husband was fine, or that the whole thing was a setup?

Well, for starters, she could have called the airport directly to verify. She also could've asked them to put him on the phone, or for a piece of information which only he could verify. Nowadays we have scammers targeting us over phone, email, on social media and dating websites. Some scams are dumb, some scams are smart, and some are targeted towards specific individuals (also known as "spear-phishing"). Amidst all of this it would be easy to just throw up your hands and say "it's all too much, how can I ever be safe, etc", retreat from the modern world and become a hermit, shut away in a cave until the apocalypse arrives.

Look. The world's always been this way. There've always been pirates, con artists and scumbags, it's just that now, the pirates are in Somalia, the con artists are in India (and sometimes Russia and China) and the scumbags are in the White House. But they're not robbing you in the street, and you are not defenceless. The best deterrent for any scam is a well-installed, fully-functional “nonsense -detector”. When someone calls you with a foreign accent and says there's something wrong with your computer, you should be asking "how did they find out?" and "would it be legal for them to find out?" and "would a legitimate company act that way?".

Likewise if someone emails saying that you've inherited a million dollars, logically-speaking, the odds of that being true are a million to one, so your “nonsense -detector” should be beeping rapidly. If something seems too good, too bad, or too implausible to be true, it probably Isn't True. Develop your critical faculties: your ability to critique situations instead of simply reacting. Look at what I'm writing here and critique: ask yourself, what does Matt have to gain by telling you all this stuff? Well, for starters hopefully I gain your trust, which may well give me business, but also makes me feel good about helping others.

Were I trying to scam you, I would tell you that there's some specific procedure or software package which will solve all your problems and make you entirely safe, which I can provide. There isn't such a thing, though there are plenty of things that help mitigate threats like antivirus programs, not sharing contact details on social media and not re-using passwords between websites. But the real solution is to use your head; educate yourself on the types of scams out there, install your “nonsense -detector”, and don't get caught out. Get smart instead.

Feeling badly wired? 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 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 2nd February.



Tamahere Global Village

Global Village meet this month:

- 4th February, Wednesday 4pm at Lower Harakeke Lounge
- 18th February, Wednesday 4pm at Lower Harakeke Lounge

We will be reviewing recent developments in global affairs, as well as some of the broader, underlying issues.

Contact **Gray Southon, V102**, Ph 0211 020 977, email gray@southon.net

Bowls

Outdoor Bowls - We have started the year by shifting our time for Outdoor Bowls to begin in the evenings at 7pm on Tuesday and Thursday, due to excessive heat in the mornings.



This has led to an improvement in the number of players, so if there are any others interested in playing when it is cooler, you are more than welcome to join us. No experience necessary, and we do have spare bowls available.

Games have been a bit sporadic over the holidays, but we are settling down now.

Indoor Bowls - We have continued with Indoor Bowls over the holidays, and have had a few keen regular players. We will welcome any players who come along at 7pm on a Monday to put your name down and join in.

Any new players are guaranteed to have someone to tell them what to do! We play for about an hour, and are generally home before dark.

Beth Richards, H23
Bowls Communicator

Petanque

This is an enjoyable activity each Saturday morning (weather permitting).



A note to any of our new residents.

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 (invented by the French).

Come along at 9.45 and we are down at the end of Tidd Close, on the edge of the gully.

Ukulele Sing-a-long Group

Ukulele group meet in the downstairs Harakeke lounge on Thursday afternoon at 2 pm, (but not the last Thursday of the month) to sing and make music together. Feel free to pop in and see what we get up to.

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



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

Welcome to 2026, everyone!

We started back with meeting on Friday 16th January so are in full swing again. We meet on Fridays at 10am in the Lower Harakeke Lounge with our craft and enjoy a cuppa together with conversation. Just note though that we won't be meeting on Waitangi Day (6th February).

Following is an excerpt from the Kids in Need Waikato, December 2025 newsletter, showing how much our contributions are needed:

Thanks to your kindness, we delivered 2,110 care packs to children entering care - our highest number since we began in 2018. Included in this number, are 195 emergency packs that you helped provide for children and caregivers facing urgent or crisis situations. You made it possible for over 1,300 children to receive ongoing support throughout the year, including the 580 dedicated caregivers whose resilience continues to inspire us.

This year also highlighted just how powerful this community truly is. We simply couldn't operate without the 30+ regular volunteers who give their time and heart to our work - one of the many reasons we received this year's Team Award from Volunteering Waikato. This was complimented by

the 15 volunteer corporate groups who showed up over the year to create meaningful impact that extends far beyond the hours they served.

We are continually uplifted by those who donate high-quality pre-loved items. You ensure that children entering and living in care receive beautiful, thoughtful packs that restore dignity, comfort, and joy. And thanks to our partnership with Grin Natural, and their incredible generosity, every child we serve receives quality oral-hygiene products in every care pack they receive.

Helen Painting ph 854 7662

Vision Impaired Group

Hello everyone –

As we embark on 2026, I have a few changes to our Low Blind Vision group. Due to a number of circumstances our numbers have decreased – to the stage where it is not viable to hold our monthly meetings. It is a shame but this decision has been made in consultation with Blind Low vision (Waikato), and as we were the only retirement village with these meetings still running. However, there is a very strong group in Cambridge and I have been told we are more than welcome to attend these. Please contact me if you would like further information.

For any new residents, a group meets every Thursday in the Cafe at 10.30 for a get together and to support the cafe by having a coffee etc (at your own cost). This is a social group (and not connected to Blind Low Vision), so why not come along and enjoy each other's company.

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

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.

Movies for February

Movies are shown in the Community Centre - We will be moving to Friday 7pm for the summer.

Friday 6th February - Fiddler on the Roof

A musical based on Sholem Aleichem's "Tevye and his Daughters" (also known as Tevye the Dairyman). It takes place in Imperial Russia's Pale of Settlement around 1905.



The story is about Tevye, a milkman in the town of Anatevka, who tries to keep his Jewish traditions alive as outside forces intrude on his family's lives. He has to cope with each of his five daughters breaking traditional Jewish customs by getting married for love amidst the tension growing in their village.

Friday 20th February - The Women of Pike River

On 19th November 2010, 29 men were killed in a disaster that should never have happened.

The disaster involved New Zealand's worst single loss of life since the 1979 Erebus crash — until the 2011 Christchurch quake four months later. For the families left behind, the ensuing days, weeks and years were as dark and bleak as the underground mine itself.

The “Women of Pike River” follows a four-year journey of six family members as they fight for justice, accountability and re-entry into the mine’s drift, to retrieve evidence and the bodies of their loved ones.

This is the Pike River story that hasn’t been told. It’s a story of courage, fortitude and determination. A documentary that reveals the unrelenting, cruel rollercoaster ride of the mothers, sisters and wives, who were given hope and then kicked-in-the-guts at every turn.

An exceptional story of six exceptional women – Nan Dixon, Kath & Olivia Monk, Anna Osborne, Brenda Rackley and Sonya Rockhouse.

The Library

Books:

Thankyou everyone for leaving your returns in the bins as per our request. This is working well and we are beginning to get an idea which books are being read. The non-fiction books are not seeing much use. Remember these are on the top shelf in no particular order. Our shelf blocks seem to be holding them in place so you should be able to remove a book from there without fear of the whole lot landing on top of you!

Puzzles:

We have sorted the puzzles with 300 piece puzzles on the left through to 1000 piece puzzles. If you find there are any pieces missing when you do a puzzle could you please put a note with it when you return the puzzle to the bin.

Waikato District Library:

Waikato District Library books will be due back in February. When we have the exact date we will put a notice in the weekly flyer.

Thankyou for all the positive feedback we have received.

*Jenny V98; Gill V84
Librarians*

Answers to Quiz on page 21

1. Elvis Presley; 2. The Beatles; 3. Louis Armstrong;
4. The Temptations; 5. The Primettes; 6. Louis Armstrong; 7. The Kinks; 8. Otis Redding;
9. Ben E. King; 10. John Lennon; 11. Queen; 12. Michael Jackson; 13. Don McLean;
14. Marilyn Monroe; 15. Jimi Hendrix

New Guinea Revisited

By Ivan Brooker, Villa 33

From 27 October to 21 November 2025, my friend Chris Corney and I visited north-western PNG where I was a missionary in the late 1970s. We travelled from Auckland to Wewak in one day with stops at Brisbane and Port Moresby. As expected, we found it hot and humid when we arrived. We were met by our host Nick from Brugam, and Manuel, an urban missionary from Wewak. They took us to the Wycliffe Bible Translators hostel where we stayed two nights. The next day we purchased food, SIM cards and withdrew cash. About 3.00 pm on 29th we set off on the 100 km trip to Brugam. It was a slow trip with some stops including to get a tyre repaired. Our arrival was in the dark at 8.30. However some ladies welcomed us with flowers and took us into the guest house.



We were 12 days at Brugam, where I was a mission bookkeeper. Even after 45 years away I still remember Tok Pisin. Seeing the people there was like returning to family. They were pleased we had come to represent the former missionaries. Brugam is a large village divided by a disused air strip. It has a Bible school, secondary and primary schools and a medical centre. There are houses for staff and students of these. At about 200 metres above sea level, the temperatures are 25-35 deg with high humidity.

While in the East Sepik Area we visited several other villages I remembered. We were impressed by the sturdy churches and other village buildings. The people gave us gifts and food.

Leaving the Sepik we went to Christian Leaders Training College (CLTC) for five days. At 1500 metres in the Highlands, this has a pleasant climate. While there we explored the roads and buildings, climbed Vision Hill read and rested. At college we met people from several parts of PNG plus some expatriate staff. We were cared for by Elizabeth the Guest house manager and stayed in a comfortable flat.



The last stage of our trip took us for three days to Lae on the east coast. Once again we met hot and humid conditions. Our hosts were Simon and Jesta and family who look after the Lae Branch of CLTC. They booked our hotel, took us places, gave us meals and went with us to a hospital to see a friend. We took them to a restaurant for a nice meal. In the shops, we found the people polite and helpful. On the streets we were not troubled by violent behaviour. The towns and villages I remember have expanded and modernised. There are much larger populations.

We enjoyed our contact with people, but were sorry to see the decline in services to support them. The main road from Wewak has broken tar seal, potholes and ruts. The side road to Brugam was worse with bigger holes and muddy patches. They have intermittent power supply in the towns, with back up generators and solar -powered lighting. At Brugam and CLTC there are several buildings needing repairs, but these are delayed by lack of funds and maintenance personnel. There are high poverty, poor basic services (health, water, electricity) and low tax take. Although PNG has been declared a Christian nation, the facts deny that. The Principal of CLTC Maxon Mani says that the future challenge for the Church is to speak into matters of governance, economics and human relationships.

This is a brief glimpse of our visit to a very absorbing and special place.

Our Rehabilitation Corner



The benefits of exercise are numerous and well established, both for us and our pets. It keeps us physically healthy, helps to clear our heads after a tough day, and burns off your pup's excess energy that could otherwise manifest as troublesome behaviour. Dogs also make the best workout buddies – they're always keen for any adventure we have planned! So, if you're looking for a new way to exercise with your dog, read on for our top tips on the best dog workouts.

Walking with your dog

Best for: Any dog, but particularly those who may struggle with more intense, high impact exercises.

Walking with your dog is the classic dog exercise, and for good reason – it's a great way for both you and your pup to work out at your own pace. It's low impact, which means it's gentle on your joints, and is suitable for all fitness types, including overweight pets or those aiming to increase their exercise level. To add variety to your walks, grab a coffee and explore a new neighbourhood. Allow your dog to enjoy a 'sniff walk', taking as much time as they like to investigate all the new smells they come across.

Doing doga (dog yoga)

Best for: Calm dogs who enjoy relaxing with you.

While dog yoga may not burn off much of their energy, it's a great way to spend some time bonding with your pup while you work out. Encourage your dog to stay close to you during your routine and add in some poses that are easy for them to copy. Some of the poses that may come more naturally to your dog include downward dog, upward-facing dog, compass pose, happy baby, supine twist, and supported foetal pose.

Stroking your pet is proven to release 'happy hormones' in both of you – including oxytocin, serotonin and dopamine, chemicals that help our bodies to calm down and relax. It also reduces levels of cortisol, the stress hormone, and lowers blood pressure.

Playing frisbee with your dog

Best for: Dogs that love fetch.

Frisbee is another great form of exercise for your pup that also provides you with some cardio benefits, as you run and throw the frisbee. Add some variety to your usual game of fetch by teaming up with some friends and their dogs to play a doggy-human version of Ultimate Frisbee.

Dancing with your dog

Best for: Dogs that love learning new tricks.

Dog dancing is also known as Canine Freestyle. During Freestyle, you and your pup perform a routine to music that incorporates tricks that make it look like you're dancing together. This may include heeling, weaving, paw work, jumps and more.

One of the great benefits of dog dancing is that it can be completely tailored to your dog's physical abilities. If they struggle with jumps or other high-impact tricks, these can be left out of the routine. The choreography can focus on tricks that they love doing and particularly excel at, to keep it fun for both of you.

Prepared by: Rosalyn Pelaez
Allied Health Coordinator – Tamahere Eventide

Our Chuckle Corner

The following questions were set in last year's GED examination.

- The GED is a U.S. high school equivalency exam for those who didn't finish traditional high school, covering four subjects: Math, Science, Social Studies, and Reasoning Through Language Arts. Passing it provides a recognized credential for college or better jobs.
- These are genuine answers (from 16 year olds).



Name the four seasons	Salt, pepper, mustard and vinegar
How is dew formed	The sun shines down on the leaves and makes them perspire
What guarantees may a mortgage company insist on	If you are buying a house they will insist that you are well endowed
In a democratic society, how important are elections	Very important. Sex can only happen when a male gets an election
What are steroids	Things for keeping carpets still on the stairs
What happens to your body as you age	When you get old, so do your bowels and you get intercontinental
What happens to a boy when he reaches puberty	He says goodbye to his boyhood and looks forward to his adultery
Name a major disease associated with cigarettes	Premature death
How can you delay milk turning sour	Keep it in the cow
How are the main 20 parts of the body categorized (e.g. The abdomen)	The body is consisted into 3 parts - the brainium, the borax and the abdominal cavity. The brainium contains the brain, the borax contains the heart and lungs and the abdominal cavity contains the five bowels: A,E,I,O,U
What is the fibula?	A small lie
What does 'varicose' mean	Nearby
What is the most common form of birth control?	Most people prevent contraception by wearing a condominium?
What is a seizure	A Roman Emperor. (Julius Seizure, I came, I saw, I had a fit)
What does the word 'benign' mean?	Benign is what you will be after you be eight

On an Irish note, here's a little story for you!

Three Irishmen, Paddy, Sean and Seamus, were stumbling home from the pub late one night and found themselves on the road which led past the old graveyard.



"Come have a look over here", says Paddy, "It's Michael O'Grady's grave, God bless his soul. He lived to the ripe old age of 87."

"That's nothing" says Sean, "here's one named Patrick O'Toole, and it says here that he was 95 when he died."

Just then, Seamus yells out, "Good God, here's a fella that got to be 145!" "What was his name?" asks Paddy. Seamus stumbles around a bit, awkwardly lights a match to see what else is written on the stone marker and exclaims: "Miles, from Dublin."

Dead Penguins

Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they all go?

Wonder no more! It is a known fact that the penguin is a very ritualistic bird and lives an extremely ordered and complex life. Penguins are extremely committed to their family and will mate for life, as well as maintain a form of compassionate contact with their offspring throughout the remainder of their lives.

If a penguin is found dead on the ice surface, other members of the family and their social circle have been known to dig holes in the ice, using only their vestigial wings and beaks, until the hole is deep enough for the dead bird to be rolled into, and buried.

After packing the ice back in the hole, the male penguins then gather in a circle around the fresh grave and sing:

"Freeze a jolly good fellow"
"Freeze a jolly good fellow".

I heard the Secret Service had to change their comments. They can't say "Get Down!" anymore. When the President is under attack. Now it's "Donald Duck!"

***A woman caught her husband on the weight scale, sucking in his stomach, "That won't help you, Joe, you know."
"Oh, it helps a lot," says the man, "It's the only way I can see the numbers!"***

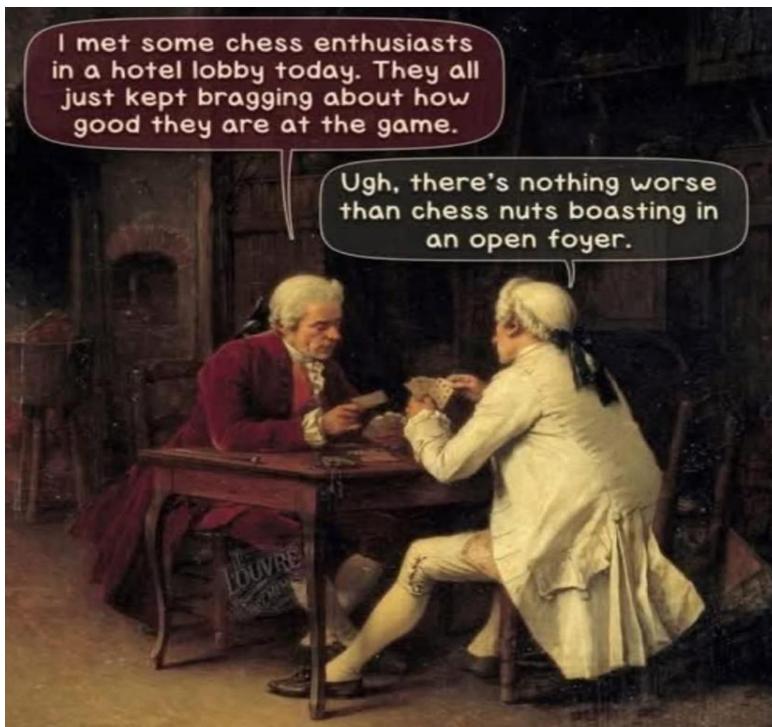
***Judge: "Why did you steal the car?" Man: "I had to get to work."
Judge: "Why didn't you take the bus?" Man: "I don't have a driver's license for the bus."***

It's Puzzle Time

For music lovers, this month's quiz tests your knowledge of the artists, songs, and lyrics from the good old days. Whether it's the smooth sounds of crooners or the upbeat rhythms of rock 'n' roll, these timeless tunes still have a way of making you smile and tap your feet.

Good luck! (The answers are on page 16).

1. Who was known as the King of Rock and Roll?
2. Which band is famous for the song "Hey Jude?"
3. Who first recorded the song "What a Wonderful World?"
4. Which Motown group had their first number one single with "My Girl?"
5. Motown's most commercially successful act, the Supremes, were originally known by what name?
6. What famous jazz musician is known for playing the trumpet and singing "Hello, Dolly?"
7. Which 1960s British band had a hit with the song "You Really Got Me?"
8. Who recorded the song "Sittin' on the Dock of the Bay?"
9. Who first sang the song "Stand By Me," in 1961?
10. Who wrote the song "Imagine?"
11. What band was Freddie Mercury the lead singer of?
12. Which musical artist is famous for the album Thriller?
13. Who sang the song "American Pie?"
14. Elton John and Bernie Taupin wrote the song "Candle In The Wind" about which famous actress?
15. What legendary lead guitarist was known for playing an inverted guitar left-handed?



Celine Dion has come out in support of farmers by removing all the consonants from her name!

Tamahere Retirement Village – Calendar of Events – February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson 5.0 Summer BBQ /CC	2 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 3.30 Book Club /cc 7.0 Indoor Bowls	3 10.30 Chartwell 11.0 Catholic Mass/c (Mons Frank) 7.0 Twilight Bowls	4 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 4.00 Global Village /HDL	5 PODIATRIST HERE 10.30 Coffee Group/CC 2.0 7.0 Twilight Bowls 0 Ukelele Group/ HDL	6 WAITANGI DAY 1pm Board Games/CC 7.0 Movie /CC "Fiddler on the Roof"	7 10.0 Petanque- near V28
8 4.00 Worship in Wesley Chapel led by Mary West 5.0 Summer BBQ /CC	9 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	10 10.30 Chartwell 7.0 Twilight Bowls	11 9.15 Strengthening exercises with dumbbells CC 10.30 New World	12 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL 7.0 Twilight Bowls	13 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	14 10.0 Petanque- near V28 11.0 Catholic Liturgy /C (Sue Kenrick) 2.0 Mandarin Group /CC
15 4.00 Worship in Wesley Chapel led by Margaret Birtles	16 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	17 10.30 Chartwell 11.0 Catholic Mass/c (Mons Frank) 7.0 Twilight Bowls	18 ASH WEDNESDAY 9.15 Strengthening exercises with dumbbells CC 10.30 New World 11.0 Holy Communion /C (Rev. Dr Susan Thompson) 4.00 Global Village /HDL	19 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL 7.0 Twilight Bowls	20 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 7.0 Movie /cc "The Women of Pike River"	21 10.0 Petanque- near V28
22 4.00 Worship in Wesley Chapel led by Ngaire Southon	23 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	24 10.30 Chartwell 7.0 Twilight Bowls	25 9.15 Strengthening exercises with dumbbells / CC 10.30 New World	26 10.30 Coffee Group/CC 3.30 Happy Hour /cc 7.0 Twilight Bowls	27 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	28 10.0 Petanque- near V28 11.0 Catholic Liturgy /C (Clive Bleaken)

cc = Small Lounge in Community Centre

CC = Community Centre

C = Wesley Chapel

HDL = Harakeke Downstairs Lounge

HUL = Harakeke Upstairs Lounge

Colour Coding

Blue = Health Clinics

Green = Exercise Groups

Red = Groups, Trips, Games

Purple = Vision Impaired Group

Black = Church Services