



Welcome to the **TAMAHERE VISTA** September 2025



If you're like me, you are wondering about the change in season from Winter to Spring. After all, we are surrounded by daffodils, magnolias, and even Cherry Blossoms, but we still have frosts - and fog - and the country has been lashed with snow in the past few days. Patience!! Spring is on its way!

In this issue, we meet a couple who moved in to our village earlier this year, Quentin and Gill Lukey. Thank you for sharing your story with us and we trust you will be very happy here. We are not biased - but we think this is the best and friendliest of retirement villages!

We also meet two staff who have joined us at Tamahere Eventide - Jay and Riley are the new members of our gardening team. A very warm welcome to Tamahere - and thank you so much for sharing your stories with us.



Make a note on your calendar - Daylight Saving starts again this month - on Sunday 28th September. So - "Spring forward" - means the clock goes forward one hour!

Carole Fleming (Editor)

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Introducing Quentin and Gill Lukey

It's been almost a year and a half since Gill and Q got rid of masses of "stuff" and moved into their lovely villa at Tamahere Eventide and a very happy move it has been.

Gill was born in the Lancashire town of Preston in 1951. She has one younger brother. The family lived a happy simple, no-frills life "up north" as England adjusted from post war austerity to the changing world of the 60s. The family attended the local Congregational church which was a thriving community place and kids of all ages played together in their street from dawn to dusk. Then in 1969 she defected to Yorkshire!



She went to teacher training college in Leeds and by the time her 3 year qualification was complete she was married! Her first teaching post was in the most wonderful little school in the Colne Valley, Huddersfield where she taught infants and loved every minute. It was a very working class area, known for its woollen mills and she resonated strongly with the lower Pennine slopes, terraced houses and sometimes horizontal rain!

In 1975 they made the big move to NZ – Wellington then Napier, Cambridge and finally Hamilton. They had a lovely daughter and son and lived a busy life revolving around football and school activities. Sadly the marriage deteriorated and they went their separate ways.

In the interim Gill had retrained as a librarian, working at St John's College, Hillcrest Rd, the University of Waikato and for 16 years as manager of Hillcrest Community Library on Masters Ave. She loved still being part of the educative process without the stresses of the classroom! After she retired, she ran Mainly Music at St Francis Church Hillcrest for several years and what a great programme it is. Now she does voluntary homebound library book deliveries each month, helps in the church Op Shop and works as a Reader/Writer at exam times at St Paul's Collegiate. She also enjoys Zumba Gold, riding her bike, pottering in the garden and of course reading which is probably top of the list.

Gill experienced a profound faith awakening in 1984 and following Jesus has been a huge part of her life ever since. In 2004 she was helping run Alpha courses at St Francis where she met her future husband Quentin Lukey! Neither she nor Q were particularly looking for a relationship but it seems God had other ideas and they married in a very happy community event at church in 2005 with an organised pot luck lunch and no less than 4 ordained ministers on hand! Q joined Gill at St Francis and there they have remained.

Quentin was born in Christchurch in 1957. He says, "My father was a farm manager so I grew up on farms till there was a major downturn in sheep farming and my parents went psychiatric nursing at Tokanui. I have a younger sister.

When I left school I started working in the kitchens at Tokanui and the nurses home then over the next few years I did a whole bunch of other things including upholstery/tent making, working in an engineering shop and photography. After a health scare where I nearly lost my eyesight, I wasn't

able to continue with photography so when I recovered I went into the joinery industry. When I met Gill I was making beautiful stone bench tops for Benchworks but this proved toxic to my health over time so I took on the role of Caretake/Bus driver at Hamilton Christian School before changing to full time bus driving after 7 years. So I can do lots of things!

I was married for a time and we had a lovely son who is now married himself. Sadly it did not last so I became a bachelor once more.

As a teenager I always felt a pull towards faith and though I took a long and winding route to God, my Christian faith is most important to me.

I've just recently retired – I think? I was driving the Hamilton- Cambridge bus run for the last few years and I retired from that just before Gill and I went on our big trip in April/May this year to the UK and Europe, finishing with a river cruise from Amsterdam to Budapest and 3 days in Prague. It was the trip of a lifetime.

I've been an amateur musician since my teens, learning to play guitar and playing on and off for 55 years. I was in a band with friends from church, now defunct although we still get together for a jam every couple of months – you might hear us in the community centre! Our name was MSG (Men Seeking God, Mainly Senior Gents.....?)

Gill plays ukulele and I have recently bought a baritone uke to add to my acoustic and electric guitars and we are enjoying being part of the Village uke group. Gill has always loved music and singing. She and I have always been involved in music at our church and are currently loving playing more contemporary worship music on a Sunday with a very close team. One of the best things about retirement is having time to practise my music more and be more involved in church life. I love cooking, especially on the BBQ, reading, photography, woodworking projects, gardening, travel and teasing my wife!"

Gill and Q have a little 8 year old Shih Tzu Poodle cross dog, Tia, who is the light of their lives and an aging people averse cat both of whom have settled very happily into life at Tamahere Eventide. They have 6 gorgeous grandchildren between them and fortunately they are all in the Waikato/Bay of Plenty area so they get to see them regularly.

Last word: When Q and Gill did an Alpha marriage course a good few years back they learned that Gill was a Rhino and Q was a Turtle – who knew these two creatures could live happily together!

Collective Nouns for Animals

A group of ...	Is called ...
Fish	School
Owls	Parliament
Ants	Colony
Frogs	Army
Geese	Gaggle
Zebras	Dazzle
Kangaroos	Mob

VILLAGE MANAGER'S COLUMN

Quote of the Month:

“For me, becoming isn’t about arriving somewhere, or achieving a certain aim. I see it instead, as forward motion, a means of evolving, a way to reach continuously towards a better self – the journey doesn’t end .”

(Michelle Obama)



New Residents

Villa 37

Murray Hubert

1. On 15 September, people will start moving into new villas next door – Villas 109 – 120. We will be running an open home that week and you are all welcome to have a look through. We are excited to have developed these three-bedroom villas to add to our village. I am sure you will welcome the new residents as they arrive.
2. **Cafes** – Sandra is doing an exceptional job providing ready to eat meals. Her team are also moving towards creating home cooked meals. We would like to be in a position where very little of the food on offer is factory made. If you have a meal preference that is not being met, please let Sandra know, to see if she can include this.
3. **Television Aerials** – Our contractor is moving through Villas 1-34 replacing or fixing aerials as he goes. Once this work is completed, we will move through replacing the centralised aerial system with stand-alone aerials on each duplex. Please bear with us as we make these changes to ensure your television experience is pleasant and consistent.

David McGeorge

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

CHAPLAIN'S KORERO

Tēnā koutou e te whānau! These last weeks of winter have been busy ones in the village and the care home.

We've had our usual run of winter illnesses and in some cases these have turned into more serious infections. Please let Chris or I know if you're unwell and need more support (meals, cleaning or a friendly face to visit). I'm also very happy to pop up to Waikato Hospital if needed to offer pastoral or spiritual care.



Sadly, you may recently have seen the flag flying at half mast. One of the realities of living and working at Tamahere is the need to say goodbye to people we love. Last week we farewelled one of our oldest residents, Beatrice Hughes (103 years old). Beatrice sometimes asked me why she was still alive. I had no good answer, only that her presence was a blessing to us all.

Despite the cold weather, chapel services have been lively and well-attended. In mid-July we were graced by a visit from the Waikato Interfaith Choir singing songs from a variety of faith traditions. The choir is a reminder of our common humanity and the need to work together to bring about peace and justice in the world.

Living in a retirement village, we may often wonder what we can do to make a difference in the world. On Peace Sunday we remembered the words of the American preacher Peter Gomes, who said the miracle of God is that God "can make much of nothing and something of almost anything". The small things we're able to do may not seem like much on their own but there's power and potential in every dream, in every action, in every prayer.

As a congregation we committed ourselves to doing small things for peace (lighting a candle, saying a prayer, making a donation or signing a petition) and then took a collection for Christian World Service's Middle East Emergency Appeal. Thanks to the generosity of our staff and residents, we raised \$279 for Palestinian refugees.

Sometimes it's the small things we do that make the greatest difference: the warm greeting, the simple act of kindness, the difficult moment shared in silence and understanding, the friend who blesses us with their daily presence. These are the things that plant seeds of hope, faith and love in our lives. Thanks be to God.

Ngā manaakitanga,

Susan

From Our Property Manager

RECYCLING

Just a reminder regarding the rules around the recycling for our village.

- We will collect glass, tin cans and plastics on the designated rubbish day.
- All items need to be clean for recycling otherwise they are rejected by the recycling company.
- The plastics have a triangular stamp with a number inside it. We can only accept the ones that have the numbers 1, 2, and 5
- Note the plastics are the plastic containers not plastic wrap, cellophane and or bubble wrap.

- Lastly can all of your food scraps please go into your own compost bins if you have them rather than with the green waste collection. The gardeners are not appreciating having to deal with the smelly scraps which have sometimes turned to liquid being among the garden waste.

FATS AND OILS

Please wrap your fats and oils in newspaper and put in the rubbish for disposal rather than down the kitchen sink as they tend to block up the pipework and they also make their way to the sewer system. Please remember the sewer pumps do not like any products other than toilet paper, items like baby wipes or similar jam the pump causing huge problems including a backup of sewerage.

VILLA GARDENS

From time to time, I will ask those who wish to do their own garden or those that have someone else tend to their garden to advise Reception so that the gardeners have a clear picture of who doesn't want their garden tended to. Please phone Reception and I will collect the data from there.

TWO NEW GARDENERS

Jay and Riley both have joined the team a few weeks ago and are learning the ropes. (Read about them below). Please remember do not approach our gardeners if they are operating machinery as this can cause distraction and increase the potential risk of injury to themselves and possibly you. If they are on a mower, using hedge trimmer, line trimmer or spraying weeds please leave them to it.

Thank you for all your cooperation.

Kind regards
Andrew

Meet our New Gardeners

You will have seen our new gardeners around the village – now you will be able to greet them by name!

Riley was born and raised in Hamilton, and has worked as a cabinet maker prior to coming to Tamahere a month ago. She is a very hands-on person, whose dream has for many years, to be an architect. Riley takes her culture seriously, loves cooking, music, concerts, and is a serious builder of Lego – she has an Up-house, a Mediaeval House, a record player and a typewriter – all with flowers within them!

Riley smiled as she told me that in this job, she can't "get her nails done, but just love getting my eye lashes done." She certainly takes a pride in her appearance. Welcome to Tamahere, Riley!



Jay came here at the same time as Riley. Originally from the Phillipines, he has been in New Zealand for a year – his wife, Shayne works at Atawhai Assisi as a Diversional Therapist. They have a seven year old daughter.

A third generation farmer, Jay was taught many skills by his grandfather, and has worked as a chef for 13 years. His dream would be to open an organic restaurant, Farm to Table.

Jay loves gardening, is very skilled at grafting, and since living here, has become quite the successful fisherman – he can be seen most weekends at Raglan. He is very happy working here, where he finds everyone very approachable. Welcome to Tamahere, Jay!

NEWS FROM CHRIS



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



A reminder about Happy Hour for August. It's on Thursday 28th August from 3.30pm in the Village Café. We will be proudly supporting Daffodil Day to help the 1 in 3 New Zealanders who will get cancer in their lifetime. Let's "Yellow-out" the happy Hour, dig out your yellow clothes to wear. And remember there is a tree in the Café where you can come and add the names of your friends and family who have been affected by cancer, and make a donation.

Mark these September dates on your calendar!!

- **Sunday 14th September** – 6pm in the Village Cafe. Dessert Evening – bring a dessert to share – tea and coffee provided.
- **Thursday 25th September** - Happy Hour – start time is 3.30pm (on the last Thursday of each month)

Zumba Low Impact sessions - classes will now be on Tuesdays from 4:15pm and on Saturdays from 9.15 am in the Village Cafe. Note there are **NO CLASSES ON** Tuesday 9, 16, 23, 30 September.

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.

Chris
(Acting) Village Activities Organiser

My wife was concerned about our 7 year old son's declining maths grades. After a chat, his grades didn't improve, so she met with his teacher. Still, no change. As a last resort, she transferred him to a Catholic school. There, his attitude shifted, and he began doing his homework diligently. His next report card showed an "A" in maths.

When asked about the improvement, he said; "On the first day of maths class, I saw a guy hanging from a giant plus sign, and I knew they weren't messing around."

Chris' Housekeeping Tips

BAKING SODA

Baking soda can help remove strong, smelly odours from household laundry even when, after repeated washing, they still linger.

Smoky smells

Soak smoky clothes overnight in a 1/2 cup of baking soda to 1 bucket of water before washing in the washing machine.

Sweat odours

Use the same solution as above for soaking washable hats, gloves, scarves and headbands. For stubborn smells, add 1 cup of baking soda to the washing machine load.

Mechanical smells

If you have clothing with petrol, oil, or other mechanical smells, place them in a bag with a 1/2 cup of baking soda. Leave the bag sealed for a day or two before washing.

Spills and thrills

Dry baking soda rubbed directly onto clothing can remove the smell of vomit or baby spitup, spills and stains. Leave for 1–2 hours, then wash.

Treating stains

Rub a paste of 6 tablespoons of baking soda with a 1/2 cup of warm water onto stained clothing before washing. Be sure to check for colour fastness first.

Sweat stains

A baking soda paste can also be useful in removing sweat stains on clothing. Rub the paste onto clothing before washing. With tough stains you may need to let the paste sit for 1–2 hours.



Congratulations!!

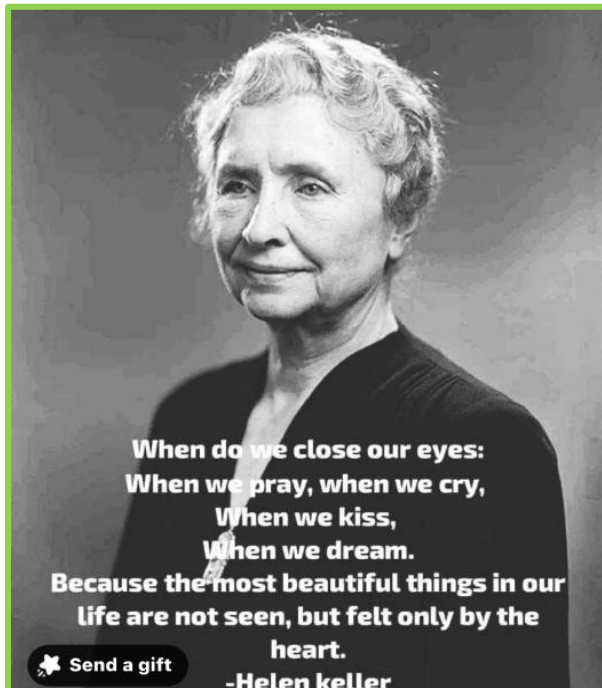
Peter West recently celebrated his 90th birthday! Congratulations Peter. Our warmest greetings and love.

Happy Birthday!!



Thought for the Day!

Count your life by smiles, not tears.
Count your age by friends, not years.
Remember - we do not quit because we
are old - we grow old because we quit.



DO YOU WEAR GLASSES?

I recently went along to see the lovely EMMA at the Community Centre. I was totally ignorant of the services she offered, and was blown away by the results of my consultation.

Emma is an "Optical Engineer" - that is she refits glasses to your face, adjusting the results of wear, fitting new nose pads as needed, cleaning away body oils, tightening screws and doing a general warrant of fitness check like a mechanic.

This is an amazing service for those of us who have had to travel to our optician or wherever to be attended, and there is an opportunity for her to visit on a rotation if needed on the same sort of clinic as the Podiatrist is using.

Emma is a young Mum setting up a new business, trying to be a service for the elderly. If you are interested in checking her out talk to Karen/David/ Chris.

- Beth Richards H23

The Tamahere Carnival

Last week, the Tamahere Eventide staff organized an event they called “Carnival Fair at Tamahere Eventide”.

“We invited all residents from the Hospital, Memory Care, Rest Home, and Day Programme. Surprisingly, some residents from the Village also managed to attend and enjoy the gigs and treats.

In the afternoon, the Day Programme of Assisi attended as well. Everyone had fun, including the staff. It was like bringing back childhood memories. I guess, whichever country we came from, no matter which year we were born, everyone can relate to a carnival. We even created a ticket booth and staff wore clown outfits just to get that authentic carnival vibe.

We prepared carnival games where residents could win cool prizes, raffles where we ensure everyone will get something, and free popcorn and complimentary jellies. We were planning this event for months, but just could not decide which month for it to happen. But I am so proud of the team because it went well successfully and just as planned.”

- Rosalyn,
Allied Health Co-ordinator





Ransomware: what you need to know

Passwords, p4ssw0rds, pa55Word5

If I had a \$5 note for every time I retrieved or reset someone's password when they'd forgotten it or hadn't written it down, I'd have... well, about the same amount of money. It takes anywhere between 1 and 10 minutes to get a password back, depending on the account in question. One problem for many users is that some programs confuse you a bit by remembering your passwords for you. I can't recall the number of times I've had a client tell me they don't have an email password, when what's actually happened is their web browser remembered it the first time they entered it, and they haven't been forced to remember it since.

But if your computer breaks, or software needs re-installation, you're going to need that password again. So here's a bunch of best practices for creating passwords and recalling them, based on my experience and the advice of security experts:

1. Don't re-use your passwords for different accounts: because if someone hacks one account, the first thing they'll do is see if they can get into other common services using that same password and the email address associated with it. At the very least have different passwords for important services like banking, email and Facebook.
2. Make your passwords long: the more characters the better. Somewhat counter-intuitively, "\$%FG" is not as strong a password as "thebrownfoxranoverthehill888!". You don't have to write a novel, but 8-13 characters ought to do it.
3. Use two-factor authentication where possible: this usually involves giving the service your mobile phone number, so that when you log in from a different location, it'll text you a pin on your phone that allows you to log in. Can be annoying, but it does mean no-one can hack your account without your phone. Sometimes a service will use an email address instead of a phone number.
4. Don't record your passwords within the computer: for example within a Word document or text file. Pen and paper is more hacker-proof! Keep an easily-identifiable notebook or journal specifically for your usernames and passwords, and clearly write which username/password is associated with which service. If you get robbed you might lose it, I guess – but the same thing will happen if someone steals your computer and you have them written in there!
5. Do write down your passwords! If an account you own is hacked and the password is changed by the hacker, the first thing a company like google or facebook will ask you for is the previous password, to prove you're the original owner. If you don't have it, things can get tricky. I guarantee you that at some point in the future (even if you're closing the account) you are going to need that password again. If you don't have them written down, you might end up calling someone like me instead!

Bottom line: keep your passwords smart, hidden, but not hidden from 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?



Monday 1st September: Waikato University Wind & Brass Community Day Lunchtime Concert, Cambridge Town Hall, Victoria St, 12pm.

Wednesday 3rd September - Cambridge Cruise Night (Stragglers Rod & Custom), Main St – Victoria St, park up anytime from 5.30pm. Everyone's welcome to join in – bring your hot rod, classic or daily driver vehicle. Just enjoy!

Thursday 4 September - Harness Racing, Cambridge Raceway, 1 Taylor St, from 5pm.

Beats by Bingo, Good Union, 98 Victoria St, 7pm-9pm. Join your host DJ Vicious for a night of MUSICAL Bingo featuring throwback jams, mass sing a longs, prize winning and maybe even a dance off! FREE to play and loads of fun, get the gang together and come early for dinner and try your luck. Contact Good Union to book your table: Ph 07 834 4040

Sunday 7 September – Father's Day - Miniature Trains, Leamington Domain, Wordsworth St, 9.30am-12.15pm. Cambridge Trains run 1st and 3rd Sunday of every month weather permitting. Rides \$2pp. Kids under 5 ride free with paying adult. Eftpos available.

Farmyard Experience – Kaipaki Petting Farm, 515 Kaipaki Rd, Ohaupo, 9.30am-2pm. Horses, ponies, cows, a bull, guinea pigs, rabbits, sheep, and a play area for kids. Pushchair and wheelchair friendly – flat, easy farm. Entry fees: adult \$19, child (5-16 years) and seniors \$14, pre-school (18m-4yrs) \$10. Family passes available. Gate sales only. Ph 027 223 5687.

Thursday 11th September: CAMBRIDGE TOWN HALL 7pm to 11pm - Join us for a special fundraiser concert led by award-winning saxophonist, Simon Brew. With a career spanning performances with the New Zealand Symphony Orchestra, Rotterdam Philharmonic and Netherlands National Orchestra as well as serving as Director of Music for the Royal NZ Air force Band, Simon is an in-demand musician (and current General Manager of Cambridge Town Hall). This one-of-a-kind evening feature an electrifying mix of music and a stella lineup of friends, all in support of our historic Town Hall.

Tickets: Early Bird adults \$24.00 (\$30) Early Bird senior/concession \$20 (\$25) students early bird \$8 (\$10) from <https://events.humanitix.com/simon-brew-friends-cambridge-town-hall-fundraising-concert-tickets>

ROADS LESS TRAVELLED – (Channel 1 - 14th August) - While flipping around the TV channels I came across this 30 min program and found it to be full of information about 'things to do' in our local area. I therefore decided to share it with VISTA READERS.

Take your bikes to the Pureora Bike Trails. Bike through bush, see and hear birds, wildlife and bike over 18 suspension bridges. This, of course is for people who are still able to ride bikes, or tell your younger generation about this. New Zealand's best two day mountain bike trail. Follows the path of old logging roads. **Zealong Tea Estate** - 495 Gordonton Rd -Tea tasting, afternoon tea, including high tea, and a walk around the estate. Tea Room - 853 3018 - Coffee Shop - 853 3018 - Camelia Restaurant 855 7558

Bootleg Brewery Matangi - This independent brewery is located in the original old Dairy Factory at Matangi. They are proud to brew craft beer and several award winning beers. Open weekends - contact 022 463 1726.

Hobbiton Movie Set Matamata - 501 Buckland Rd Matamata - 07 888 1505 - Guided Tours or individually planned trips - contact 07 888 1505 - The town of Matamata offers a variety of places to eat.

Sanctuary Mountain Maungatautari - This was one of the first wild life conservation areas to install the 'pest free fence' - You can walk through native bush, get close to wild life and birds. Explore the largest ecological island on mainland New Zealand. Home to Kiwi, Kokako, Tuatara and more. Choose from walks and guided tours. Visitors Centre 8.30am - 4pm - 07 870 5180

Hamilton Gardens - 18 enclosed gardens - immerse yourself in the captivating landscapes, inspired by gardens around the world. \$20.00 or you might have a pre-purchased pass. Take a coffee break or a lunch at the Garden Cafe.

Te Hurei Maori Walking Tourism - Guided tours of Kirikiriroa - with talks about the rich history of Kirikiriroa and the Tainui Waka - more information at Waikato Museum.

WHAT AN INTERESTING PLACE WE LIVE IN !!

Thursday 18th September - Chile's National Day commemorates the country's declaration of independence from Spain in 1810. This day marks the beginning of the independence process, and the celebrations, known as "Fiestas Patrias," typically last for a week, featuring parades, traditional dances, music, and Chilean cuisine. The festivities highlight national pride and cultural heritage, making it a significant event in Chilean society.



SPRING: Spring is defined astronomically to begin in the Southern Hemisphere at the Spring equinox, on or about September 23rd and to end at the summer solstice. At the equinox the Sun passes directly overhead at the equator and day and night are of equal length everywhere on earth. From the Spring equinox onwards, days in the Southern Hemisphere become longer than the nights.

Last week I had lunch with a few friends at "**FOREVER BOUND**" Cafe/restaurant. This place is so close to our village (it's in the Tamahere village). The atmosphere was friendly and the service was great. There was an explanation (or a mural) on the wall, which explains the name Forever Bound.

"Tamahere translated means a 'bound boy' - Behind these words lies the story of Mahinarangi and her husband, Turongo, the ancestors of the Kingitanga dynasty. Mahinarangi, to save her son Rauwaka from drowning, tied him to her back as she swam across the Waikato River.

THE CLEMENTS HOTEL CAMBRIDGE: (The former Masonic Hotel) - Located in the leafy town of Cambridge, The Clements is a study in updated nostalgia. This Historic Hotel has been reimagined to take its place among New Zealand's finest. We called in for a coffee break (just so that we could take a look at the facilities). This place is well worth a look - lovely bar, dining room, outdoor dining and garden cafe (lovely toilets)! Great friendly staff and spectacular menu.

MARKETS:

- Spring Pop Up Market at Riverlea Theatre - Saturday 27th September - [10.am](#)
- Plant Extravaganza - The Barn, Claudelands - Saturday 27th September - [9.am](#)
- Cambridge Farmers Market - every Saturday 8am - 12pm
- Tamahere Country Market - 3rd Saturday every month
- **FROM TRASH TO TREASURE:** 14th September - 8.30 - 12pm Memorial Park in Taylor St. Cambridge - One person's trash is another person's treasure – this is a collectors' paradise -every second Sunday
- Cambridge Farmers' Market, Victoria Square, 8am-12pm.
- 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-2pm. First Sunday of month. An artisan street market in the centre of town with live music, coffee, baked treats, handmade creations, jewellery, clothing, bric-a-brac and more. Dog-friendly, safe pavements for ease of walking so it's a great place to take friends and family. Lovely vibrant community atmosphere in the popular town of Cambridge. A perfect outing for day-trippers.
- 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.



The Hamilton Community Gospel Choir (HCGC) is a Christian community of faith in Hamilton, New Zealand, who love to sing and harmonise together for our own and others spiritual encouragement and entertainment. Our choir's repertoire includes music and song in the traditional gospel genre, but also embraces other contemporary gospel music which expresses Christian faith.

METHODIST SYNOD CREATIVE EXPO - Saturday 6th September - 11AM - 3PM

At Te Awamutu Methodist Church, 261 Bank Street, Te Awamutu. Come and see what the creative people around the Synod are doing. Morning Tea and a light lunch of soup and rolls will be offered by the Te Awamutu Parish. A koha would be appreciated. There will also be contributions from musicians, dance and drama for you to enjoy.

Pauline Eastwood.



Two teams from Tamahere joined the Village residents at Assisi in their Quiz afternoon. It was great fun all round, with the winning trophy going to Lynn, Keith, Janice, Judy and Rex. Congratulations!! The losing team were gracious in defeat – proudly showing their trophy – a wooden spoon!! The Assisi residents warmly congratulate the Tamahere team who won!!

News from the Residents' Committee

Hello everyone,

Thank you to all the residents who came to our Quiz afternoon earlier this month. You looked like you all enjoyed yourselves. It was a fun afternoon and congratulations to the winning team. Was lovely to see people from the rest home and also some from Assisi there. Thank you for coming and boosting our numbers.



Some of us went to Assisi for their Quiz afternoon later this month. We managed 2 teams and even came back with a trophy. It was nice to reciprocate and support them in their activity.

Coming up in September we will be having our annual Dessert Night. This will be on Sunday 14th at 6pm. For those of you that haven't been before we ask that you bring a dessert to share. It's a nice way to end a weekend and catch up with new and familiar friends. We will supply the tea and coffee.

Also in September we will be having a meeting about the Variety Show. This will happen on Tuesday 16th at 12pm in the Cafe. If you are willing to participate in our Variety Show please come and chat to us about what you plan to do. We have a few people that have put their names down already which is exciting. If you want to be in the show but can't attend the meeting, that's ok. Just let me know.

I would also like to remind you that we have a Fashion Show in October and our Craft Show. More about those next month, but if you wish to have a stall at the Craft show please let myself, Ann or Lesley from the committee know. Thank you.

At our Committee meeting this month, we asked David about the house numbers on our villas. Some of them are getting hard to read. David has said that the numbers are getting replaced and we asked that they be "glow in the dark" to help emergency services in finding the correct villa. Also the white boxes on the wall near your back doors will be getting a face lift with paint if they are looking shabby.

That's all from the committee for this month. Look forward to seeing you at our next event.

Lynn.

(Lynn Dring, Villa 68 - ph 021 032 2875)

Answers to Quiz Questions on Page 26

1. Mount Everest; 2. Antarctica; 3. Amazon; 4. Africa; 5. Tokyo, Japan; 6. East Antarctic Plateau; 7. Verona; 8. Hawaii; 9. Three; 10. China; 11. Italy; 12. "God Save

It's almost time to vote in the Local Body elections.

Meet the candidates standing for Mayor and Council (Tamahere- Woodlands Ward) in the Waikato District Council elections 2025. Below you'll find all confirmed candidates.



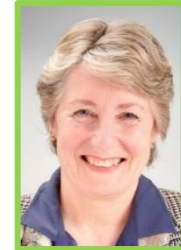
Mayoral Candidate:
Aksel Bech



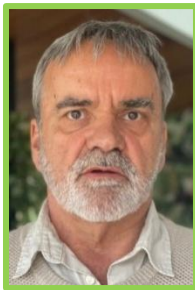
Mayoral Candidate:
Jacqui Church



Council Candidate:
Anne Cao-Oulton



Council Candidate:
Crvstal Beavis



Council Candidate:
Mark Manson



Council Candidate:
Mike Keir



Council Candidate:
Peter Mayall

***We vote for
two people as
Councillors***

***For more information about each candidate, go to
www.waikatodistrict.govt.nz/your-council/local-elections-2025
Click on the person's photo to read the information***

During the Local Elections 2025, **you'll also be asked to vote in a binding poll on whether you support keeping or removing Maaori wards in the Waikato District.** The current Tamahere-Woodlands Maori Representative, Tilly Turner, has been re-elected unopposed.

You will also be asked to VOTE for two out of the four candidates (Waikato) for the Waikato Regional Council.

- Rhys Craig
- Gary McGuire
- Noel Smith
- Pamela Story

The Tamahere Community Committee have arranged two opportunities for voters to learn more about the candidates.

Wednesday 10th September 4.00pm – 6.00pm where candidates introduce themselves and explain why we should vote for them.

Saturday 20th September 11.00am – 1.30pm where candidates can sit and chat with people on a Q & A basis. This is the same date as the monthly St Stephen's Market Day at Tamahere.

VENUE: Downstairs meeting room and foyer space at the Tamahere Community Centre (next to the school).

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 5th September.

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

Step by Step – Simon Reeve (Gladys)

This book covers the first 30 years of the author's life.

The first chapter relates to his major television series on "Equator" when he was struck down by malaria having forgotten to take his anti-malaria drugs.

He was born in London, from a working class family with a younger brother, his father being a school teacher. When 6 or 7, he was inquisitive, always asking questions, and had empathy with people. However, he had been a teenage delinquent who left school without qualifications and went on the dole, suffered depression and mental health issues, a whisker away from suicide and was on a benefit. A counsellor told him, if it's difficult, just take one step at a time. A breakthrough came when he obtained his driving licence and took a part time job in a supermarket, then volunteering in charity shops. A few jobs were not suitable for various reasons, then father saw an advert in the Sunday Times with the possibility of training in journalism. He was successful sorting mail and enjoyed the job, then interviewing for the paper and writing his own stories. After several years on the paper, and after much investigation about the World Trade Centre attack, he wrote a book on it, "The New Jackal". Then after the 9/11 attack, he was hounded by media as a result of his book.

Later a producer from the BBC invited him on a journey to convey the joys and darkness of the countries visited. The first journey was to "The 'stans" in Central Asia - Kazakhstan, Uzbekistan, and Tajikistan - with a producer and cameraman. Before going, they had a health and safety course involving chemical weapons training and a hostile environment course for one week trained by experienced soldiers. This journey provided adventures which he loved and the BBC were delighted and generous with praise. Wanting more, it was followed by "Places that don't Exist" and the "Equator".

A Time of Love and Tartan – Alexander McColl Smith (Gladys)

A 44 Scotland Street novel – about residents of an Edinburgh Street.

Disappointing – although usual good characterization with Bertie Pollock and his parents particularly well-drawn. However, I found it disjointed with the other characters; perhaps I was influenced by the fact that in the last chapter, Bertie and his father and friend went to Murrayfield, the rugby ground where Scotland played the All Blacks. The boys were fascinated by the haka, but Scotland won 13-0!

The Peasant King – Tessa Asfar (Briar)

This novel was recommended as a "lovely gentle read." The story incorporates people we know from Biblical times about the lands of Persia, Jerusalem, and Babylon – far from lovely and gentle!! However, the main characters, Asher and Jemma, live practical lives and endure hardships "little by little" and give answers by using Scripture – "We do not know what to do, but our eyes are upon you! Our God is the Lord of Hosts and the God of armies."



They became leaders although peasant and ordinary people, the message being ordinary people can encourage others in hard working and concerning times. The sentences are short, and the chapters exciting and full of life.

Lily (A Tale of Fear and Escape) – Rose Tremain (Helen)

Lily Mortimer was born in 1850 on a winter's night, abandoned at the gates of a London Park, wrapped in sacking. She was saved by a young police constable and taken to the London Foundling Hospital. Foundlings were fostered out to farming families. Lily went to a rural Suffolk family where she was loved and never forgotten.

After several years, as per the law, she was returned to the Foundling Hospital, about the age of six, and trained in some occupation that would be useful to society. It was a harsh life and continued to be difficult for most of her years.

Near the end of her life, Lily understood the saying,

“If a child isn't cared for, he or she becomes a beggar. The thing we beg for is love.”

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

The Global Village on Wednesday 3rd September at 4pm in the library will be discussing a broad view of global developments based on a visual presentation.

Everyone welcome to participate or just watch. Enquiries to Gray Southon, Villa 102, email - gray@southon.net, ph 0211 020 977.

Bowls

OUTDOOR BOWLS

As of 30th September - the beginning of DAYLIGHT SAVING - the commencing time for Outdoor Bowls will be back to 9am. Could you please endeavour to be there to put your name in for a team, so we can commence play by 9.15am. We will have morning tea after six ends.



We look forward to new players for the Summer Season; some bowls are available, and you need no experience - someone will always tell you what to do! Come along and enjoy the fresh air and exercise!

INDOOR BOWLS –

Due to lack of players on a Monday evening we have gone into recession until the warmer weather.

I Look forward to more interest next season.

Beth Richards, H23

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 have sent our last winter donation for the year to Kids In Need Waikato. Our delivery held the following:

- 6 Knitted toys
- 1 knitted skittle set of 3 penguins plus ball
- 1 knitted fishing set
- 3 knitted baby headbands
- 1 hot water bottle cover
- 4 sewn baby nighties
- 3 sewn baby jackets
- 4 sewn baby pillow cases
- 4 pairs mittens
- 55 hats
- 2 sets sewn hats with matching slippers
- 9 pairs knitted slippers
- 2 pairs booties
- 1 pair baby mittens
- 3 knitted baby jackets
- 2 knitted baby bonnets
- 3 knitted baby dresses
- 7 knitted toddler jumpers
- 10 large rugs
- 2 baby rugs



Now we start stockpiling for next winter! Keep knitting ladies – it's good for us and great for all those unfortunate children whose lives are so displaced.

We meet, as always, in the lower Harakeke Lounge on Fridays at 10am, and enjoy a cuppa together.

Helen Painting ph 854 7662

Vision Impaired Group

Hello every one – hope you are all well.

Our weekly meetings are continuing but unfortunately, numbers attending are very small. If you feel like a coffee and a chat on a Thursday at 10.30, we would love to see you.

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.

Memories of Beatrice Hughes

Monthly, since April 2016, a grey- haired lady carrying numerous books, could be seen going towards the Library.

This was BEATRICE HUGHES.

Each member of the Book Club gave a resume of the books they had read and enjoyed. Beatrice was interested in people and places, and being a wordsmith, we always looked forward to her comments.



With her interest in people and places, and a stalwart, her titles were always intriguing. Her main source of books was the Chartwell Public Library. In later years, her daughters obtained them for her.

Among the writers Beatrice enjoyed were those of Alexander Mackay Smith. She liked Laurence Fernley's book, "The Hut Builder", also "The History of Bees", by Naja Lunde, a Norwegian writer.

After one meeting, Beatrice exclaimed, "I never thought I'd be so interested in the sex of camels after I was 90!"

- *From her friend and fellow Book Club Member
Gladys Button*

Movies for September

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

For September we are screening:

5th September 4pm The Bucket List

The Bucket List is a 2007 American buddy comedy-drama film directed and produced by Rob Reiner, written by Justin Zackham, and starring Jack Nicholson and Morgan Freeman. The main plot follows two terminally ill men on their road trip with a wish list of things to do before they "kick the bucket".

19th September 4pm Unbroken

After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.



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.



Our Rehabilitation Corner

Let's face it, there's a reason why so many of us have trouble eating nutritiously every day. Sometimes it's just quicker or easier to eat unhealthy food. If you're having trouble getting started on a healthy eating plan, these tips can help:



Boost a low appetite

Check with your doctor to see if your loss of appetite could be due to medication, and whether the medication or dosage can be changed. Try natural flavour enhancers such as olive oil, butter, vinegar, garlic, onions, ginger, and spices to boost your appetite.

Eating small, frequent meals throughout the day can also make it easier to eat more with a low appetite. If you have an easier time drinking your calories, try creating healthy smoothies or buying pre-made shakes with low amounts of added sugar and at least 15g of protein per serving. This can boost your calorie and nutrient intake when eating more is a challenge.

Cope with difficulty chewing

- Make chewing easier by drinking smoothies made with fresh fruit, yoghurt, and protein powder.
- Eat steamed veggies and soft food such as couscous, rice, and yoghurt.
- Consult your dentist to make sure your dentures are properly fitted.

Deal with a dry mouth

- Drink eight to ten glasses of water each day.
- Take a drink of water after each bite of food.
- Add sauces and salsas to moisten your food.
- Avoid commercial mouthwash.
- Ask your doctor about artificial saliva products.

But what if you don't like healthy food? None of us were born with a craving for chips and donuts or an aversion to broccoli. This conditioning happens over time as we're exposed to more and more unhealthy food choices. However, it is possible to reprogramme your brain's food cravings over time so that you crave healthier foods instead.

Commit to keeping an open mind. Just because a food is healthy, it doesn't mean it can't be tasty as well.

Don't change everything all at once. Add a side salad to your normal dinner, for example, or substitute unhealthy fries with baked sweet potato fries, or have a smaller portion of dessert and fill up with melon and pineapple slices.

Focus on how you feel after eating well—this will help foster new habits and tastes. The healthier food you eat, the better you'll feel afterwards.

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

Our Chuckle Corner

An old lady handed her bank card to a bank teller and said, "I would like to withdraw \$500.

The teller told her, "For withdrawals less than \$1,000, please use the ATM."

The old lady then asked, "Why?"

The teller irritably told her, "These are the rules. Leave if there is no other matter. There is a queue behind you."

She returned the card to the old lady.

The old lady remained silent... but then she returned the card to the teller and said, Please help me withdraw all the money I have."

The teller was astonished when she checked the account balance. She nodded her head, leaned down, and said to the old lady, "My apologies, Ma'am. You have \$3.5 million in your account, and our bank does not have that much cash currently. Could you make an appointment and come again tomorrow?"

The old lady then asked, "How much am I able to withdraw now?"

The teller told her, "Any amount up to \$100,000.

The old lady then told the teller that she wanted to withdraw \$100,000 from her account.

The teller did so quickly and handed the stack of cash to the old lady respectfully.

The old lady put \$500 in her bag and asked the teller to deposit the balance of \$99,500 back into her account.

Moral of the story: Don't mess with Granny!

Alice Grayson was supposed to bake a cake for her church's bake sale, but she forgot until the morning of the event. In a rush, she whipped up an angel food cake, but the centre collapsed. Desperate to make it look presentable, she stuffed a roll of toilet paper into the centre and covered it with icing. It looked perfect!

She told her daughter to buy the cake at the sale before anyone else could. But when her daughter arrived, the cake had already been sold. Alice was mortified, imagining the horror of someone discovering the toilet paper inside.

The punchline! At a fancy luncheon the next day, the cake was served as dessert - and the snobby hostess proudly claimed that she had baked it herself. Alice just smiled and thought, "God is good".

GRANDPARENTS' ANSWERING MACHINE

Good morning... At present we are not at home, but please leave your message after you hear the beep. Beeeeeppp

If you are one of our children, dial 1 and then select the option from 1 to 5 in order of "birth arrival" so we know who it is. If you need us to stay with the children, press 2 If you want to borrow the car, press 3 If you want us to wash your clothes and do ironing, press 4 If you want the grandchildren to sleep here tonight, press 5 If you want us to pick up the kids at school, press 6 If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7 If you want to come to eat here, press 8 If you need money, press 9 If you are going to invite us to dinner, or, taking us to the theatre, start talking..... we are listening !!!!!!!!!!"



A Blonde on "Who Wants to be a Millionaire?"

Barbara, a bubbly blonde, had made it all the way to the \$500,000 question on "Who Wants to be a Millionaire?" Regis Philbin leaned in smiling.

Regis: "Barbara, you've done incredibly well so far. You're just one question away from winning one million dollars. You still have one lifeline left - Phone a Friend. Are you ready for the final question?"

Barbara: "Let's go for it, Regis".

Regis: "For one million dollars ... Which of the following birds does not build its own nest?"

A: Robin B: Sparrow
C: Cuckoo D: Thrush

Take your time - it's a big one."

Barbara paused, frowning. "Hmmm ... I think I know ... but I'm not sure. I'd better use my lifeline."

Regis: "Who would you like to call?"

Barbara: "My friend Maggie, back in Birmingham."

(Regis dials. The phone rings.)

Maggie: "Hello?"

Regis: "Hi Maggie, it's Regis from Who Wants to be a Millionaire? I've got Barbara here. She's on the final question for ONE MILLION DOLLARS and needs your help. You'll have 30 seconds. Ready?"

Maggie: "Ready."

Barbara: "Maggie, which of the following birds doesn't build own nest? Robin, Sparrow, Cuckoo or Thrush?"

Without hesitation, Maggie said, "Oh, that's easy - it's the cuckoo!"

Barbara: "You're sure?"

Maggie: "Absolutely!"

Barbara hung up and turned to Regis, confident.

Barbara: "I'm going with C - Cuckoo. Final answer."

Regis: "You had \$500,000. If you are wrong, you drop to \$32,000 ... Barbara ... you're RIGHT! You just won ONE MILLION DOLLARS!"

(The audience erupts in cheers and applause.)

Later that night, Barbara took Maggie out for champagne to celebrate. As they toasted, Barbara leaned in and asked "Maggie, I've got to know - how did you know the Cuckoo doesn't build its own nest?"

Maggie sipped her drink, smiled and said, "Well, duh! Everyone knows a cuckoo lives in a clock!"

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 16).

1. What is the tallest mountain in the world?
2. What is the largest desert in the world?
3. Aside from the Nile, what is the longest river in the world?
4. Which continent covers all four hemispheres of the earth?
5. What is the world's most populated city?
6. Where is the coldest place on Earth?
7. Which Italian town is the setting for Shakespeare's Romeo and Juliet?
8. What U.S. state grows coffee beans?
9. How many floors does the Eiffel Tower have?
10. Which country produces the most tea?
11. Which country gives students the longest summer holiday?
12. What is United Kingdom's national Anthem?



The Waikato Interfaith Choir
invites you to join us
for an afternoon of cultural
celebration,
in conjunction with
Hamilton City Welcoming Week.
SUNDAY SEPTEMBER 7, 4 - 6 pm

Venue: 5 Higgins Road, Dinsdale,
Hamilton.



FREE

Tamahere Retirement Village – Calendar of Events – September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9.15 Seated cardio- endurance Exercises/CC 1 pm Board Games, Pool/CC	2 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 4.15 ZUMBA /CC	3 9.15 Strengthening exercises with dumbbells/CC 10.30 New World 4.00 Global Village /cc 7.00 Pool/CC	4 PODIATRIST HERE 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	5 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 10.30 Book Club /cc 1 pm Board Games/CC 4.0 Movie “The Bucket List”/CC	6 9.15 ZUMBA /CC 10.0 Petanque– near V28
7 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	8 9.15 Seated cardio- endurance Exercises/CC 1 pm Board Games, Pool/CC	9 9.45 Bowls 10.30 Chartwell	10 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 7.00 Pool/CC	11 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	12 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	13 9.15 ZUMBA /CC 10.0 Petanque– nr V28 11.0 Catholic Liturgy /C (Sue Kenrick)
14 4.00 Worship in Wesley Chapel led by Nan Russell 6.0 Dessert Evening/CC	15 9.15 Seated car endurance Exercises/C 1 pm Board Games, Pool/CC	16 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	17 9.15 Strengthening exercises with dumbbells CC 10.30 New World 11.0 Holy Communion /C (Rev. Dr Susan Thompson) 7.00 Pool/C	18 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	19 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0 Movie – “Unbroken”/CC	20 9.15 ZUMBA /CC 10.0 Petanque– near V28
21 4.00 Worship in Wesley Chapel led by Mary West	22 9.15 Seated cardio- endurance Ex/CC 1 pm Board Games, Pool/CC	23 9.45 Bowls 10.30 Chartwell	24 9.15 Strengthening exercises with dumbbells CC 10.30 New World 7.00 Pool/CC	25 9.45 Bowls 10.30 VIG Coffee/CC 3.30 Happy Hour /CC	26 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	27 9.15 ZUMBA /CC 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
28 DAYLIGHT SAVING STARTS 4.00 Worship in Wesley Chapel led by Rev. Paula Moala	29 9.15 Seated cardio- endurance Ex/CC 1 pm Board Games, Pool/CC	30 9.00 Bowls 10.30 Van Outing	<div>cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge</div> <div>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</div>			