



Welcome to the  
**TAMAHERE VISTA**  
April 2026



Ah, the beauty of autumn!! Let's make the most of this special time of the year.

A very warm welcome to all the new residents to our village. We hope you are happy in your new homes as we all are.



April is another busy month – we have Easter and Anzac Day; those who enjoy pottering in their gardens will have crops to harvest, bushes to cut back, all those autumn tasks to tackle. Others will have families visiting as the school holidays roll around again.

This month, we are introduced to Carol and Laurie Hancock, who have recently moved to our village. I continue to be inspired by the lives and experiences of all those who live in our community. It is a privilege to sit and hear their stories, and I acknowledge the feedback I receive from many residents about how much they appreciate getting to know their neighbours at a different level.

There are a number of our residents who remain unwell – either in hospital or at home. Our thoughts are with them. Our management team have arranged for us all to have the new Covid booster and flu vaccine during April. Check out David's column for further details. We are all strongly recommended to protect ourselves – and those around us – for the winter season.

Daylight saving comes to an end on Sunday 5 April – don't forget to turn the clock back.

*Carole Fleming (Editor)*

**Table of Contents – Tamahere Vista – April**

Page 1	Editorial	Page 12	News from the Residents' Committee
Page 2	Introducing Carol and Laurie Hancock	Page 13	"What's Going On?"
Page 3	Village Manager's Column	Page 12	News from Village Groups
Page 4	News about the Matangi Rd intersection	Page 17	Movies for April
Page 5	Chaplain's Korero	Page 18	"Just a Thought on Grief"
Page 6	News from Lisa	Page 19	Our Rehabilitation Corner
Page 7	Rotary Club News	Page 20	Our Chuckle Corner
Page 8	"Recycling"	Page 22	Puzzle Corner
Page 9	News from the Residents' Committee	Page 23	Calendar of Activities for April
Page 10	"St Patrick's Day Celebrations"		

## Introducing Carol and Laurence Hancock

Carol and Laurie were both born and raised in Matamata.

Carol, one of four children, went to primary school at Piarere then Rangipai, Matamata Intermediate and Matamata College.

**Laurie**, one of 6 children, went to Hinuera School, then to Matamata for Intermediate and College. On leaving school, he worked on his father's farm for 4 years before moving south with a group of friends, for 6 months. He boarded in Christchurch and tried his hand at various jobs – at the freezing works, British Pavements, the Nassella Tussock Board, and Safer Brakes, before returning to the farm and sharemilking for his father.



Carol left school, and worked for a local engineering firm, Hinuera Sunny Park Dairy Co, where Laurie would go, when work on the farm became quieter, to learn new skills such as welding. He met Carol and created reasons such as asking her to complete his timesheet, in order to spend time with her.

They married in Matamata and spent the next 3 years on the farm. Each year, Laurie would take a trailer and travel to the Hawkes Bay to get peaches which he would then sell. He decided it would be an idea to move his family there. It did nothing but rain! He had come there to work – but with 2 children, no job, no secure income, he really did wonder why! He eventually found work in the orchards, contracting firewood, and collecting slink skins. He raised enough money to buy his own truck, and in one lambing season, collected 40,000 slinks which sold at 50c each. He then did firewood commercially for the next 8 years, and worked during the pea harvest, where they were required to work 12 hour shifts from 4am to 4pm for 9 weeks. He was a driver for orchards for 19 years.

After 27 years in Hawkes Bay the decision to leave was only made as they were coming back to Carol's mother's 75<sup>th</sup> birthday celebrations. They asked themselves why they were returning to Hawkes Bay and realised that with the children having left home, and their families in the Waikato, it made sense to stay nearer them. So in short order, they sold the house, resigned from their work, and moved.

The move to Otorohanga was in Laurie's words, "in good faith. We had no jobs had sold the house and living off the proceeds for a time was lessening the amount they had to purchase another." Otorohanga was to be home for them both for the next 22 years, before their move to Tamahere.

**Carol** was more than the office girl at Hinuera Sunny Park Dairy Co – she pumped petrol and changed tyres! After they were married, they were living at Matamata on the farm and had two children, a girl and a boy. Their third child was born in Hawkes Bay, where Carol worked (all at the same time) part time as the Church Secretary, part time at the Monumental Masons, and did orchard work.

Carol was then called to ministry to be ordained in Hastings. She has been ordained an Anglican priest for 25 years. For the first 10 years, Carol was a non-stipend priest; later she served as Vicar St Lukes, Te Kuiti for 5½ years and a 5 year term as Chaplain here at Tamahere Eventide – but now retired. She then managed the local church Op Shop in Otorohanga, only leaving last year to travel to the UK with her sister for 5 weeks. Their two sons are dry stock farm managers, and their daughter, among numerous other roles, is a life coach. They have 2 grandchildren.

Laurie's interests are music and woodworking., while Carol just loves her quilting, crochet, knitting and scrapbooking. She is also keen on card making. They have only been in the village for a short time, but already Villa 56 is home, and they just love it.

*A very warm welcome to you both – to us, it feels like you have "come home"! We trust you will be very happy here.*

## **VILLAGE MANAGER'S COLUMN**

### **Quote of the Month:**

***“If you don't like the road you are walking, start paving another one.”***

***(Dolly Parton)***



### **New Residents**

Villa 115      Les and Barbara Mehrtens

#### **1. Covid and Flu**

The new flu season is on its way. I recommend that all those that can, should take this opportunity to have both the flu and the Covid injections as organised in the Community Centre on Thursday 9<sup>th</sup> April.

We have had an outbreak of Covid19 in our Care Centre at Atawhai Assisi. This is a timely reminder if you are unwell or have the flu, to wear a mask when in public.

#### **2. Emergency Alarms**

As a resident of this Village, you have access through your emergency bell to highly qualified and motivated Registered Nurses. In recent weeks, there have been a number of residents that have made a decision not to push their emergency bell, but instead dial 111. No matter how good the St John service is, there will be a delay for their response. In an emergency, please press your bell.

**David McGeorge**

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### **Cantando Choir's next Concert celebrates Baroque music**

The programme includes the much loved Vivaldi's Gloria, Bach's Jesu Joy, Mozart's Ave Verum and Handel's Zadok the Priest.

VENUE - St Peter's Cathedral

DATE - Saturday 9<sup>th</sup> May at 7.00pm

If you have any queries, please contact Delwyn at Villa 66, on 027 277 6563.

## **News about the Morrinsville /Matangi /Silverdale Roads intersection**

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

### **Works completed in the last two weeks:**

- Opened the widened shared path between Matangi Road and Morrinsville Road
- Completed all subsoil drains and connected to stormwater pipes
- Installed two of the ten rain gardens and their outlets
- Completed all road excavation
- Laid the first two layers of the new road (four layers total)
- Installed inner kerb of the roundabout
- Installed power supply and ducting for the signalised crossing.



### **Works planned for the next 2 weeks:**

- Complete first layer of asphalt
- Install kerbs and islands
- Install roundabout collar
- Infill islands and collar
- Install shared path on Morrinsville Road on the Silverdale Road side. This will create some additional diversions - please follow onsite directions and signage.
- Install remaining eight rain gardens
- Install fibre for the signalised crossing and CCTV
- Drilling for power and fibre.



## **CHAPLAIN'S KORERO**

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

I've recently been reading the life-story of the writer Kate Bowler which explores the idea of living with questions that aren't easy to answer. Kate was living a wonderful life. Married in her twenties, she had a baby in her thirties and got a job she loved straight out of university. Then at the age of 35 she was diagnosed with stage 4 colon cancer. "One moment", she says, "I was a regular person with regular problems ... the next, I was someone with cancer".



Kate's life was turned upside down and she asked all sorts of questions. Why was this happening? What did her suffering mean? And where was God? The world of certainty had ended, she says, "and so many people seemed to know why"; yet the answers they gave sometimes felt worse than the cancer itself.

Some Christians told her she shouldn't complain or feel upset as death wasn't that important, heaven was her true home; which made her want to ask if they would like to go home first. Others told her that her illness was a part of God's secret plan to improve her, a test of faith to make her stronger; which made her wonder what else she might have to lose to become a better person. Still others told her to keep a positive attitude; which made her want to send them a cheery poster when they were facing the prospect of a grisly death.

One thing such comments had in common was an underlying assertion that everything happens for a reason, a belief which Kate increasingly came to question. She noted there was often "a trite cruelty in the logic of the perfectly certain". It felt truer and more compassionate to simply admit that some things are just not possible to understand or explain.

In the midst of this, Kate found only one thing she could hold onto. "At a time when I should have felt abandoned by God", she says, "I was not reduced to ashes." Instead "I felt like I was floating on the love and prayers of all those who hummed around me like worker bees, bringing notes and flowers and warm socks". Somehow in the midst of all the questions she couldn't answer, she knew one thing and one thing absolutely: that God was with her.

There may be times in our lives when hard things happen and well-meaning comments and cliches just don't help. When we're forced to live with the unknowable, the unchangeable, the unsolvable, I hope that we also may find a way to hold onto something that stays true and constant. For Kate that something was her faith that God is with us in the long dark night. God will meet us in love and never let us go even when all else seems impossible.

Ngā manaakitanga,

Susan

## News from Lisa

Lisa grew up in Tamahere – across the road! She went to Tamahere School, Berkley Intermediate, then to Hillcrest High, and when she married Shane, they moved to Cambridge. The plan was to buy a section, move a house on to it, renovate and then sell. They now have four children, and are still living in this same house - some 28 years later!

On leaving school, Lisa studied at the Waikato Polytechnic and has a Bachelor's degree in Media Arts specialising in Graphic Design. Before the children were born, Lisa worked at the Management School at University of Waikato in what started as a short-term position, but where she stayed 6 years. She left on Maternity Leave, but never went back.

For most of the time Lisa has been a stay-at-home mum. However, she has worked as a nanny for a year, and for 5 years at St Peter's School as an Art technician in their Art Department.

Lisa's interests are the Gym, photography and Wearable Arts. She has entered designs in this on and off since 2014, winning prizes including the NZ Designers' Award!

Lisa shared with me that there were multiple reasons for coming to this role. "Tamahere is a special place, she likes the Mission Statement and what we stand for, the goal has a purpose – and it has a heart!!"

Lisa – a warm welcome! We look forward to you being part of the Tamahere family!



### **A reminder:**

**No exercises on Wednesday 1 April.**

**Covid and flu vaccines – Thursday 9<sup>th</sup> April 10am – 1pm**



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 David or Lisa to discuss.

### **From Our Property Manager**

*Dear Residents -*

*I'm advising I am currently on annual leave, returning to work on April 20<sup>th</sup>. 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*

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### **Hamilton East Rotary Club Update**

In his latest message to Rotarians World-wide, the International President of Rotary, Francesco Arezzo, discusses the reach of community action and the opening words are along these lines–

*Water connects us all. From a small trickle into a stream in a remote forest to a river running past a city neighbourhood, freshwater ecosystems sustain humanity. Yet these waters are increasingly under strain. Pollution, overuse and climate pressures remind us that protecting freshwater is a global challenge. Rotary has always believed change begins within communities.*

The current Hamilton East Rotary community project being undertaken with the Hamilton City Council, to clean up the gully near Porritt Stadium, is a good example of what the RI President talks about. Removing rubbish, planting lots of shrubs and trees, controlling weeds and exterminating vermin are all aspects of the project. The net result will be cleaner water flowing into the Waikato River from the tiny stream that flows through the bottom of the gully.

Speakers for April's formal meetings of the Hamilton East Rotary Club are now finalised. At the meeting scheduled for Wednesday 1st April, Lucy Ryan who is the CEO of the Hamilton Gardens, will be giving a presentation and on Wednesday 15th April, the speaker will be John Kerr, John is Chief Designer at NZ Aero, Rukuhia. A recent success of his, was the design of the SuperPac 750XL-11. John and Lucy are both quality presenters and village residents are welcome to join with Rotarians to hear what they have to say.

If you want to attend to hear the presentation come to the Village Café between 7.00 and 7.10 p.m. If you would like to be present for the whole Rotary meeting and partake of the roast dinner then you need to be there no later than 6.10 p.m. You MUST REGISTER NO LATER than the Sunday evening before the meeting.

To register, preferably by email - [hookian10@gmail.com](mailto:hookian10@gmail.com) or phone 0210728940. Please note – If registering to attend the whole meeting, including a meal, then there is a charge of \$25 payable in cash on the night.

## Recycling

I thought I'd give some general directions for recycling, not just computers, but electronic equipment and other kinds of materials. Dave from RecycleIT in Frankton ([www.recycleit.co.nz](http://www.recycleit.co.nz), 0276295000) is the man to talk to if you've got some old computer equipment you're looking to get rid of. It doesn't matter whether or not it's working. He will reuse, recycle and/or strip computer equipment for parts, and can do pick-up's from your address.

Other electronics, like metal waste in general, can be taken into most metal recyclers and exchanged for a bit of pocket change. This includes items like dishwashers, stereos and rusty old heaters. As for the rest, here's places to take stuff:

**Batteries (car or other lead-acid types):** Most metal recyclers will take these. You might have to ring around a bit.

**Batteries (lithium ion, household):** Bunnings have drop-off boxes for recycling these.

**Clothing/Toys/Bikes/etc:** I tend to drop off to the Sallies, but obviously there's Hospice shops, Red Cross, you name it.

**Clean rags/scrap material:** The SPCA can always use these (they get used for cleaning cages), or a local car mechanic might need rags on an ongoing basis to get the grease off their hands.

**Food scraps:** Know a pig farmer? Or, dig a compost hole next to your garden, line the sides and top with wood to keep the rats out, and dump in there. Feeds the worms and keeps the soil healthy.

**Cardboard/paper:** The recycling collection services in the Waikato/Waipā will pick up a box of paper/cardboard approximately the size of your recycling bin, as well as what's in your recycling bin. Just flatten any boxes.

**General items/materials:** Sometimes trade-me is a useful place to dispose of stuff if it's valuable, but if it's not, Freecycle is an online recycling network where you can list stuff you want to get rid of, as well as requesting stuff you want. This can include anything from wooden pallets to computer monitors. The Hamilton group is <https://groups.freecycle.org/group/HamiltonNZ/>

The main reason for writing this was the amount of good quality materials I see going to waste or left to rot in the rain whenever the inorganic recycling season starts locally. By comparison, with a very small amount of effort you can possibly save someone else a heck of a lot of time and energy.

Feeling overwhelmed with stuff? Contact Matt at 0211348576 or [info@homepcsupport.co.nz](mailto:info@homepcsupport.co.nz) \$80 per hour, or \$70 for drop-off-to-workshop services.



**Bentley Home PC Support**

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

Hello everyone,

Firstly thank you to all who attended the Quiz Night. About 45 quizzers. It was a great night and I think the most fun one we have had. Congratulations to the winning team, Jenny, Helen, Pat, Les, Gill and Quentin. They are a lot of work to organize and I do appreciate the attendance.



Our next event will be on Easter Monday at 10am. The Committee will be providing Hot Cross Buns and Tea and Coffee. We will have an Easter Bonnet competition, so decorate a hat of some description. We also thought it would be a nice idea to have an Egg Swap. If you wish to partake, bring an Easter Egg of \$5 value to swap with someone. Looking forward to seeing you all there.

Also next month on ANZAC Day we will have a get together in the evening. Come along at 6pm and join us in singing some of the old songs. The Committee will also be providing a "sausage in bread" as it's a real Kiwi/Aussie thing. You are welcome to bring along your own drinks and nibbles if you wish.

At our last committee meeting we suddenly realised that we need to organise our AGM. This of course includes electing your committee. Sadly, most of our members will be resigning this year so we will need quite a few new members to carry on. I don't know what happens if we don't have anyone new to join us.

I guess we won't have a committee, so please think about putting your name forward. You will also need to be prepared to take on an office. Nomination forms will be out soon.

If you are a member of one of our many interest groups you will need to appoint someone to write a report on the group for our AGM. Thank you.

Lynn

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## **Farewell to Chris**



*Chris White retired recently and was farewelled by a large group of Village residents.*

*Chris worked at Atawhai Assisi from 2018 and joined the Eventide team 4 years ago.*

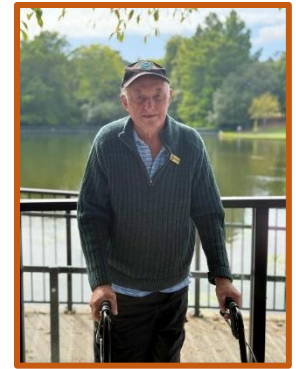
*We will miss you Chris, and trust that you and your husband enjoy a long and happy – and very well deserved – retirement.*



## St. Patrick's Day Picnic at Rogers Rose Garden

It was a time of the year again, just before the warm summer bid its farewell and the breezy autumn lingers in the air. On 16 March 2026, residents of Tamahere Eventide grabbed their green hats and cardigans, hopped into the big bus, and off we went to the surreal Hamilton Gardens. Around 140 people attended – residents, staff, family members, friends, and volunteers. We brought our own tables and chairs and placed them under this big old cedar tree where we had our delightful lunch that we also brought with us.

While serving drinks, I heard residents chatting about the garden, the weather, place where they came from, and their common friends back home which reminded me of a precious realization: we are indeed living in a wonderful world. And with that said, I would like to humbly thank everyone who made this picnic event a success. It was an amazing experience where smiles, giggles, and laughter turned into treasured thoughts in our hearts.



### Rosalyn Pelaez, (Allied Health Co-ordinator)



## **St. Patrick's Day Picnic at Eventide's Nikau Hospital**



## **A recent Visit from the Youth Group at the Living Waters Church**



A group from the Living Waters Church Youth Group joined us for their monthly visit recently.

Pauline and Diana had arranged an afternoon of board games.



## **What's Going On?**

### **Local Markets:**

Cambridge Farmer's Market - Every Saturday 8am - 12pm - Held in Victoria Square -

Cambridge Trash & Treasure - 2nd Sunday each month - 8.30 - 1pm - at the Rugby Grounds

Tamahere Country Market - 3rd Saturday each month - 8.30 - 1pm - at St. Stephen's Church, Tamahere.

Hamilton Farmer's Market - Every Sunday - 8am - 12pm - held at Claudelands

Katikati Sunday Farmer's Market - 9am - 1pm - at the Memorial Hall - sometimes live music -

Otorohanga monthly Craft Market - 4th Sunday each month - 9am - 2pm - held in the main street



Te Awamutu Model Railway Exhibition - Sat April 11th & Sunday April 12th - held at the Events Centre, opens at 10am. Adults \$10.00 - Child \$5.00 - Family \$25 - last entry at 3.30pm

### **Places to Eat;**

**The Bale Cafe**, 7 Parakiwai Rd, Hautapu, Cambridge. Open Mon-Friday 7am - 2.30pm - Saturday 8.30 - 1.30 Haven't tried this one yet but it looked good online.

**Tieke Cafe, Bistro & Bar**; Airport Road, Hamilton. Casual or high quality dining in a lovely Golf Club setting. We had a Sunday lunch (with no reservation) and it was very pleasant.

**LIVE MUSIC AT CLEMENTS: 68 Duke St Cambridge.** CLEMENTS is holding 'JAZZ ON THE TERRACE' on Monday 6th April 2pm - 5pm with Pieter Bos Trio.

The Terrace is open from 7am daily and overlooks the gardens. Enjoy Coffee, breakfast, or wine and light bites.

**Cantando Choir** – their next concert celebrates Baroque music.

The programme includes the much-loved Vivaldi's Gloria, Bach's Jesu Joy, Mozart's Ave Verum and Handel's Zadok the Priest.

VENUE - St Peter's Cathedral - DATE – Saturday 9<sup>th</sup> May at 7.00pm

### **HARNESS RACING EYED FOR NEW RACECOURSE:**

A proposed racecourse and events centre in Tamahere could now potentially include a harness racing track as well.

Colloquially referred to as "the trots" - harness racing is a sport in which standard-bred horses pull drivers in light two-wheeled carts called sulkies.

### **OWL FARM PUBLIC OPEN DAY - SATURDAY 11TH APRIL 10am - 2pm**

Every year, in autumn, Owl Farm opens its farm gates for the public to experience a working dairy farm. Along with our wonderful partners at Lincoln University, Ravensdown, Dairy NZ, Fonterra farm source, WestPac, staff and students of St. Peter's School Cambridge and local farmers.

Entrance to the farm can be found by following the signs at St. Peter's School, 1716 Cambridge Rd.

This will be a most interesting experience.

Exploring inside a Fonterra Tanker - What do cows eat? - Walking tours of the wetlands

Watch cows being milked - and much more - plus free sausage sizzle.

*Pauline Eastwood*

## NEWS FROM VILLAGE GROUPS

### The Book Club

All those who are interested in reading books, and learning of the wide range of books read by other residents, are most welcome at the monthly meeting of the Village Book Club. They meet at **3.30pm on the first Monday of each** month in the small Lounge in the Community Centre. Their next meeting is Monday 6<sup>th</sup> April (Easter Monday).



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

**Tales from the Back Country** – Photography and stories compiled by Katherine Tozer (Helen)

You will find this delightful book on the non-fiction shelf of our Tamahere Eventide Library.

There are beautiful photos of Back Country locations with an excellent map showing all of the locations in New Zealand, North Island and South Island. The stories are about the men and women who write about their working dogs as they live in their beautiful and rugged country. The working dogs are indispensable for the back country work. All the stories of the owners and their dogs are wide and varied and enjoyable. Also, the photos and the stories can be related to the work of the Creator.

I feel proud of the way the photographer and writer gives us this special beauty.

**A Grief Observed** – CS Lewis (John)

CS Lewis, literary scholar, became a writer of well known Christian books – eg Mere Christianity, Screwtape letters and others.

He married in 1956 at the age of 58 to an American poet and admirer of his works by the name of Joy Davidman, who had two small children from a previous marriage. After six months, she was diagnosed with cancer and although they experienced four years of intense happiness, Joy died of cancer in 1960.

The movie “Shadowlands” (1985) tells of Lewis’s life and how on their honeymoon in the hotel where they were staying, Joy refers to the availability of room service for breakfast. To which Lewis famously responds, “O, I thought ‘room service’ was prayers in bed!”

Quoting from the back cover of this book, “Lewis found himself alone again, and inconsolable. To defend himself against the loss of belief in God, Lewis wrote this journal. An eloquent statement of rediscovered faith. In it he freely confesses his doubts, his rage, and his awareness of human frailty.”

Personally, I found this book quite challenging and when English is your second language, it is advisable to keep a dictionary handy. Ever heard of the word: ‘iconoclastic’? According to Lewis, all reality is like that! (page 56). But as a positive result of reading this book, I have also been prompted to start recording my journey in grieving.

**The Promise** – Chaim Potok (Isabelle)

A sequel to ‘The Chosen’. The author makes the conflict between Orthodox and Reformed theologians comprehensible and enthralling. The anguish of divided loyalties.

**Once Upon a Time** – AA Milne (Isabelle)

A fairy story for adults. Absolutely delightful but difficult to define.

## **Bowls**

**Outdoor Bowls -**  
**WITH THE ADVENT OF COOLER (AND DARKER) EVENINGS**  
**WE HAVE REVERTED TO OUTDOOR BOWLS AT 9am ON**  
**TUESDAY AND THURSDAY MORNINGS.**

We are still welcoming new players - come along and learn how, we have loan bowls available, and there is no cost.

We conclude with a coffee and muffin in the Cafe on Tuesday (at your own cost) and morning tea in the library at no cost on a Thursday.

If the weather is inclement, we play Indoor Bowls. Come along and enjoy a social event



### **Indoor Bowls -**

We are continuing Indoor Bowls in the Community Centre at 7 pm on Monday evenings. Our rules are fairly elastic, and we have a lot of fun. Come along and socialise. We will be there on Easter Monday, and Anzac Day evening.

**Beth Richards, H23**

**Bowls Communicator**

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## **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.

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## **Petanque**

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

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



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

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## **Games Afternoons**

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

## **Ukulele Sing-a-long Group**

The Ukulele group are an enthusiastic little group who meet in the downstairs Harakeke lounge on Thursday afternoons at 2 pm, (but not the last Thursday of the month), to sing and make music together. We welcome anyone to pop in to our sessions. It gives us pleasure to be able to play for the Rest Home and Day Programme for their entertainment.



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

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## **Tamahere Global Village**

Global events are certainly keeping us guessing as an increasing number of nations are getting drawn into the fray. There are moves to being key players together to resolve the conflict, but how well will they succeed? How will our services be affected?

On the 1st we will have a quick refresher on why the UN seemed so vital when it was first set up with a little background on the role of Rotary in supporting it. Our second meeting will be on the 15th, both Wednesday at 4pm at the Harakeke lower lounge.

Everyone is welcome, and you are invited to bring what you have been finding about the situations we are experiencing. Contact **Gray Southon, V102**, Ph 0211 020 977, email [gray@southon.net](mailto:gray@southon.net)

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## **The Library**

### **Tamahere Eventide Library Books:**

You can just take these books and return when read. You do NOT need to record these in the red book.

### **Waikato District Library Books:**

Books in the 2 bays nearest the window are from Waikato District Library. These must be recorded in the red book when taken out. When you return them, please put the date in the returned column. We will tick them off when we shelve them.

Happy reading.

**Jenny V98; Gill V84**  
**Librarians**

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Two hikers are pursued by a bear. One hiker runs away, the other stops to put on his running shoes.

“Are you mad? Even with running shoes you can’t outrun a grizzly!”

“No, but I can outrun you!”

*He who holds to himself, a joy,  
Thus the wingeth life destroy;  
He who kisses joy as it flies –  
Lives in eternity’s sunrise.*

- William Blake

## **Knit and Natter Group**

Our ladies hope you enjoyed viewing their crafted works, which have since been delivered to a depot for Kids in Need Waikato. This is items accumulated since August 2025 when we delivered our last donation. What a lovely, colourful display they made. See the photos below.

We don't see them en masse ourselves, as they are stored up over the summer until they are wanted with the change of season. For those who made contributions towards our yarn fund, thank you!

Our group meets on Fridays at 10am in the Lower Harakeke Lounge.

***Helen Painting ph 854 7662***



The nursery rhyme “Humpty Dumpty” never mentions an egg. “Humpty Dumpty” was the name of a massive Royalist cannon used during the English Civil War (1648). It sat on the wall of Colchester. When the wall was blown up, the cannon fell off.

“All the King’s horses and all the King’s men” couldn’t put Humpty together again because ... well you can’t fix a 2 ton iron cannon that has shattered into pieces. Victorian illustrators made him an egg because it looked so funny.

### **Answers to Quiz on page 22:**

1. Don Clarke
2. Murray Halberg
3. Dame Jacinda
4. Norman Kirk
5. Dame Whina Cooper
6. Dame Kiri Te Kanawa

## Movies for April

Movies are shown in the Community Centre - on Fridays 7pm.

### Chariots of Fire 2h 5m Friday 10th April 7pm Community Centre

In the class-obsessed and religiously divided United Kingdom of the early 1920s, two determined young runners train for the 1924 Paris Olympics. Eric Liddell (Ian Charleson), a devout Christian born to Scottish missionaries in China, sees running as part of his worship of God's glory and refuses to train or compete on the Sabbath. Harold Abrahams (Ben Cross) overcomes anti-Semitism and class bias, but neglects his beloved sweetheart Sybil (Alice Krige) in his single-minded quest.

### My Fair Lady 2h 50m Friday 24th April 7pm Community Centre

Gloriously witty adaptation of the Broadway musical about Professor Henry Higgins (Sir Rex Harrison), who takes a bet from Colonel Hugh Pickering (Wilford Hyde-White) that he can transform unrefined, dirty Cockney flower girl Eliza Doolittle (Audrey Hepburn) into a lady, and fool everyone into thinking she really is one, too. He does, and thus young aristocrat Freddy Eynsford-Hill (Jeremy Brett) falls madly in love with her. But when Higgins takes all of the credit and forgets to acknowledge her efforts, Eliza angrily leaves him for Freddy, and suddenly Higgins realizes he's grown accustomed to her face and can't really live without it.



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

**Don't forget our Specials –**

- **Every Tuesday – Freshly baked goods with tea or coffee - \$8.50**
- **Every Thursday – \$10 Special for Lunch**

**Great Food  
Great outlook  
Great people  
Share with your friends**



Ever wonder what to have for tea?  
Sandra has Ready to Eat Meals – 5 for \$67.50.

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

Refer to the Village website for the menu.

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



## **Just a Thought - on Grief**

Grief is a natural reaction to the impact a significant loss has on our life. I freely admit to not being an expert on this topic, but, as grief comes to us all, I offer a few thoughts. In our genuine desire to seek to comfort those grieving, it's important to recognise the most valuable support we can offer is a shoulder to lean on not a mouth to listen to. In our well-meaning endeavour to console those suffering it can be easy to say too much, and hard to say too little.

At these times it's helpful to remember the words 'listen' and 'silent' are made up of the same six letters.

One perspective with understanding grief is to see it as an 'unwelcome visitor'.

All the powerful emotional responses that come with grief will 'visit' as we process the impact of our loss.

The shock, the anger, the heaviness, the disillusionment, these are some of the feelings that can overwhelm us as we grapple with what's happened.

These visitors are an unwelcome but understandable response to our situation. We just don't want to allow them the opportunity to have a permanent place in our life.

You may know folk that have found themselves trapped in this space. Some tragedy, some uninvited intrusion, some tremendous disappointment, some expression of evil, that took someone or something from them. And now, years later, this event is still taking from them.

For our own sake, and the sake of our loved ones, we can't afford to allow ourselves to remain angry, bitter or defeated.

As hard as it is, the way to process grief is by facing the loss and not running from it. Ultimately we need to come to terms with what has happened.

If we don't, grief may well become despair. Despair can set in when we come to the conclusion that, due to the loss, my situation is now hopeless.

To help avoid this from happening, as best we can, and as soon as we are able, we need to get back to some healthy routines that support us to structure our day.

Routines are not a way of denying our loss, rather, they help us to function while we process what's happened.

Without healthy routines, we are at risk of being consumed by the dark shadow that despair can cast over our life.

At some point we need to 'intentionally' decide to move forward. Moving forward is not inappropriate. It's not disrespectful. It's not denial.

It is coming to a place of understanding that life still continues and so must we.

This is not about forgetting or ignoring what has happened, but lifting our eyes towards all that life still has to offer.

There comes a time when we need to turn around and embrace those in the land of the living and re-engage with being grateful for the good things that remain.

We need to choose to intentionally focus on the light that is still available and the hope we still have.

- Alan Davey

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## Our Rehabilitation Corner

# Exercise may help you with those thinking problems

**Getting the heart pumping with aerobic exercise, like walking or cycling for 35 minutes three times a week, may improve thinking skills in older adults with cognitive impairments, according to a recent study\*. After six months of exercise, study participants' scores on thinking tests improved by the equivalent of reversing nearly nine years of ageing.**

The study looked at people who had cognitive impairments without dementia, which is defined as having difficulty concentrating, making decisions, or remembering, but not severe enough to be diagnosed with dementia.

The study found that exercise improved thinking skills called executive function. Executive function is a person's ability to regulate their own behaviour, pay attention, organise and achieve goals. The study found no improvement in memory.

"The results are encouraging in that in just six months, by adding regular exercise to their lives, people who have cognitive impairments without dementia may improve their ability to plan and complete certain cognitive tasks," said study author James A. Blumenthal, PhD, of Duke University Medical Center in Durham, North Carolina.

The study involved 160 people with an average age of 65 and risk factors for heart disease, such as hypertension, who did not have dementia but reported problems with thinking skills. All participants were identified as having cognitive impairments without dementia and were sedentary at the start of the study.

Researchers examined the effects of both exercise and diet, specifically the Dietary Approaches to Stop Hypertension (DASH) diet, which is a low sodium, high fibre diet rich in fruits and vegetables, beans, nuts, low fat dairy products, whole grains, and lean meats. The DASH diet was designed specifically for individuals with high blood pressure.

Participants were randomly assigned to one of four groups: aerobic exercise alone; DASH diet alone; both aerobic exercise and the DASH diet; or health education, which consisted of educational phone calls once every one or two weeks. People assigned to the exercise groups exercised three times a week for 45 minutes each session which included 10 minutes of warm-up exercises and 35 minutes of aerobic exercise, such as walking, jogging, or cycling on a stationary bicycle.

**"Researchers found that participants who exercised showed significant improvements in thinking skills when compared to those who did not exercise."**

At both the beginning and end of the six-month study, researchers evaluated participants' thinking and memory abilities with standardized cognitive testing, cardiorespiratory fitness with treadmill stress testing, and heart disease risk factors with screenings for blood pressure, blood glucose and lipids. They also used questionnaires and food diaries to measure how closely the participants followed the DASH diet.

Researchers found that participants who exercised showed significant improvements in thinking skills when compared to those who did not exercise. Those who took part

in both the exercise and diet had average scores of nearly 47 points on the overall tests of executive thinking skills, compared to an average score of about 42 points for those with exercise and diet alone and about 38 points for those who just received health education. There was no improvement in participants who only consumed the DASH diet, although those who exercised and consumed the DASH diet had greater improvements compared to health education controls.

To illustrate, Blumenthal explained that at the start of the study, the participants had average scores for select subtests of executive function for people who were age 93, which was 28 years older than their actual chronological age. After six months, participants who exercised and followed the DASH diet saw their average executive function scores correspond with people who were age 84, a nine-year improvement. For those who received only health education, their performance on executive function tests worsened by a half year from their scores at the start of the study.

Although this may suggest added benefit of the DASH diet when combined with exercise, Blumenthal says a limitation of the study was that the number of participants was relatively small and these findings should be interpreted with caution.

"More research is still needed with larger samples, over longer periods of time to examine whether improvements to thinking abilities continue and if those improvements may be best achieved through multiple lifestyle approaches like exercise and diet," Blumenthal said.

*The study was supported by the National Heart, Lung, and Blood Institute (USA).*

*\* Published in the December 19, 2018, online issue of Neurology®, the medical journal of the American Academy of Neurology.*

Prepared by: Rosalyn Pelaez  
Allied Health Coordinator – Tamahere Eventide

## Our Chuckle Corner

### The Middle Wife

(by an Anonymous Year 2 teacher)

I've been teaching now for about fifteen years. I have two kids myself, but the best birth story I know is the one I saw in my own Year 2 classroom a few years back.

When I was a kid, I loved show-and-tell. So I always have a few sessions with my students. It helps them get over shyness and usually, show-and-tell is pretty tame. Kids bring in pet turtles, model airplanes, pictures of fish they catch, stuff like that. And I never, ever place any boundaries or limitations on them. If they want to lug it in to school and talk about it, they're welcome.

Well, one day this little girl, Erica, a very bright, very outgoing kid, takes her turn and waddles up to the front of the class with a pillow stuffed under her jumper.

She holds up a photo of an infant. 'This is Luke, my baby brother, and I'm going to tell you about his birthday.'

'First, Mum and Dad made him as a symbol of their love, and then Dad put a seed in my Mum's stomach, and Luke grew in there. He ate for nine months through an umbrella cord.'

She's standing there with her hands on the pillow, and I'm trying not to laugh and wishing I had my camcorder with me. The kids are watching her in amazement.

'Then, about two Saturdays ago, my Mum starts going, 'Oh, Oh, Oh, Oh!' Erica puts a hand behind her back and groans. 'She walked around the house for, like an hour, 'Oh, oh, oh!' (Now this kid is doing a hysterical duck walk and groaning.)

'My Dad called the middle wife. She delivers babies, but she doesn't have a sign on the car like the Domino's man. They got my Mum to lie down in bed like this.' (Then Erica lies down with her back against the wall.)

'And then, pop! My Mum had this bag of water she kept in there in case he got thirsty, and it just blew up and spilled all over the bed, like psshheew!' (This kid has her legs spread with her little hands miming water flowing away. It was too much!) 'Then the middle wife starts saying 'push, push,' and 'breathe, breathe'.

They started counting, but never even got past ten. Then, all of a sudden, out comes my brother. He was covered in yucky stuff that they all said was from Mum's play-centre, so there must be a lot of toys inside there. When he got out, the middle wife spanked him for crawling up in there in the first place.'

Then Erica stood up, took a big theatrical bow and returned to her seat.

I'm sure I applauded the loudest. Ever since then, when it's Show-and-tell day, I bring my camcorder, just in case another 'Middle Wife' comes along.



The Prime Minister decided it was time to do some public relations at a local Rest Home.

He began his 'tour' down the main hallway and passed by a little old man who didn't seem to notice him. Sensing this, the Prime Minister backtracked to the resident and asked, "Do you know who I am?"

The little old man looked up from his walker and said, "No, but if you go to the front desk, they'll tell you".

#### **From a poster in a church in France ...**

"When you enter this church, it may be possible that you hear 'the call of God.'

However, it is unlikely that God will call you on your mobile. Thank you for turning your phone off.

If you want to talk to God, come in, choose a quiet place and talk to him.

If you want to see God, send him a text while driving."

A small town had three churches:

Presbyterian, Methodist, and Catholic. All three had a serious problem with squirrels in the church building and each, in its own fashion, had a meeting to deal with the problem.

The Presbyterians decided that it was predestined that squirrels be in the church and that they would just have to live with them.

The Methodists decided they should deal with the squirrels lovingly in the style of Charles Wesley. They humanely trapped them and released them in a park at the edge of town. Within 3 days, they were all back in the church.

The Catholics had the best solution. They baptised and confirmed the squirrels. Now they only see them at Christmas and Easter.

At the end of their first date, a young fellow took his girlfriend back to her home. On the front porch, leaning against the wall with a bit of swagger, he decided to try for that important first kiss.

He: "Sweet thing, how 'bout a good night kiss?"

She: "Oh, I couldn't do that. My parents will see us!"

He: "Oh come on! Who's gonna see us at this hour?"

She: "No, please. I would just die of embarrassment if someone saw us."

He: "Baby, there's nobody around, they're all sleeping!"

She: "No way. It's just too risky!"

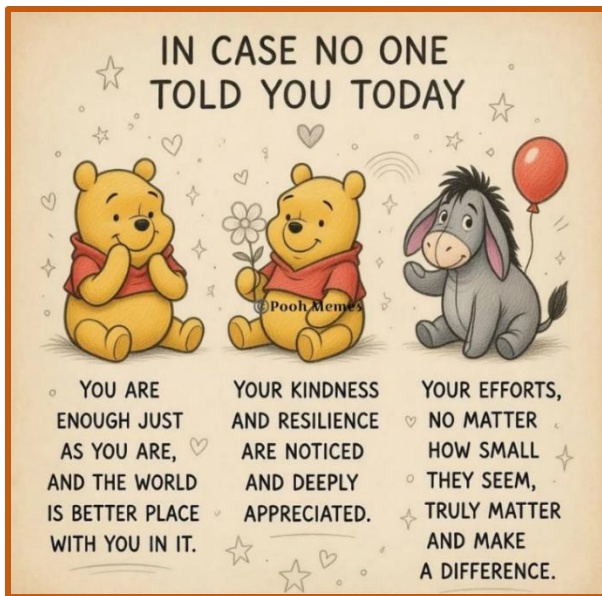
He: "Oh please, please, I like you so much!!"

She: "No. I like you too, but I just can't!"

He: "Oh yes you can. Please, Sugar? Please?"

She: "No, no. I just can't."

He: "Pleeeeeease?..." Then the porch light went on and the girl's sister showed up in her pyjamas, sleepy, hair dishevelled. "Dad says go ahead and give him a kiss. Or I can do it. Or if need be, he'll come down and do it himself. But for crying out loud - tell him to take his hand off the intercom button!"

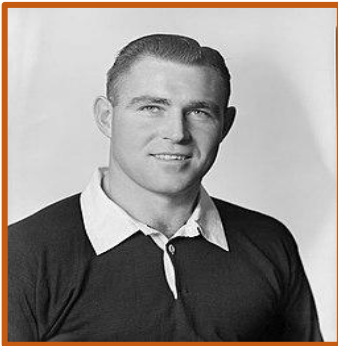


"You're real good with kids, Grandma .... You ought to have some of your own"

## **It's Puzzle Time**

A slightly different test to challenge you this month!!

Try and work out who these images are of. They are all New Zealanders, the photos are not all recent, and the individual may or may not be still living. The answers are on page 16.



1.



2.



3.



4.



5.



6.

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](mailto:christchurchclass@gmail.com)

Teacher: "James, who was Anne Boleyn?"

James: "She was a flat iron."

Teacher: "What on earth do you mean?"

James: Well, it says here in the history book, that 'Henry VIII, having disposed of Catherine of Aragon, pressed his suit with Anne Boleyn.'

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Colour Coding</b> Blue Health Clinics Green Exercise Groups Red Groups, Trips, Games Black Church Services			1  10.30 New World 4.00 Global Village /HDL 5.45 Rotary Club Meeting /CC	2 <b>PODIATRIST HERE</b>  9.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	3 <b>GOOD FRIDAY</b>  11.00 Good Friday Service /C (Rev. Dr Susan Thompson)	4  10.0 Petanque– near V28
5 <b>EASTER SUNDAY</b> (DAYLIGHT SAVING ENDS)  4.00 Worship in Wesley Chapel led Ngaire Southon	6 <b>EASTER MONDAY</b> 10.0 Easter coffee morning /CC  3.30 Book Club /cc 7.0 Indoor Bowls	7  9.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	8  9.15 Strengthening exercises with dumbbells CC 10.30 New World  6.30 Village Quiz /CC	9  9.00 Bowls 10.0 COVID and FLU VACCINES 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	10  9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 7.0 Movie /CC “Chariots of Fire”	11  10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
12  4.00 Worship in Wesley Chapel led by Rev. Liz Lightfoot	13  9.15 Seated cardio–endurance Exercises/CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	14  9.00 Bowls 10.30 Chartwell	15  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 5.45 Rotary Club Meeting /CC	16  9.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	17  9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	18  10.0 Petanque– near V28  2.00 Living Waters Church Youth Group here /CC
19  4.00 Worship in Wesley Chapel led by Margaret Birtles	20  9.15 Seated cardio–endurance Exercises/CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	21  9.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	22  9.15 Strengthening exercises with dumbbells / CC 10.30 New World	23  9.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/HDL	24  9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 7.0 Movie /CC “My Fair Lady”	25 <b>ANZAC DAY</b>  11.0 Anzac Day Service /C (Rev. Dr Susan Thompson)  6.00 Community Sing Song “Sausage in Bread” /CC
26  4.00 Worship in Wesley Chapel led by Rev. Alisa Lasi	27 <b>PUBLIC HOLIDAY FOR ANZAC DAY</b> 1 pm Board Games, Pool/CC 7.0 Indoor Bowls	28  9.00 Bowls 10.30 Van trip to The Base	29  9.15 Strengthening exercises with dumbbells / CC 10.30 New World	30  9.00 Bowls 10.30 Coffee Group/CC 3.30 Happy Hour /CC	cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge	