



Welcome to the
TAMAHERE VISTA
August 2026



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

This month, we have so much news to share. Firstly, we meet Les and Barbara Mehrtens who moved in to Tamahere earlier this year. Welcome to the Tamahere family! We trust you will be very happy here.

This month, we feature some very timely advice about Scams. Remember if you are ever in doubt, hang up and call your own bank, or David McGeorge – or even Police.

A special thankyou to the many people who contribute in any way to this newsletter. Many of you provide information, others encouragement, proof reading or delivery of newsletters – I couldn't manage this without you - thank you for helping to make this what it is.

Have a very happy August!

Carole Fleming (Editor)

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Introducing Les and Barbara Mehrtens

Barbara (nee Kennedy) was born in Masterton and attended Fernridge School then Lansdowne Primary School before attending Wairarapa College. She then went to Teacher's Training College in Wellington. As the family had transferred to Greymouth while she was in Wellington, her first appointment was with a composite Standard 1, 2, and 3 class, at Blaketown School in Greymouth.



Following this posting she taught at Dobson for two years then Hokitika for another couple. It was In Hokitika she met and became engaged to Les. They married in Napier where Barbara's parents were then living and soon after they also shifted to Napier where Barbara continued her teaching before starting their family. They had three boys and after six years away from teaching Barbara returned in a relieving capacity.

In 1986 the family moved to Hamilton. Barbara then worked as a supervisor in a Shoppers Childcare Centre in Centreplace for a couple of years. While in this role she attended Waikato Polytech to achieve a Social Workers Certificate. Barbara then managed a Support Centre for Mental Health for eight years. She then joined the family business where she worked in an administrative position and as a tour guide. This she did for a further seventeen years.

During this time Barbara was also on the Waikato Tourism Board and elected on the Council of Elders with the Hamilton City Council.

For the past 15 years Barbara and Les have been living in the Netherville Retirement Village and she continued her hobbies of reading, gardening, travelling and keeping up with the now extended family which includes seven grandchildren.

They thoroughly enjoyed their time there but realized for the future they needed to shift once again and after much deliberation chose Tamahere Eventide where they now live (in Villa 115), and totally enjoy being here.

Les was born in Hokitika on the West Coast He was one of eight boys. At this time he lived in Kowhiterangi **Les** started his schooling at the Kokatahi School and later on went to the old Victoria District High School. Not being a fan of remaining at High School at the age of 15 he went to Greymouth Motors Ford Agents and asked for a job. They offered him an apprenticeship so with this he was allowed to leave school. The highlight of Tractor services was the areas he covered initially with a 1948 Ford Bonus Built Wellside truck with an open deck.

Living on the coast, along with his father he enjoyed getting out into the bush to go hunting. They hunted for cattle beasts, rabbits and also opossums. This was when people were paid for the pelts. He also enjoyed fishing for whitebait when the season permitted. His family had a trench, but he also fished along the river mouth with a net. Those were the days when whitebait was plentiful and life on the Coast was enjoyable.

Outside life was memorable with the local A&P shows at which the Kokatahi Band always played. The surrounding landscape was magnificent which made a great setting. Every Saturday night there was a dance somewhere. It was at a dance Les met Barbara. They were married in 1967 and shifted to Napier in 1968 where he commenced working at Nattrass's Garage.

Barbara and Les purchased their first house in Napier and started their family in 1971. It was when the children were young Les purchased his own service station in Omahu Road, Hastings. Later he changed occupations and purchased a bakery in Greenmeadows. After living in Napier for 22 years, they moved to Hamilton so the boys could continue their education at the Waikato University and Poly Tech. Les commenced a job at Blue Worth working on and driving coaches. So began his love of driving tours away for groups around New Zealand. Eventually this led to the commencement of Leisure Time Tours. The first office was in Frankton alongside the Rawhiti Café which they purchased as well. Life was extremely busy. Leisure Time Tours continued to grow and is now situated on Kahikatea Drive. They sold the café after several years. Both Les and Barbara worked alongside their son Scott, in Leisure Time Tours, who now manages the business since both Les and Barbara have retired.

Les and Barbara now enjoy their retirement and make the most of getting away in their motor home or travelling overseas when possible.

Welcome to our village! And thankyou Barbara and Les for sharing your story with us – we trust you will be very happy here at Tamahere Eventide and enjoy your well earned retirement.



A Senior's Version of Facebook

For those of my generation who do not, and cannot comprehend why Facebook exists:

I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what everybody does each day. I also listen to their conversations, give them "thumbs-up" and tell them I "like" them. And it works just like Facebook. I already have four people following me: two police officers, a private investigator and a psychiatrist.

Enjoying Retirement:

Sometimes we instinctively know what we should be doing, but brush that aside amid the constant “noise” around us. Hearing it from another source somehow makes it seem more important and helpful. A friend who writes occasionally for another newsletter, wrote this. For all those for whom retirement is recent, and those who have made our retirement village their own -

Enjoying Retirement:

Staying Connected, Staying Purposeful.

You've worked hard, contributed for decades, raised families, supported communities — and now retirement is your time to enjoy the rewards of all that effort. But what does “enjoying retirement” really look like?

One of the biggest challenges as we age is loneliness. Research shows that staying busy, connected, and feeling useful are some of the most important things we can do for our health and wellbeing.

Here in New Zealand, volunteering is part of who we are. More than half of all adult Kiwis volunteer in some way, and many community organisations simply couldn't function without retirees who bring a lifetime of skills, wisdom, and experience.

Living in a retirement village can make an enormous difference too. Studies show it can add years to your life — thanks to safety, companionship, and easy access to support. In a connected community, people look out for one another. Neighbours notice if you're not at morning tea, someone offers a lift to the supermarket, others help organise outings or social events. As residents often say, “People notice if I don't turn up.” That feeling of being expected — of being needed — is powerful. Just as important is having a sense of purpose. We all want to feel that what we do still matters.

Friendships, shared activities, and being part of a community that genuinely cares about your presence can be a strong antidote to isolation. Staying engaged, staying relevant, and staying connected isn't just enjoyable — it's vital for our health, independence, and overall quality of life.



VILLAGE MANAGER'S COLUMN

Quote of the Month:

"I don't need a friend who changes when I change and who nods when I nod, my shadow does that much better."

(Plutarch)



New Residents

Villa 24 Eric and Coral Firth
Villa 119 Warren Morritt and Lee Astridge

Assisi Villa 27 Denise Burrows

It has been exciting seeing the development of the Men's Group ably facilitated by Ashley. I commend this group to all men in the Village as a means of meeting others with similar interests. It has been great to hear the conversations on the Café as you meet. And it was great to hear of your trip to the vintage cars.

A big thanks to Carole for arranging to drive a van each Sunday to the Catholic Church Service at Atawhai Assisi Chapel. I know those who are availing of this service really appreciate the opportunity of attending a Church that is both familiar and important to their spiritual wellbeing.

Please contact me if you wish to be part of this Church Service and I will be able to put you in touch with other congregational people to get you there.

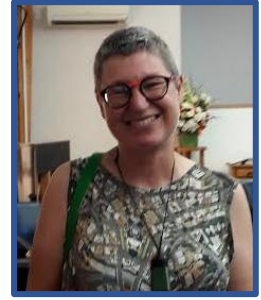
David McGeorge



Billie is now wearing her new uniform. Doesn't she look smart!! Pop into the Café and say Hi!!

CHAPLAIN'S KORERO

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



“O Lord, you have searched me and known me [You] discern my thoughts from far away and are acquainted with all my ways Where can I go from your spirit? Or where can I flee from your presence? If I take the wings of the morning ... even there your hand shall lead me, and your right hand shall hold me fast.”

These beautiful words from Psalm 139 are some of my favourites from scripture. They speak to me of the way we are known to our very depths by the One we call God. Every part of us is known and in the knowing understood: our words and thoughts, our ways and paths, the things in us that are unformed and even the days that lie ahead of us.

And always, despite the inevitable wrong turns and missteps of all our lives, God stays near and close and faithful. Wherever we are - up in the heavens or down in the depths, out to the farthest limits of the sea or into the deepest darkness - God's love holds us fast. For there is nowhere we can go where God can't follow.

I was reminded that the life-giving love of God can be present even in our times of darkness while watching the lovely film “The Quilters”, recently released on Netflix. This documentary tells the story of a group of men held in a maximum security prison in Missouri who spend their days sewing the most beautiful quilts for local children who are in foster care.

Most of the men are serving long sentences. Making quilts gives them a sense of purpose, a chance to discover their own creativity and feel pride in their work and a way of giving to those whose need is great. It's a way for the men to say to children who don't have very much, “we care about you and here is something just for you”.

That act of making and giving quilts turns out to be transformational for both the prisoners and the children. Their lives are changed for the better by the knowledge that they can give and receive something of value. Even in this darkest of situations, they find new life and hope, signs to me of the presence of God which does not abandon them but stays near and close and faithful.

For “even the darkness is not dark to [God]; the night is as bright as the day, for darkness is as light to you.”

Ngā manaakitanga,

Susan



A message from Versie, our General Manager, Care



This is the complete range of our new staff uniforms for Tamahere Eventide and Atawhai Assisi. Don't they all look smart!!! We trust this makes it easier for village residents to identify a staff member.

Breaking the chain of Infection - VRE

Just a reminder to all village residents to keep up their game in preventing and breaking the chain of infection especially VRE.

Vancomycin-resistant Enterococci (VRE) are bacteria that commonly live harmlessly in the human intestines and female genital tract.

However, some strains have developed resistance to the antibiotic vancomycin, making infections caused by these bacteria more difficult to treat.

VRE is primarily spread through indirect contact, including transmission via unwashed hands, by touching a contaminated area, or contaminated environmental surfaces.

The most effective way to prevent the spread of VRE is through meticulous hand hygiene. You can protect yourself and others by washing your hands thoroughly with soap and water after using the restroom, before eating, and after any contact with an infected person or contaminated environment.

Hamilton East Rotary Club Update

Another Rotary year of community service and activity is underway under the new President, Stuart Gordon who was installed at the first July meeting. A highlight of the Changeover meeting was the presentation of Rotary's highest award, a Paul Harris Fellowship, to Linda Roil, who along with her husband Graham, founded "Kids in Need". Also present at this gathering was the District Governor for our Rotary District 9930, Janine Branson. Plans are well advanced for our Annual Flower Show to be held on September 2nd to be held in the Village Café while our major fund-raising activity, Race Night, to be held off-site at The Link Centre, will be held on October 16th.

Meantime, its full steam ahead with the Porritt Gully restoration project. Currently, its planting time – around about 500 native trees are being planted. The Hamilton City Council supplies the trees, while the Rotary Club members do the planting over a couple of months and then keep them clear of weeds while they get established. It's most pleasing to see the trees planted last winter starting to thrive given the TLC they have received since being planted.

Speakers for our August meetings are now confirmed.

At our meeting on 5th. The presenter is Ben Jackson who will talk about his experience at a recent RYLA (Youth Leadership Course) that Rotary sponsored him to. His topic will be law and the role of AI.

The Guest speaker at the 19th August meeting will be Jacob Nooyen, senior winemaker from Vilagrad Winery. Vilagrad recently won a Worlds-best award for their Vino Gris wine. Jacob's wife, Aimee, who is the HCC person managing the Porritt Gully project, will likely accompany Jacob on the night.

Village residents are welcome to attend our Rotary Club meetings to hear our Guest speakers. They normally start their presentations around 7.15 p.m. All we ask is that if you intend to attend you send a text or email to our club contact no later than Monday before the meeting.

Club Contact - Ian - Email – hookian10@gmail.com - Phone 021 0728940

News from Lisa

The beauty of winter is all around just now – but it is certainly colder! I do hope you are all keeping yourselves warm. We have a number of things happening in August. So mark your calendar now with the dates!

- **3 August** – Ear clinic in the Community Centre
- **18 August** – Murrays Mobile Footwear – in the Community Centre
- **20 August** – Zealong Morning Tea. Leaving Tamahere at 10am. Cost \$45. More information to follow.
- **27 August** - Winter Talk at the Gardens – Meet the gardeners who will present on "The Enclosed Gardens – East" – 2pm, in the Tui Room in the Old WINTEC building (at the Hamilton Gardens)– access via carpark 2, over the old stone bridge towards the library, enter through the door left of the library entrance. (Book by Monday 24 August at secretary_fohg1@gmail.com) Tickets cost \$10. The presentation will be followed by Q and A, and afternoon tea with delicious eats.
- **28 August** - Daffodil Day

Have a very happy August

Lisa



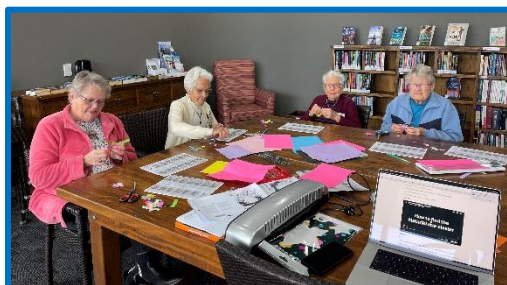
From Lisa's Photo Album in July



These photos are of Debbie Merifield speaking about fall prevention



These photos are Matariki – Hangi in the Cafe



These photos are Matariki – Star weaving. Probably one of the most complicated stars to create!



These photos are of Welcome Swallow Gallery and Gifts Pop up Shop in the Community Centre

Six ethics of life

Before you Pray - Believe
 Before you speak - Listen
 Before you spend - Earn
 Before you write - Think
 Before you Quit - Try
 Before you Die - Live

A friend of mine once told me:

"Sad" has 3 letters, but so does "Joy."
 "Fall" has 4 letters, but so does "Rise."
 "Curse" has 5 letters, but so does "Bless."
 "Ignore" has 6 letters, but so does "Listen."
 "Enemies" has 7 letters, but so does "Friends."
 "Immature" has 8 letters, but so does "Maturity."
 "Ignorance" has 9 letters, but so does "Knowledge."
 "Negativity" has 10 letters, but so does "Positivity."

You have two realities to choose from
 It's up to you.

Avoid printer support scam sites

Hi all,

Well I hadn't planned to write this month, but there's a particular scourge on the internet that has caught out at least 4 of my clients over the past 12 months. The scenario is: you go looking for advice on how to install your printer, since you're confused, and you get served up an ad or a very convincing website by a google or bing search which looks and feels like an official website for the printer brand you're trying to install. Of course it's not. You fill out a form, the people on the website call you and tell you the reason you can't install your printer is because your computer's been compromised ie. hacked, somehow.

They ask for money (quite a lot) to perform the fix and are very convincing. Hopefully you don't give them your credit card details. Even if you don't, they will ask you to perform a bunch of steps to let them into the computer. From there they can (a) set up your printer (b) pretend to be fixing things while installing spyware and malware or (c) steal your website login details. You can see the area this lands you in.

If you're not down on these clowns they'll take your money, and then take more. At any rate, here's what you should do if something like this happens to you.

1. Hang up and block the number.
2. If they ask for credit card details, don't give them. If you have, ask your bank to cancel the card and reverse transactions, explain you've been scammed.
3. Don't give them access to your computer. If you have, shut down your computer immediately - do **not** turn it back on again. And take it into a computer professional to get your data backed up, a clean install of the OS installed, and your data and programs put back on. You can read some of my previous articles to see why such extreme measures are necessary, but in a nutshell, you don't know what they've installed, and antivirus software doesn't always catch everything.

For how to differentiate a fake support website for a brand from a real one, a real one will Always be within the brand's official website ie. epson.com for epson, trademe.co.nz for trademe and so on. A real support website will be, for example, microsoft.com (for microsoft), then a forward slash ('/'), then another series of letters and/or numbers. A fake one might be something like www.realsupport.com/microsoft, or microsoft.talk.com, or something like that. Just having the name in the link is not enough, it has to be last thing in the link before the type identifier (.com, .net, .co.nz etc) and before the backslash.

So that's it. That's how you avoid or mitigate against this sort of thing. Good luck.

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

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Bentley Home PC Support



News from the Residents' Committee

Thank you to all who came along to our Soup and Bun luncheon held on the Friday of Matariki Weekend. It was made even more special by the generosity of those who made soup, and with the Ukelele Group entertaining us. Lynn did a lovely job decorating the tables.



The Residents' Committee has had a request that we make the minutes of our meetings available for you all to read. We have agreed to this request and will place a copy on the noticeboard in the Community Centre and will also put bullet points in the Vista.

- We have had a donation of 70 mugs for the Residents Committee to use at functions.
- Nominated members will visit the bank to change authorities of those who can action payments.
- Quiz Evening – Bruce and Zoe Henderson have offered to run these bi-monthly (see notes later in report)
- An invitation will be sent to Assisi to attend activities.
- We had been asked to host a Tamahere Talent Event. This is being considered for the New Year
- The opening and closing hours of Community Centre have been rather erratic especially at the weekend. Can we please have an indication from Management with set hours?
- With people visiting in the evenings would reflective numbers on the Villa's be considered by management also.



Some of the table decorations for our Matariki Soup and Rolls lunch

We have three events for you to place on your calendars now we have shored up dates and times.

Tamahere Quiz is going to be held bi-monthly on the 2nd Friday of the Month at 4.00 pm during the winter months and then to 7.00 pm during the summer months. The first Quiz is being held on the 14 August. So, start getting your teams together but if you don't have a team, you are very welcome to come along, and Bruce will make up a team for you on arrival.

The second event planned is the **Caroline Eve Fashion Show**, which is scheduled for 10 September at 2.00 pm. We will need 6 models – we would love it if you volunteered to be a model but if not, we'll be knocking on doors asking for volunteers.

And thirdly, we are going to host a **Pre-Christmas Craft Show and Sales Table** the second week of December. So, I encourage you to start on any crafts you may wish to sell or perhaps you would like to make a display of your hobbies for others to admire.

More details of these events will be advertised on a weekly basis closer to the time they are held.

We are planning on holding other events, but we need to complete the details of times and dates. More about these events when we know more.

The Residents Committee held a Morning Tea to welcome new residents during July. In the meantime, thank you for your support. We look forward to seeing you.

Carol Hancock



Our Ukelele Group entertaining us at our Matariki Soup and Rolls lunch

‘The Guys Group’ outing to the Classic Car Museum

At the beginning of July, some members of the Eventide ‘Guys Group’ shared a visit to Hamilton’s Classic Car museum in Frankton.

We had a brilliant sunny morning and were fortunate that Wayne Johnstone, Villa 117, was able to meet us there. He had arranged a courtesy entry for all; Wayne was a key figure in working with the owner of the Classic Museum during its construction, being there when the first earth sod was turned.

We got a rare invite to explore the workshop where all the exhibits are restored, now focussing on Classic aircraft for the new aircraft section to be constructed soon. Ash (V11) was impressed with the Iroquois Helicopter under restoration, reminiscing on the hours he spent on one. Wayne helped restore many of the vehicles on exhibition so had a great knowledge of their history and was able to share many interesting facts about the exhibits.

Half way around the main museum The ‘Guys’ enjoyed a morning tea break in the replicated 1950’s American Diner, complete with its traditional red and white décor and booths, jukeboxes, including pictures and statues of some of the musical idols we grew up with and yes, Elvis was actually in the house!

Ivan (V33) mused over the red/white Chevy Corvette and we heard a lot of comments from the team like *“I remember driving one of those”* or *“My Uncle had one of these. What a great car”*.



A great day out for everyone and all the Eventide ‘Classics’ are now looking forward to another outing, possibly Earthmoving equipment in Cambridge. I think I heard a brewery or Vineyard might be on our agenda!!

Thank you, Guys, for joining in; I enjoyed your company and enthusiasm.

We welcome more Guys to come and join us on a Monday morning in the café around 10am.

Wayne Wilson (V6)



What's Going On?



Local Markets:

- Te Awamutu - Craft Market - Selwyn Park, Gorst Avenue - 4th Saturday monthly
- Tamahere Country Market - 3rd Saturday monthly - at St. Stephen's Church 8.30-1.00
- Pirongia - Te Toi Ora, Pirongia - Holistic Market - 1st & 2nd August - 10 am - 3pm. This is a popular Wellbeing Fair hosted at Pirongia Memorial Hall, featuring local healers, wellness practitioners, artisans and kai vendors - entry is by Koha.
- Inspirit Gallery & Studio - 360 Pencarrow Rd - the home of great New Zealand Art & Design in Tamahere - phone 856 3170. Combine a visit after you have been to the Tamahere Country Market.

Museums:

Step back in time - explore local history

- Te Awamutu Museum - Established in 1935, the first Museum in the Waikato and tells the history of the society, culture and development of the Waipa District. - 07 872 0085
- Cambridge Museum - 24 Victoria Street - Mon - Friday 10 am - 4pm 07 827 3319
The Town of Trees - BUT what was here before people arrived? Why did they settle here? Trace the history of an area rich in resources. Look for the Square Piano - The piano on display is one of the oldest in New Zealand.
- Pirongia Heritage and Information Centre - 07 871 8248
- Kihikihi Police House & Temple Cottage - 20 Lyon Street - Monthly every Sunday - or 3rd Wednesday - 3 pieces of local history sit on the grounds.

Hamilton City Central - 2hrs Free Parking -

To get free parking, simply register your number plate at a kiosk or via PayMyPark app.

ENTERTAINMENT;

- **August 1st - 15th - EVITA** - at Hamilton's Riverlea Theatre. This is Hamilton Musical Theatre's 50th Anniversary production. A spectacular show - Don't miss it! Tickets from Ticket.co.nz
- **2nd August - 4pm - St. Peter's Cathedral, Victoria St, Hamilton: A Violin Concert** - Olivia Rose Francis is the Violinist, now based in Copenhagen as Assistant Second Violin with the Danish Theatre. A wonderful performance, not to be missed - Admission by Koha, part of the Cathedral funding raising activity.
- **6th August - 7.30pm - Dame Malvina Major Presents - A NIGHT AT THE OPERA:** A magical evening, internationally acclaimed singers at the new BNZ Theatre - tickets at Ticketmaster.
- **Candlelight Concerts at St. Peter's Cathedral** - Tickets start at \$30.00 - tickets for these concerts at feverup.com
1st August - Experience Vivaldi's Four Seasons – 6.30pm - performance last approximately 60 mins
1st August - Tribute to Ed Sheeran & Coldplay – 8.30pm - performance last approximately 60 mins - 8.30pm
- **30th August Hamilton Community Gospel Choir** - Present their Annual Concert - 6.30 - 8.30 - Clarence Street Theatre - Tickets \$24.95

Creative Fibre Hamilton - meets each Tuesday and 1st Saturday of the month - 9.30 - 1pm

Workshops, a library, equipment to borrow, friendly atmosphere.

St. James Church 82 Nixon Street - contact Shirley 856 8555

PLACES TO EAT:

- **Look Out Bar & Kitchen** - Church Rd, Te Rapa - 07 974 5540
- **Hayes Common Cafe:** 33 Jellicoe Rd, Hamilton East. A great place to try out, very popular and it would be wise to book if you are taking a family - 027 537 1853
- **Cafe at Hamilton Zoo - Everyday Eatery:** This Cafe is in the Zoo, or outside the Zoo. open 9.30 - 4.30. 183 Brymer Rd and offers a diverse range of meals.
- **Fresca Cafe** Alison St (close to the lake) - Monday to Friday \$10.00 deal - Muffin or Scone with Coffee (or tea or hot choc) - Note- You have to have your order in by 10.30 am
- **Jam Cafe** - Open 7 days 7.30am - 3pm - Corner of Queenwood Ave and Herbert Rd. Lovely food, very popular

WORLD EVENTS IN AUGUST -

- 1st August - Switzerland National Day
- 4th August - Cook Islands Constitution Day
- 15th August India Independence Day
- 27th August - 1904 Foundation stone for Victoria University first building laid.



2026 COMMONWEALTH GAMES - Officially known as GLASGOW 26 is taking place in Scotland from July 23rd to August 2nd. Featuring 10 core sports and para-sports across 4 iconic venues. The scaled down event brings together over 3000 athletes and 74 nations.

Pauline Eastwood – Villa 58

A Philosophy of Life (perhaps this could be “A Man is a series of Contradictions”)

Did it ever occur to you that man's life is full of crosses and temptations?

He comes into the world without his consent, and goes out against his will.

When a man is little, the big girls kiss him – when he is big, the little girls kiss him.

If he is poor, he is a bad manager, if he is rich, he is dishonest.

If he is poor and needs credit, he can't get it. If he is rich, everyone wants to do him a favour.

If he is in politics, it is for the money. If he is out of politics, he is no good to the country.

If he does not give to charity, he is a stingy wretch. If he does, it is for show.

If he is actively religious, he is a hypocrite, if he takes no interest in religion, he is a hardened sinner.

If he gives affection, he is a soft mark, if he cares for no one, he is cold blooded.

If he dies young, there was a great future for him, if he lives to an old age, he missed his calling.

If you save money, you're a miser. If you spend, you're a fool.

If you get it, you're a twister. If you don't get it, you're no good.

So - what's the use of worrying?

-Thanks to Laurie Hancock

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 3rd August.



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

Tomorrow Comes the Song – Michael Bassett (using material gathered by Michael King) (Briar)

Sid Holland was generous in his praise of “a great man”, and “a great statesman”.

Peter Fraser was New Zealand’s wartime Prime Minister and a world figure of strong stature. He was born into poverty in the Scottish Highlands, moved to New Zealand in his twenties and had a major role in forming a great government.

During the Normandy landings of 1944, he met with the Canadian Prime Minister, Winston Churchill (United Kingdom), General Eisenhower (USA), Huggins (Rhodesia), and General Smutts (South Africa). “He was in contempt of humbug”, “he could see through people”, “he was a natural leader” and saved the lives of many New Zealanders.

He contributed greatly to the progress of industrial and moral labour, he always did what was right, never mind who for – “Let us do what is right!” He was an outstanding Minister of Education and Health, and a founding father of United Nations. He won the respect, if not the love, of most people in his adopted country.

This book confirms the belief that Peter Fraser was the greatest ever Prime Minister, and “is well worth a browse with elections nigh.”

Gardens Full of Wings – Jean Lawrence (illustrated by Sheila Natusch) (Briar)

A story of simple pleasures of people and their way with gardens, bush, birds and country pathways. A quiet account of living in harmony with nature.

Her story was broadcast in Jim Henderson’s “Open Country” on radio, and published in the Christchurch Press and Star.

Sheila Natusch was born and grew up on Stewart Island, and her mother and grandmother were painters. Her books include Native Plants, Bunch of Wild Orchids, Mosses Rocks Outdoor Plants and Flowers.

Hostage – Eli Sharabi (John)

On October 7, 2023, Hamas terrorists stormed Kibbutz Be’eri, shattering the peaceful life Eli Sharabi had built with his British wife, Lianne, and their teenage daughters. Dragged barefoot out of his front door while his family watched in horror.

Sharabi was plunged deep into the suffocating darkness of Gaza’s tunnels. As war raged above him, he endured a gruelling 491 days in captivity, all the while holding on to the hope that he would one day be reunited with his loved ones.

Eli Sharabi's story is one of hunger and heartache, of physical pain, longing, loneliness and a helplessness that threatens to destroy the soul. But it is also a story of strength, of resilience and of the human spirit's refusal to surrender. It is about camaraderie forged in captivity, the quiet power of faith and one man's unrelenting decision to choose life, time and time again.

In recent news it was also reported that Kibbutz Be'eri has been fully restored from the invasion and destruction of 2023.

The Courage of Women – Rob Harley (Mary-Rose)

This is a collection of eleven true stories of women showing extraordinary courage. To find these stories, the author, a documentary journalist, travelled to several countries including New Zealand, over more than a decade.

There is the story of two Kiwi women who rescued children from sex slavery on the streets of Phnom Penh and gave them the chance of education and a decent life. Another story is of a young woman who filmed the long, often agonising, sometimes joyful recovery of her brother from a motor-bike accident that killed his father.

A Maori woman allowed the last months of her life to be filmed so that the documentary could be used to alert people to the impact of smoking on Maori women. She died of cancer.

And six other stories diverse and fascinating complete the collection: each story being a revelation of life – challenges far beyond anything I have known.

The stories were told by a journalist able to write with compassion and sensitivity. I found it a fascinating read. "The Courage of Women" has medium sized text and is in the Village Library.

The Gray Wolf – George Macdonald (Isabelle)

CS Lewis was greatly influenced by George Macdonald and wrote this: *what he does best is fantasy – fantasy that sits right in the middle of two styles – a story with a hidden deeper meaning or moral lesson and one where the author invents a whole new mythology of folklore from scratch – and this he does better than any other man.*

Macdonald once said "I do not write for children but for the childlike, whether five, fifty or seventy five."

My Family and Other Animals – Gerald Durrell (Isabelle)

When George was 10 years old, he went with his family – mother, two older brothers and sister – to Corfu, for five years. Also included are several island friends.

He has managed to include accounts of his interest in the wild life. Amusing, interesting and true.



Petanque

This is an enjoyable activity which is not too strenuous and we play for one hour (more or less). Every Saturday morning at 10am - weather permitting - you will find us at the end of Tidd Close on the edge of the gully.



All residents are welcome to come along and 'give it a go' - we will explain how to play.

Pauline Eastwood – Villa 58

Games Afternoons

You will find residents in the Community Centre every Monday and Friday starting at 1pm.

Just now we have up to three tables of players enjoying RUMMIKUB. As of last week, another game is being explored and this game is TRIOMINOS. But if you have a game you enjoy playing, bring it along and maybe another resident will join you.

All are welcome to come and join us, come to watch, or come to 'give it a go' - We are happy to show you how to play.

Pauline Eastwood – Villa 58

Tamahere Global Village

The Global Village will be meet again on Wednesdays 5th and 19th, 4pm at the lower Harakeke Lounge.

We will continue to be keeping up with current events, as well as exploring some of the ways in which people are solving the many problems.

Enquiries - Gray Southon, email gray@southon.net - Ph 0211 020 977

Knit and Natter Group

We are planning a display and delivery (to our charity) of our latest creations in early August.

Therefore, I request that you deliver any finished articles either to the Lower Harakeke Lounge on Friday 7th August or direct to me at Villa 104 by the same date.

Watch out for a confirmation of the date for the display – lots of people told me they missed it last time. It will be announced in the weekly newsletter.

Keep crafting, ladies!

Helen Painting ph 854 7662

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

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.

Library News

Puzzles

Thanks to the person who responded to our puzzle questions. Based on that feedback we will continue to offer puzzles with up to 3 missing pieces. If you are returning a puzzle with any missing pieces please indicate the approximate location on the box and include a note for us. Remember to place returned puzzles in the Returns bin along with the books. We are trying to get an idea of which puzzles are popular.

Waikato District Library Books

Thankyou for your continued diligence in recording your WDL issues and returns in the red book and for placing your returns in the bin. If you are still unsure which books these are; it is the first 2 bays on the shelves under the clock and the red book is on the sideboard.

Tamahere Eventide Library Books

Just another reminder that you do not need to record these anywhere. You are free to borrow, enjoy and return at your leisure.

Missing Book

We are still on the hunt for a Hamilton City Library book which was accidentally returned to our library by a village resident and has since disappeared. It's called **Once Upon a Sunset** by **Tif Marcelo**. If you come across this book, could you please ring Gill on 027 427 7739.

We do encourage you to make good use of your library as there are some great books and puzzles for you to enjoy.

Jenny V98 & Gill V84
Librarians

Movies for August

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

Friday 7 August 4pm "The 6888" (2 hrs 7 mins)

The story of the war's only Women's Army Corps unit of colour. The 6888th Central Postal Directory Battalion contributed to the war effort in a unique way: by sorting through a three-year backlog of mail (17 million pieces of it!) that hadn't been delivered to American soldiers far from home. In the face of discrimination and a vast, unfamiliar country divided by global conflict, these 855 women brought hope to the front lines.



Friday 21 August 4pm "The Boy who Harnessed the Wind" 53m

A 2019 drama film directed by Chiwetel Ejiofor, based on the true story of William Kamkwamba, a young boy in Malawi who builds a windmill to save his village from famine. The film highlights themes of perseverance, innovation, and the importance of education.

Answers to Quiz Questions on page 22

1. Istanbul (Turkey)
2. Sputnik 1
3. RMS Queen Mary
4. Pall (becomes "Pal")
5. Charlotte Brontë
6. Writing about real people/events disguised as fiction
7. Absolute Zero (-273.15°C or 0 K)
8. Long Play (or Long Playing) at $33\frac{1}{3}\text{ RPM}$
9. The Bat
10. Citizen Kane
11. George Gershwin
12. Pablo Picasso

My wife asked me what I was
going to do today.
I told her, "Nothing".



She said, "You did that yesterday".
I said, "I wasn't finished".

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

Our Rehabilitation Corner

Let's face it, we aren't what we used to be as we get on up there. Aging has many wonderful aspects, but one of the many problems is that we do not have the stamina and energy we did when younger. That is a normal part of aging and just something that comes with the territory. However, being excessively tired or listless can be termed fatigue.



Normal Fatigue

As mentioned, one common cause of less apparent energy is aging itself. But there are other common causes of this feeling. The most common is lack of proper rest. If you do not get seven to eight hours of sleep, expect to be tired and fatigued. Another is doing too much; for example, working or playing hard without resting properly. It is normal to get worn out in this way and become fatigued. Paradoxically, if one does too little – the couch potato syndrome — this also leads to feeling fatigued. Too much caffeine during the day results in loss of sleep at night and fatigue during the day. Too much alcohol leaves one with a dreariness the following day and a form of fatigue. Finally, there are a host of medications that we may be taking that have as a side effect, drowsiness, which is like fatigue. The medicines that cause fatigue are antihistamines found in many cold/flu treatments, prescription pain medicines, beta-blockers for heart disease, sleeping pills, and some anti-depressants.

Treatment of Normal Fatigue

If one has fatigue from any of the things that cause it listed above, you don't have to be a doctor to understand that if you eliminate the cause, then this should remedy the problem. In other words, if you are not getting enough sleep, then get enough by trying to be regular in time of retiring and getting up. If you are doing too much to too little, then do the opposite. For example, moderate exercise on a regular basis is a very good treatment for couch potato syndrome. If medicines are the problem, talk to your physician about substitutions with a medicine that does not cause fatigue in you. Today there are often many good medicines that can be used for treatment of a medical problem that vary in their degree of side effects, especially drowsiness.

Chronic Fatigue

Some fatigue that persists for over two to four weeks and is new to you, can be associated with a medical problem. Fatigue is a very vague and non-specific symptom that accompanies many diseases. It is, for example, expected in cancer treatment and after major surgery. However, it also could be a sign of some medical problems of which you may not be aware. The list is very long, and fatigue does not mean that you have a disease. Some medical problems known to lead to fatigue are anaemia, cancer, chronic heart and kidney disease, obesity, sleep apnoea, diabetes and hypothyroidism, to name only a few. If the symptoms of being too tired to do what you used to do persist, and you have ruled out the common causes for normal fatigue, then see your physician to be sure you don't have one of the many diseases that are associated with chronic fatigue. Most of the diseases have a medical treatment that can improve one's lack of energy.

Another very common cause of chronic fatigue is psychological in origin. The most common and potentially severe is depression. This is treatable but needs to be diagnosed by a professional. It is nothing to fool around with or just endure; there are many medicines that are effective to treat depression. Anxiety will lead to chronic fatigue and needs evaluation and a method of treatment. Grief and stress tend to be time dependent, meaning that time makes them better, but both lead to chronic fatigue and can be combated by counselling.

Acute Fatigue as Urgent/Emergency

The new onset with sudden and profound change in ability to do what one used to do can be an urgent or emergent condition. If the fatigue is associated with chest pain, shortness of breath, irregular heart rate, or sense of imminent passing out, these are urgent conditions that warrant immediate medical attention. These could be symptoms of a serious heart condition or major vascular insufficiency. Likewise, if this type of fatigue is associated with suicidal or homicidal thoughts, then immediate medical attention is required.

The bottom line is that being tired or fatigued is expected more as we age than when we were young. There are things we can do to restore some of that old vim and vigour, but there are some conditions that might cause this that require our seeking medical help. Be alert if you are fatigued!

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

It's Puzzle Time

A slightly more challenging test this month!! The answers are on page 20.



1. **Question:** Which major world capital was known as *Constantinople* until it was officially renamed in 1930?
 2. **Question:** What was the name of the first artificial satellite launched into orbit by the Soviet Union in 1957, kicking off the Space Race?
 3. **Question:** Which legendary British ocean liner, launched in 1934, served as a troopship in WWII and is now permanently docked as a hotel in Long Beach, California?
 4. **Question:** What word can mean a piece of cloth used to cover a coffin, a gloomy atmosphere, or a close friend (if you change just one letter)?
 5. **Question:** Who wrote the famous 1847 Gothic novel *Jane Eyre* under the masculine pen name Currer Bell?
 6. **Question:** If an author writes a book using a "roman à clef" format, what are they actually doing?
 7. **Question:** In physics, what term is used to describe the absolute lowest possible temperature, where all molecular motion stops?
 8. **Question:** Before the digital era, what did the letters "LP" stand for on a vinyl record, and what was its standard RPM speed?
 9. **Question:** What is the only mammalian species capable of true, sustained flapping flight?
 10. **Question:** Which 1941 cinematic masterpiece begins with a dying man dropping a snow globe and whispering the word "Rosebud"?
 11. **Question:** Who composed the famous 1924 piece *Rhapsody in Blue*, which brilliantly combined classical music with jazz effects?
 12. **Question:** Which famous artist famously co-founded the Cubist movement alongside Georges Braque?
-

Our Chuckle Corner

An elderly woman named Clara went to see her doctor for her annual checkup. After looking over her charts, the doctor gave her a warm smile.

"Clara, everything looks fantastic for your age," the doctor said. "But to keep your joints moving and your heart healthy, I want you to start walking five miles a day. Call me in a week and let me know how you're feeling."

Clara nodded, took the advice to heart, and left the clinic.

Exactly one week later, Clara called the doctor's office. "Doctor, I've been doing exactly what you told me. I've walked five miles every single day."

"Wonderful!" the doctor said enthusiastically. "And how are you feeling?"

"Well, physically I feel absolutely wonderful," Clara replied. "But I do have one slight problem."

"What's that?" the doctor asked.

"Well," Clara sighed, "I'm now thirty-five miles away from home and I have absolutely no idea how I'm supposed to get back for dinner."

A young man watched as an elderly couple sat down to lunch at McDonald's. He noticed that they had ordered just one meal, and an extra drink cup. As he watched, the old gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, etc, until each had exactly half. Then the old man poured half of the soft drink into the extra cup and set that in front of his wife. The old man then began to eat, but his wife just sat watching him. The young man felt sorry for them and asked "I'm sorry to intrude, but would you allow me to purchase another meal for your wife so that you don't have to split your food?" The old gentleman said, "Oh, no, thank you. But you see, we've been married a long time, and everything has always been shared, 50/50." The young man said, "Wow! That's commendable." He then turned to the wife and asked, "Aren't you going to eat your share?" The wife replied "Not yet. It's his turn to use the teeth."

An elderly woman decided it was finally time to join the modern age, so she went to the electronics store and bought a top-of-the-line smartphone. The salesman spent an hour showing her how to use the touchscreen, set up her contacts, and use voice commands.

A week later, she returned to the store. The salesman recognized her immediately and asked, "How are you getting on with the new phone? Are you enjoying the voice recognition?"

"Oh, it's absolutely wonderful," the woman smiled. "It's completely changed my routine."

"That's fantastic!" said the salesman. "What do you use it for the most?"

"Well," she chuckled, "every morning I look at the screen and ask, '*Where did I leave my glasses?*'"

It doesn't answer me, of course, but just having someone to talk things over with while I look under the couch cushions is a great comfort."

A highly successful, retired economics professor was taking a morning walk through his neighbourhood when he noticed a young boy sitting on the curb next to a cardboard box. Written on the side of the box in messy crayon was: **"Puppies for Sale: \$10 Each."**

The professor smiled, walked over, and peered into the box. Inside were four beautiful, healthy little golden retriever puppies.

"They're wonderful pups, young man," the professor said. "But I must tell you, as an economist, your pricing strategy is far too low. Demand for purebred golden retrievers is incredibly high. You could easily charge \$250 each for these dogs. You are severely undervaluing your assets."

The boy shrugged. "Maybe. But I need the money today."

The professor chuckled, shook his head at the lack of business acumen, and continued his walk.

Exactly one week later, the professor was walking down the same street. To his surprise, the same boy was sitting on the curb with the same box. But this time, the sign read: **"Puppies for Sale: \$5,000 Each."**

The professor stopped in his tracks and laughed out loud. "Aha! So you took my advice on supply and demand, did you? But my boy, you've gone too far in the other direction. \$5,000 is an absurd price. No one in this neighbourhood is going to pay that. You'll never liquidate your inventory."

The boy just smiled and said, "We'll see."

The very next afternoon, the professor walked past the curb again. The boy was still there, but the box was entirely empty, and the sign had been crossed out with a big marker: **"SOLD."**

The professor gasped in absolute shock. He rushed over to the boy. "Incredible! Do you mean to tell me that you actually sold those four puppies for \$5,000 each?!"

"Oh, absolutely," the boy said, pulling a shiny new gadget out of his pocket. "A guy came by with two \$10,000 cats, and we did a straight swap."



Tamahere Retirement Village – Calendar of Events – August 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Colour Coding Blue Health Clinics Red Groups, Trips, Games Green Exercise Groups Black Church Services			cc = Small Lounge in Community Centre HDL = Harakeke Downstairs Lounge CC = Community Centre C = Wesley Chapel HUL = Harakeke Upstairs Lounge		1 10.0 Petanque– near V28	
2 4.00 Worship in Wesley Chapel led by Rev. Peter Bargh	3 EAR CLINIC HERE 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 3.30 Book Club /cc 7.0 Indoor Bowls /CC	4 10.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	5 9.15 Strengthening exercises with dumbbells CC 10.30 New World 4.00 Global Village /HDL 5.45 Rotary Club Meeting /CC	6 PODIATRIST HERE 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/ HDL	7 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 4.0 Movie /CC “The 6888”	8 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
9 4.00 Worship in Wesley Chapel led by Rev. Alisa Lasi	10 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 7.0 Indoor Bowls/CC	11 10.00 Bowls 10.30 Chartwell	12 9.15 Strengthening exercises with dumbbells / CC 10.30 New World	13 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/HDL	14 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 4.00 Village Quiz /CC	15 10.0 Petanque– near V28
16 4.00 Worship in Wesley Chapel led by Rev. Simon Williams	17 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool 7.0 Indoor Bowls/CC	18 Murrays Mobile Footwear /CC 10.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank)	19 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	20 10.00 Zealong Morning Tea (Van Trip) 10.00 Bowls 10.30 Coffee Group/CC 2.00 Ukelele Group/HDL	21 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1pm Board Games/CC 4.0 Movie /CC “The Boy who Harnessed the wind”	22 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
23 4.00 Worship in Wesley Chapel led by Mary West	24 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Board Games, Pool/CC 7.0 Indoor Bowls /CC	25 10.00 Bowls 10.30 Van trip to The Base	26 9.15 Strengthening exercises with dumbbells / CC 10.30 New World 5.45 Rotary Club Meeting /CC	27 10.00 Bowls 10.30 Coffee Group/CC 2.00 Talk at Hamilton Gardens 3.00 Happy Hour /CC	28 DAFFODIL DAY 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1pm Board Games/CC	29 10.0 Petanque– near V28
30 4.00 Worship in Wesley Chapel led by Rev. Paula Moala	31 9.15 Seated cardio–endurance Exercises/CC 10.0 The Guys Group /CC 1pm Bd Games, Pool/CC 7.0 Indoor Bowls /CC					