



## Welcome to the **TAMAHERE VISTA** July 2025



Field Days are over for another year, and life, and traffic return to normal again.

The year certainly has its rhythms, and the wintry days and foggy mornings tell us that spring can't be far away. I've seen daffodils, daphne, magnolia and camellias all in flower already!! Make sure you keep warm though. There are plenty of viruses out there!

This month, we meet Dawn Roberts who moved in to Tamahere earlier this year. Dawn has chosen to live here after many years touring the country in their motor home. Thankyou Dawn for sharing your rich and full life story with us.

We are also introduced to the men who care for our property, Andrew and Terry. We see them around the village but it's good for us to be able to put a face to a name.

Just a reminder that for those residents who need transport to medical appointments (hospital, doctor, dentist, clinics etc), please be aware that the St John's Health Shuttle service is available to assist with these. They operate on weekdays. Just phone the day before your appointment is due, 07 846 9992, then press 2 for Cambridge, (between 8.00 am to 3.00 pm); payment is by donation only. There is no set fee. This service is highly recommended by residents who have taken advantage of this previously.

Have a very happy July!

**Carole Fleming** (Editor)

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## **Meet one of our newer Residents – Dawn Roberts**

Dawn was born in New Plymouth to a dairy farming family – the youngest of four siblings. In 1965, she married and moved to the Bay of Plenty where she and her husband were farming. From 1975 to 1986, she lived at Mystery Creek and farmed, also growing meat chickens for Tegel.

In 1986, Dawn became a town girl, remarried and worked mainly in retail furniture until she retired.

In 2002, Dawn and her husband, Colyn, decided to leave their stressful jobs after a health scare. They joined the Circus! Actually, they joined Weber Brothers' Circus, on their Advanced Marketing Team. They would go ahead of the circus promoting the shows with posters in shops, signage in streets, free tickets etc.

On selling their home at very short notice, Dawn and Colyn decided to live in their motor home and for the next five years toured the country - mostly in the South Island. They worked in rental car and motorhome businesses during this time, all the while, exploring the South. They bought, and sold (after refurbishing it), a home in North Canterbury before returning to Taranaki for ten years and real jobs again.

In 2007, Dawn and Colyn sold the motorhome which they had had for 21 years, and moved to Kihikihi where her husband was able to pursue his interest in classic cars. This move was to enable Dawn to live nearer to her three adult daughters.

The recent sudden death of Dawn's husband prompted her move in April this year to Tamahere Eventide. She said, "I found the prospective experience of country living and city proximity instantly attractive and management's accommodating help process impossible to deny".

Dawn has been here in her villa for two months and has already joined the Knit and Natter group. While she says she is a private person, Dawn is finding it a real pleasure helping others.

***We are delighted to have you join us here at Tamahere, Dawn. We hope you enjoy your new home – and trust you will be very happy and settled here among us.***



## VILLAGE MANAGER'S COLUMN

### Quote of the Month:

***"It's your outlook on life that counts. If you take yourself lightly and you don't take yourself too seriously, pretty soon you can find the humour in our everyday lives. And sometimes, it can be a life-saver."***  
***(Betty White)***



### New Resident

Rimu 17      Ngaire Lepper

1. I have a problem. Now that we have sold all the apartments off, we have discovered that the dedicated car parks for residents, aren't enough. I ask residents to bear with me, as we try to find a solution to this product of our success. Please ensure that you do not park in any of the carparks that are numbered.
2. You will have noticed that we have had our first wedding for some time. I would like to publicly thank Sandra and her team for the work put in to make this function a reality. The wedding party were very grateful. We are very careful about who we hire and cater our property to. For example, this wedding was alcohol-free and the reception finished before 8.30pm so as not to disturb residents. The more people from outside our site who come and use our facilities, the more people know about how our retirement village operates.

**David McGeorge**



*In days gone by, we would rely on various ways to remember things.*

*The latest seems to be a doormat – complete with a built-in checklist before you leave the house!*



## **Meet our Property Team**

### **Andrew**

Hello, my name is Andrew Mainey and I'm the Property Manager for both facilities, (Tamahere Eventide and Atawhai Assisi).

This involves obtaining all the building compliance associated with keeping the facilities operational. Tending to repairs, breakdowns of all plant, machinery or emergency backup systems. Actioning all maintenance requests received. Enlisting and overseeing all contractors that we may use. Monitoring and overseeing our water treatment plant for the facilities. Overseeing our gardening team so that the facility and villa gardens along with lawns are all kept looking beautiful.

My background is I'm a manufacturing jeweller, diamond grader and jewellery valuer. After a period of 30 years, I decided it was time for a change.

One of my enjoyments in life has always been gardening, even from a very young age I had my own veggie patch. From there I've owned several houses and have landscaped and designed gardens for each one enjoying the challenge, physical work and the end result.

It was a bold decision to leave the security of a 30-year trade to step into a gardening role however I've never looked back and it's has been the best decision I've ever made.

I started work with Tamahere Eventide back in 2010 as a gardener, moving to head gardener and then in charge of both gardening and maintenance departments. It's always been a rewarding position to have as I've been involved in and seen our village develop into what we are now including the addition of a Hospital and Harakeke apartments. When I started, we were just finishing building Villa 58 now we are up to completing Villa 120.

Louis, as you know, never stops, so I'm always involved in renovations of some sort. Some of the latest ones have been rest home lounge extension, Kowhai sensory room development, vinyl flooring in both memory care areas. I also look after all the villa renovations when it comes time to sell, upgrading lights, painting and change of carpets.

Every week just flies by so quickly, Terry and I are here five days a week, both of us full time tending to the repairs or request that you phone into Reception alongside facility requests. Just to give you an idea of the workload last month we had 288 requests. Please keep in mind if it's something your family could so when they visit, please do so. In a nice way - remember you are independent living.



### **Terry**

Hi, my name is Terry, and I've been lucky enough to be part of the Tamahere team for about 7 months. I'm very family-focused and proud to be a dad to three awesome late-teen kids. I enjoy working on vehicles with my son and love spending time on the sidelines watching my kids play sport and we enjoy living in the lovely countryside of Puketaha.

I have qualifications in the mechanical field and a real passion for working with my hands. I'm also a big animal lover—my wife and I even ran our own petting zoo for several years! I really value being part of a supportive team and enjoy bringing practical skills and positive energy to the job.

## **CHAPLAIN'S KORERO**



Tēnā koutou e te whānau! Ngā mihi mahana o te wā o hōtoke. Warm greetings in this winter season.

I'm writing this month's Kōrero a little early as next week I will be heading overseas to attend a meeting of the World Council of Churches Central Committee. I was appointed to this committee in 2020. It meets every two years and this year we are meeting in Johannesburg.

The WCC is made up of 352 member churches, bringing people together from every continent and a wide variety of Christian traditions. Founded after the Second World War at a time of huge global suffering, its vision is to serve the world by staying together, praying together and acting together in the cause of unity and common witness.

As you can imagine, there's always lots going on in the world for us to consider. The current focus of the WCC includes the war in Ukraine, the situation in Gaza and the West Bank, support and advocacy for refugees, promoting racial equality and gender justice and finding ways to respond to the crisis of climate change.

With such a diverse gathering, people aren't always of one mind. It will be interesting to see where the committee is at when we discuss the events in Gaza and Ukraine. It's likely that diverse opinions will be expressed. However, one of the aims of the WCC is to bring people into dialogue so they can meet, learn from and at times challenge each other in order to build mutual understanding, an essential condition for peace.

As a former Moderator of the WCC said, relationships are fundamental to the ecumenical movement. "We encounter one another - in all our uniqueness - and recognise a neighbour in the stranger, unity in the midst of our diversity".

I'm looking forward to a week of conversation, debate and inspiration focused on practical ways we can serve human need, seek justice and peace and uphold the integrity of creation. I'm excited by the possibility of unexpected outcomes: what happens when 300 people from around the world come together to walk, pray and work together.

Ngā manaakitanga,

Susan



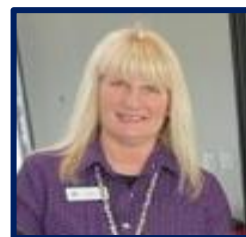


## **NEWS FROM KAREN**

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

Mark these dates on your calendar!!

**Our Mid-Winter Christmas Dinner** is on Wednesday 2 July from 1pm.



**Cambridge Ear Clinic** will be in the Library – Monday 7 July

**Leisure Time Travel** - Tuesday 8 July 2.30. A presentation in the Community Centre. Leisure Time Travel is a leading New Zealand owned, fully escorted tour operator for seniors, based in Hamilton.

**The Living Waters Church Youth Group – our Mandarin young people, will be here on Saturday 12 July at 2pm.**

**The Mid Year sales table from Save the Children /Welcome Swallow Gallery** will be in the Community Centre on Friday 18 July

**Eyecare presentation** in the Community Centre – Tuesday 22 July at 2pm

**Happy Hour** – start time is 3.30pm on the last Thursday of each month in the Community Centre.

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

**Karen**  
**Village Activities Organiser**



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 etc; in fact, provide care that is not available to you from the Health Department.

**INTERESTED?? Contact Karen or David to discuss.**

### **Chris' Housekeeping Tip for the Month**

#### **Cleaning Oven shelves and BBQ racks**

*Oven shelf and BBQ rack cleaning the green way without the toxic chemicals, fumes and scrubbing - let Mother Nature do the hard work for you.*

*First, throw oven shelves onto your grass, leave overnight. In the morning baked on food just wipes off.*

## Regarding unsolicited phone calls offering to fix your computer

Over the past ten years there's been a rise in the number of clients telling me they've had a random call from someone with a foreign accent (Indian or American, typically) "informing" them that they've got some kind of problem with their computer. Obviously this is a scam and you should know how the whole thing works to avoid getting caught out.

First of all, they call you (often bounced through a NZ landline number so it looks legitimate) and tell you there's a problem with your computer. If you capitulate, they'll tell you to do a bunch of things on your computer, which gives them access to it. They then put something on the screen, while in the background secretly installing a program which they can use to control your computer at a later point. Next they'll tell you they can fix the "problem", but it'll cost a certain amount of money.

If you don't want to pay, they'll bombard you with calls telling you the problem is still there and they need to fix it. If you ignore the calls and the messages, they'll eventually use the program they installed in the background to lock you out of your computer, usually after a month or so. The best thing to do is not to give them access in the first place, but, if you have gone along with their instructions, the installed software is usually pretty easy for a computer professional to remove.

If you do start to get these kinds of phone calls, here's the best way to deal with them. Record the phone numbers they're coming from, don't do anything the scammers say and hang up on them (you can also string them along if you're feeling vindictive, or tell them you know they're a scammer). Don't answer any future calls from them, but take down the times, dates and phone numbers of the additional calls. They may call on multiple numbers, but keep hanging up on them; eventually they will get the message.

Finally, you should to report the incidents to your phone service provider, who will often take steps to block or otherwise deal with the offending phone numbers. If you've called someone for computer support, obviously that's a different story. But unsolicited calls about your computer are always scams. Antivirus packages don't protect against this sort of activity, though they can be useful in preventing other kinds of attacks. Remember: if in doubt, hang up.

Uncertain? 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**



## **A Glimpse into the Past –**

One of our residents was given this interesting information which provides insights into the early days of this area.

Rukuhia is a small rural community situated just to the south-west of Hamilton on the road that goes through Ohaupo to Te Awamutu. To the east lies the Waikato River, and to the west, the North Island main trunk railway line. The northern and southern limits are Mill Creek (Maungakotukutui Stream) and Mystery Creek, once significant waterways before the swamp was drained.

European settlement came at the end of the Land Wars (1864-1866). Ninety soldiers were each allocated a 50 acre rural section in this area. Unfortunately, much of the land was swamp and many of the militia had no farming experience. All but five gave up their blocks.

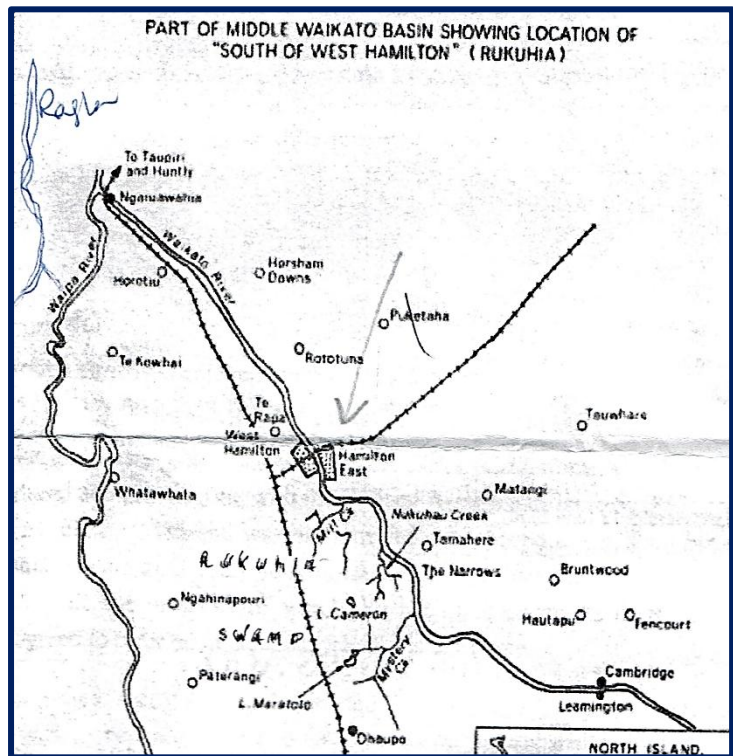
Transport in those early days was slow and difficult. Ohaupo Road had been formed during the Land Wars but was in poor repair. It was often easier to take the transport on the Waikato River – it is thought earlier mail was

dropped off at a landing near the Narrows. Travel to the Kirikiriroa or Hamilton Post Office involved up to a day's journey. (Hard to believe when one can now drive to Rukuhia in 10-15 minutes from the central city).

Life improved for the settlers in 1879 when the bridge was built at the Narrows, making access easier to a church and school at Tamahere. The Tamahere Post Office opened initially as a telegraph office on 6 November 1882, and on 1 December 1883, it became a Post and Telegraph Office. The Post Office was opened in the farmhouse opposite the Tamahere School and later shifted to a store on the Hamilton – Cambridge Road. S J Thompson was the Postmaster from 1 December 1883 with mail delivered daily from the Hamilton - Cambridge coach.

Initially, mail was delivered to the Rukuhia settlers by their children who had ridden their horses for five miles to the Tamahere School.

The population increased at Rukuhia and by 1907, there were about 30 households. A school was established at Rukuhia, and on 6 September 1907, the Rukuhia Post office was opened. Henry Bagnall became the Postmaster on 26 October 1907, operating from a tiny building beside their house. He was required to deliver the mail to the railway station daily, 1¼ miles away, catching the morning train and meeting the afternoon train.



Source: *The Mail Coach*, Vol 58. December 2011

Thanks to Eileen Beech-Kelly for sharing this article with us all.



## **WHAT'S GOING ON IN OUR NEIGHBOURHOOD?**

### **NEW DISPLAY : CAMBRIDGE MUSEUM IN WWII:**

#### **"Doing our Bit – The Home Front"**



Step back into 1939-1945 Cambridge, when the world was at war and life here at home changed forever. From food parcels to secret fuel bunkers, discover how our small town and surrounding areas played their part in a global conflict.

Our new display tells the powerful local stories of resilience and community spirit from the people who called the Cambridge area home during WWII.

### **ACTIVATING ABILITIES DAY:** Friday 11th July 2025 - 10.30AM - 2PM

Promoting services and raising awareness to support people with impairments, disabilities, alternative needs or mobility challenges in leading active lifestyles.

Free Event at the Cambridge Velodrome - fully accessible.

### **MARKETS:**

**Tamahere Country Market** - July 19th - St Stephen's Church, meets on the third Saturday of every month, 8.30 - 1pm

**Cambridge Farmer's Market** - Every Saturday morning, Victoria Square.

**Hamilton Farmer's Market:** - Gate 3 Brooklyn Rd, Claudelands. Welcomes everyone to their weekly markets - every Sunday 8am to 12pm

**Frankton Market:** Saturday market that is filled with colour, vitality and local flavours with a mix of all cultures. Authentic food and fresh produce, clothing, crafts and more. 8am to 1pm

**Welcome to the Collectables Market at The Barn, Claudelands, Hamilton!** A wide range of collectables, retro, records/vinyl, vintage clothing, china, crystal/glass, Crown Lynn, pottery, kitchenware, home décor, jewellery, vintage tools, books, board games, toys, artwork and more...Every month new stalls and exciting Treasures to be found!

With hundreds of interesting items for sale and friendly stallholders, it's a great way to spend a Saturday and support local vendors.

Coffee and food will be available on site and the event is wheelchair & pram friendly.

Please remember to bring cash as there are limited EFTPOS facilities available and bring your re-usable bags for all your purchases! FREE entry and parking from 8:30am via Brooklyn Road. - 16TH August - at Claudelands.

**Cambridge Trash 'n' Treasure, Memorial Park** (The Rugby Grounds), 62 Taylor St. 13th July 8am-1pm. Offering residents and visitors to the town a variety of products at bargain prices. New and old goods for sale, buskers, entertainment, and a food court.

### **ABOUT THE GAME LACROSSE**

Can I share with you what I have learned about this very interesting game which requires stamina, fast running, and ball skills. Lacrosse was introduced into NZ in the late 1880's. Play was interrupted during the first World War and revived in Wellington in the 1920's. However, Men's Lacrosse wasn't re-established until 2000 with the beginning of the current league in Auckland.

The playing fields next to and behind the Tamahere shops are a designated area for training and playing Lacrosse. Every weekend you will see children of all ages playing the game. A team from Cambridge High school will be playing in Adelaide, Australia next year. They are a very good team (I went to watch them practice), and hopefully they will return with a win.

Lacrosse was played by First Nations in Canada before the arrival of European Colonists. The first documented description of the game was in 1637. The name Lacrosse sounds French, so maybe the game came from the French - does anyone know more than this?

**Halo Halo Hamilton** Saturday Aug 30th 10.30am - Claudelands Event Centre.

An integral part of the South-east Asia Festival NZ 2025 is the 'Halo Halo Festival,' a celebration of iconic Filipino foods and desserts! FREE entry.

**FIBRETON - FESTIVAL OF YARN** - Saturday 26th July, 2025 - 10.00am to 4.00pm

Explore an endless array of yarns made from all sorts of animals, including sheep, alpaca and llama. You will find everything from raw fibres, batts, spinning wheels, needles, notions and more. Bledisloe Centre, Gate 3, Mystery Creek Rd.

**Farmyard Experience – Kaipaki Petting Farm**, 515 Kaipaki Rd, Ohaupo, 9.30am-2pm.

If you love cute, furry animals and want to pat/feed them, make your way out to the farm. Horses, ponies, cows, a bull, guinea pigs, rabbits, sheep, and a play area for kids. Pushchair and wheelchair friendly – flat, easy farm walk. Entry fees: adult \$19, child (5-16 years) and seniors \$14, pre-school (18m-4yrs) \$10. Family passes available. Gate sales only. Ph 027 223 5687.

### **TAMAHERE CULTURAL RESERVE**

As I drive back home from a visit to the Tamahere shops and approach the Alfred Main Bridge, I often wonder what is happening on the land on my left. You can see fencing and a Pataka which might suggest that there is a Marae on this land. I drove into the driveway and parked with the intention of having a look around. It is an interesting place and worth a look around.

This reserve recognizes the partnership established between mana whenua and Kotahi NZ Transport Agency prior to the construction of the expressway. The first stop I made on my walk was the **PATAKA** - store house - Very important food storage building on any Marae. The construction of the **PATAKA** also displays the strength of the Rangatira (Chief). I then walked up to the next spot which is **TIROHANGA** - The Lookout. The lookout was constructed to allow a wider view of the reserve and the surrounding landscape. The reserve sits on the edge of one of the many steep gullies found in the Tamahere district. These gullies feed into the streams and eventually into the Waikato River.

Ngaati Korokii, Ngati Hawaa and Wairere tribal narratives speak of many paa in this area. Two of them are very close to this location. One to the North and one to the South. The Southern site can be seen across the gully beside the Alfred Main Drive. Evidence of rua (borrow pits) and Maara kai (cultivations) have also been recorded showing that communities once thrived on the lands of the Nukuhau and Tamahere. **THE BORROW PITS** were made by Maori as they dug out sand and gravel to mix into and improve garden soil for crops of kuumara and taro. Archaeologists discovered clusters of haangi, shallow scoops with charcoal rich soil containing small bones and cooking stones.

An interesting walk to be had, taking in the history, and just a short walk (or drive) from our village.

## **JULY 1st IS CANADA DAY!!**



Canada Day is proudly celebrated in every town, village, or city. There will be Parades during the day and public fireworks in the parks.

Canada's flag is easily recognizable these days, but it took a few years to come up with this new Maple Leaf flag. The Maple Leaf was declared the new official flag in 1965. The large Maple Leaf on the flag has 11 points - one point for each Province and 1 point for the Northern Territories.

**Pauline Eastwood.**

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

Hello Everyone,

Only seems like 5 minutes ago I wrote my last report. The committee has been very busy since then. The Dance we held was amazing. The band were superb. The residents that did come along had a wonderful night, plenty of dancing, talking with friends and a delicious supper supplied by the committee. It was a little disappointing that the attendance was small. Probably only about 30 people plus the committee. When I think about how much planning and energy goes into these events, and of course the band did not charge us, it would've been nice to have a higher attendance.



On a happier note, the King's Birthday morning tea was the opposite. I think about 70 people attended and it was a very nice morning.

Also our Matariki Soup and Rolls night was also very successful. We had a lovely range of delicious soups. It was a lovely atmosphere and the Ukulele Group did a wonderful job of entertaining with plenty of Waiata.

The Committee are taking a break for the month of July. There will be the Mid-Winter Christmas Dinner on the 2nd which Karen is organizing. It will be nice for the committee to sit and enjoy themselves too.

We haven't set a date as yet but we still intend to have a Variety Show, so if you wish to take part, start practicing. We will have a get together with everyone that is interested in doing an item soon.

Also want to mention, that if you are a Craft person, we will have the Craft Fair on a weekend in November, so that should give you plenty of time to prepare for your stall.

Remember: You don't stop doing things because you get old. You get old, because you stop doing things.

Lynn.

## **A Peek into the Photo Album showing Recent Committee Events**

It's been a busy month for the Committee – first there was the Dance -



Followed by the Morning Tea for the King's Birthday -





And that was followed by the Soup and Rolls night to mark Matariki -



### **Some facts about the 1500s:**

Most people got married in June because they took their yearly bath in May, and they still smelled pretty good by June. However, since they were starting to smell ..... Brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting Married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the Bath water!"

Lead cups were used to drink ale or whisky. The combination would Sometimes knock the imbibers out for a couple of days. Someone walking along the road would take them for dead and prepare them for burial. They were laid out on the kitchen table for a couple of days and the family would gather around and eat and drink and wait and see if they would wake up. Hence the custom of holding a wake.



## **NEWS FROM VILLAGE GROUPS**

### **The Book Club**

All those who are interested in reading books, and learning of the wide range of books read by other residents, are most welcome at the monthly meeting of the Village Book Club. They meet at 10.30am on the first Friday of each month in the small Lounge in the Community Centre. Their next meeting is Friday 4 July.



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

### **Mixed Media – Shona McFarlane (Briar)**

Shona was a journalist, artist and member of the Queen Elizabeth Arts Council (1969-1975).

Her robust sense of humour and the term “mixed media” sum up her life of art and journalism. Being an artist of portraits, pumpkins, people, disasters and dreams were extensions off her travel and stories. Ten years of her life were spent making sketches of an irresistible collection of private and overseas scenes.

Shona was born in Gore, educated in Dunedin, studied art at Teachers’ College and later at the London School of Art. On returning to New Zealand, she switched to journalism, becoming editor of the “Evening Star” in Dunedin. She was awarded the MBE in 197 for services to art.

Some residents may be familiar with Shona through her time as one of the original panellists of the long running chat show on television, “Beauty and the Beast”, appearing alongside Selwyn Toogood and Catherine Tizard from 1976 – 1985. She was married to Alan Highet, the National Arts Minister from 1976.

This book is well worth reading. I loved her query - “Why do New Zealanders put tomatoes on everything? ..... in everything? ..... with everything? Answer - ?

### **The Girl who Stole Stockings – Elizabeth Hardie (Gladys)**

Susannah Noon, born in Colchester, Essex in 1800, stole four pairs of cotton stockings at two shillings and sixpence a pair.

Following an appearance at Court, she was sentenced to be transported beyond the sea for seven years. After one year in gaol, she went to London and was imprisoned in Newgate Gaol before being transferred to the ship “Friends” arriving in Sydney in 1811, with 100 other women.

On arrival, some were assigned to farmers and settlers. When aged 14, she was married to a fellow convict 40 years old, William Dockerell who worked on the farm of William Bligh. In 1820, they went to Sydney, opening a store and in 1824, Dockerell died.

Samuel Cave, a cooper, arrived in 1825, his crime bigamy. He was however given leave to marry Susannah three months after his arrival. Samuel forged banknotes and was sent to Emu Plains, another penal settlement. Susannah was sent to gaol for debts and released in 1827. Her daughter Ann was born in 1827. Samuel joined a whaling crew as he was unable to find work in Sydney. After whaling for several seasons, he persuaded Susannah to go with him to Port Underwood (in the Marlborough Sounds). There were a few women in this whaling station and they had close contact with Maori. Land disputes with Te Rauparaha and the NZ Company followed, resulting in the Wairua massacre.

In 1849, the family were living in Nelson. Susannah died in 1852 leaving three children who remained in New Zealand. Her daughter Ann, had over 100 descendants when she died in 1914.

### **The Unwinding of the Miracle (A Memoir) – Julie Yip Williams (Gladys)**

Born in Vietnam of Chinese parents, being blind, she narrowly escaped euthanasia when her grandmother ordered her to be taken to a Chinese herbalist when 3 months of age, and given necessary treatment. However the herbalist refused and she returned home to her parents who fled the political upheaval of the seventies in Vietnam, with 300 other refugees. Eventually they arrived in Hong Kong and then America, where a surgeon gave her partial sight.

Against all odds, she became a Harvard- educated lawyer with a husband and family of two daughters. However at the age of 37, she was diagnosed with terminal cancer and a different journey began. This is written in detail and provides both her philosophy of life and her determination to prepare her husband and daughter for life when she is not with them. She died at 41 years of age.

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### **Petanque**

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

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

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### **Tamahere Global Village**

The saga of global events continues, this time informed, in addition to the news, by insights from three important conferences -

1. New Zealand International Affairs Conference - NZ foreign policy
2. The NATO conference - strengthening NATO
3. The Otago Foreign Policy School - the role of small states.

Lots to talk about - Everyone welcome. We meet again on Wednesday 2 July 4pm in the Library.

For further information contact Gray, Ph 0211 020 977.

**Gray Southon (V 102)**

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### **Bowls**

**Outdoor Bowls** - We have had a stuttering start to morning bowls. We had a vote to start at 10am to give people time for Outdoor Bowls.

We have had variable conditions this month, so have mostly played Indoor Bowls.

We would love to welcome more players to enjoy the sunshine and exercise, keeping in mind we will be playing Indoor if the weather is inclement.

Come along by 10am to put your name in for a team, and enjoy the company, bowls are available, and no experience is needed.

**Indoor Bowls** - We play congenial bowls at 7pm on Mondays. come along to put your name down to join a team. We are usually finished by 8.30pm. Bring along a torch to light your way home. Everyone is welcome, no experience is needed.

**Beth Richards, H23**  
Bowls Communicator

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

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



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## **Knit and Natter Group**

Our group has been delighted to welcome new members over the last few months and many articles have been contributed towards our goal of helping the Kids In Need Waikato charity.

We meet in the lower Harakeke lounge and enjoy a low-key, friendly time together with a hot cuppa. Love to see you there.

**Helen Painting ph 854 7662**

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## **Vision Impaired Group**

Hello every one -

This note is to inform any of our lovely residents who attend our meetings that, due to poor attendance during the winter months, our monthly meeting held in Harakeke lounge will not be taking place. However, our weekly get together in the cafe will proceed as normal - so I hope to see you soon.

This decision has not been made lightly and in conjunction with Blind vision impaired, it has been decided to re-assess the situation in September when the weather is more inviting to venture out.

I thank you for your support and hope to see you for a coffee in the café – Thursday mornings at 10.30.

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

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## **Games Afternoons**

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

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## **Pool**

We meet on Mondays at 1pm and on Wednesday evenings at 7pm in the Café. New people are always welcome – we are a friendly bunch. If you haven't played for a while, dig out those old skills – if you are new to the game, we are happy to teach you. Come and join us.

## **Movies for July**

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

For July they will be:



### **11<sup>th</sup> July 4pm - The Note Book**

An epic love story centred around an older man who reads aloud to a woman with Alzheimers. From a faded notebook, the old man's words bring to life the story about a couple who are separated by World War II, and then are passionately reunited, seven years later, after they have taken different paths.

### **25<sup>th</sup> July 4pm - Gifted Hands**

The Ben Carson Story is a movie based on the life story of world-renowned neurosurgeon Ben Carson, from 1961 to 1987.



### **A letter to Village Residents from Liv Dobson**

*(Liv is the grand-daughter of Margaret Boreham, Villa 35, who is raising funds to go to represent her school, Cambridge High, at the Lacrosse Tournament in Adelaide.)*

I want to extend my deepest thanks to all the residents of Tamahere Eventide Village for your incredible kindness and generosity.

Your support through giving me jobs and donations has meant more to me than I can put into words. Every opportunity you've offered has helped me steadily build up the funds I need for my upcoming Lacrosse trip to Adelaide, Australia—a dream I've been working hard to make a reality. Whether it was a small task around the home or a thoughtful contribution, each act of support has played a huge role in getting me closer to my goal.

I feel incredibly lucky and grateful to all. Thank you so much for believing in me and helping make this journey possible!

Upcoming events to look out for:

- Oxford Pies - order will be out by mid-August
- Quiz Night - September 20th

## Our Rehabilitation Corner

When is the last time you walked or even ran backwards? I would have to imagine it has been a while.

If you are somewhere, where you can stand up, do me a favour and start walking forwards. Notice which parts of your feet hit the ground first. Typical walking is heel contact then toe contact to push off.

Forward walking tends to put more force through your knees and low back because the heel is contacting first.

Now, try to walk backwards. Notice how your feet change. Your toes hit the ground first followed by your heels.



What is also interesting is that your **thigh muscles actually work harder when walking backwards**. Thigh muscles are incredibly important when helping to stabilize and decrease irritation of the knee. Stronger thighs are one of the major keys to overcome knee osteoarthritis.

If walking forward is one of your only forms of exercise, when you are in a position where you have to walk backwards or cross your feet to avoid an obstacle, you may lose your balance. This is because your body is not used to these movements.

When trying to walk backwards, make sure you have a clear path. It can be harder to see and navigate a busy floor. Also, make sure you are wearing shoes; they have good support and traction. Make sure all obstacles are out of the way and you know where the floor thresholds are if you have them.

Here are the steps to getting started walking backwards:

1. Start by simply getting comfortable walking backwards. Take a few steps around your house in a safe environment.
2. Then, walk forwards about 10-15 steps and walk backwards 10-15 steps for 3-4 times through.
3. Once you have mastered that, increase the distance you are going. The longer you ask your body to walk backwards, the more muscle activity you have.
4. You can then progress to trying to walk backwards up hills. *This is only for those that feel confident doing this.*
5. If you have knee pain when walking forward, walking backwards can unlock new pain relief and allow you to increase your overall movement! If you have degenerative disc disease, chronic back or hip pain, or even ankle arthritis– walking backwards can help those too!

Notice how when you are walking backwards, your posture changes. When walking forwards, you may notice you lean forward or even arch your back (this is common with back muscle tightness).

When you walk in reverse, you tend to adopt more of an upright posture. You are working your back and leg muscles in a different way. This can lead to increasing the stretch and decreasing the tension of the muscles. Walking backwards has tremendous benefits if you have arthritis in your spine, knees, hips, and ankles. Simply adding it into your current routine can help to even the stress, your joints are absorbing.

Try it! Remember, start slow and with as much support as you need before progressing to a quicker pace. You can totally do this.

*Prepared by: Rosalyn Pelaez*

*Allied Health Coordinator – Tamahere Eventide*

*Source: <https://keeptheadventurealive.com/walking-backwards/>*



## Our Chuckle Corner

A mobile phone rings in a locker room, a man answers it and puts it on speaker

Man: "Hello!"

Woman: "Hi honey, it's me. Are you at the club?"

Man: "Yes."

Woman: "I'm at the shopping centre and I just saw this beautiful leather coat and it's only \$2,000, can i have it?"

Man: "Sure!"

Woman: "Oh, and I just stopped by at the Lexus dealership and saw a car I really liked, can I have it?"

Man: "How much is it?"

Woman: "\$90,000."

Man: "Well if it's that much I want it with all the features."

Woman: "Of course I will! Oh yeah, one more thing. I just finished talking to Sarah, and the house I wanted is back on the market, they're asking \$880,000 for it."

Man: "Ok, make an offer for \$900,000, if they don't take it offer them an extra \$80,000 if that's what you really want."

Woman: "Thank you so much honey, love you, bye!"

Man: "Love you too, bye."

The man hung up, everyone in the locker room was staring at him in astonishment. The man then calmly looked around and asked: "Anyone know whose phone this is?"



A young executive was leaving the office late one evening when he found the CEO standing in front of a shredder with a piece of paper in his hand.

"Listen," said the CEO. "This is a very sensitive and important document here, and my secretary has gone for the night. Can you make this thing work for me?"

"Certainly," said the young executive. He turned the machine on, inserted the paper, and pressed the start button.

"Excellent, excellent!" said the CEO, as his paper disappeared inside the machine. "I just need one copy..."

### Now We Are Six

When I was one,  
I had just begun.

When I was two,  
I was nearly new.

When I was three,  
I was hardly me.

When I was four,  
I was not much more.

When I was five,  
I was just alive.

But now I am six,  
I'm as clever as clever.

So I think I'll be six now  
for ever and ever.

A. A. Milne



*If only!!!*

## .... A few more Children's Letters to God

*Dear God –*

*If you give me a genie lamp like Aladdin, I will give you anything you want except my money and my chess set. - Raphael*

*Dear God*

*Please put another holiday between Christmas and Easter. There is nothing good in there now. - Ginny*

*Dear God*

*Maybe Cain and Abel would not kill so much if they had their own rooms. It works with my brother. - Larry*

*Dear God*

*If you let the dinosaur not be extinct we would not have a country. You did the right thing. – Jonathan*

*Dear God*

*I am American. What are you? – Robert*

*Dear God*

*I think the stapler is one of your greatest inventions. - Ruth M.*

*Dear God*

*Thank you for the baby brother but what I prayed for was a puppy. – Joyce*

*Dear God,*

*We read Thomas Edison made light. But in Sunday School they said you did it. So I bet he stole your idea.*

*Sincerely,*

*Donna*

We had to have the garage door repaired.

The repairman told us that one of our problems was that we did not have a 'large' enough motor on the opener.

I thought for a minute, and said that we had the largest one made at that time, a 1/2 horsepower.

He shook his head and said, 'You need a 1/4 horsepower.'

I responded that 1/2 was larger than 1/4 and he said, 'NOOO, it's not. Four is larger than two.'

We haven't used that repairman since.

### **Answers to Quiz on page 21**

1. Hong Kong; 2. Smith; 3. Apollo; 4. 10,080; 5. Yellow; 6. 12; 7. Delta; 8. Nike; 9. Calligraphy; 10. Microsoft; 11. 42; 12. Heights; 13. Saint Stephen's Day; 14. Nokia; 15. Walmart; 16. Friday; 17. Palindrome; 18. Pentecost.

### **Free Senior Coaching for Drivers**

**If you are an AA member aged 74 years or older, you are eligible for a FREE in-car coaching session with their AA Senior Driver programme. Call the AA on 0800 500 444 for more details.**

## It's Puzzle Time

Time to put your collection of random fun facts to the test! Check out these quiz questions \_- Good luck! (The answers are on page 20).

1. Which country has the highest life expectancy?
2. What is the most common surname in the United States?
3. Who was the Ancient Greek God of the Sun?
4. How many minutes are in a full week?
5. Aureolin is a shade of what colour?
6. How many faces does a Dodecahedron have?
7. What is the 4th letter of the Greek alphabet?
8. What company was initially known as "Blue Ribbon Sports"?
9. What art form is described as "decorative handwriting or handwritten lettering"?
10. What software company is headquartered in Redmond, Washington?
11. How many dots appear on a pair of dice?
12. What is acrophobia a fear of?
13. December 26 is known by what names in Ireland?
14. What phone company produced the 3310?
15. What is the world's largest retailer?
16. Which day of the week does the Jewish Sabbath begin?
17. What is a word, phrase, number, or other sequence of characters that reads the same backward as forward?
18. What feast day in the Christian calendar occurs 50 days after Easter?

### A Limerick –

$$\frac{12 + 144 + 20 + 3 \times \sqrt{4}}{7} + (5 \times 11) = 9^2 + 0$$

Doesn't look like a limerick to you?? Try this –

*A dozen, a gross, and a score  
Plus three times the square root of four  
Divided by seven  
Plus five times eleven  
Is nine squared, and not a bit more!!*

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)

## Tamahere Retirement Village – Calendar of Events – July 2025

| Sunday  | Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |   |
|---|---|--|---|--|--|---|---|
| cc = Small Lounge in Community Centre<br>CC = Community Centre<br>C = Wesley Chapel<br>HDL = Harakeke Downstairs Lounge<br>HUL = Harakeke Upstairs Lounge |   | 1<br>9.45 Bowls<br>10.30 Chartwell<br>11.0 Catholic Mass/C<br>(Mons Frank)<br>4.15 ZUMBA /CC   | 2 CAFÉ CLOSED<br>9.15 Strengthening exercises<br>& dumbbells/CC<br>10.30 New World<br>1.0 Mid Winter Christmas<br>Dinner /CC<br>4.0 Tamahere Global Village /cc<br>7.00 Pool/CC | 3 PODIATRIST HERE<br><br>9.45 Bowls<br>10.30 VIG Coffee/CC<br>2.00 Ukelele Group/ HDL<br>4.15 ZUMBA /CC  | 4<br>9.15 Standing Balance<br>Exercises/CC<br>10.0 Knit & Natter/HDL<br>10.30 Book Club /cc<br>1 pm Board Games/CC | 5<br>10.0 Petanque– near<br>V28   |   |
|   | 6<br>4.00 Worship in<br>Wesley Chapel led by<br>Rev. Gillian<br>Woodward                | 7 CAMBRIDGE EAR<br>CLINIC HERE<br>9.15 Seated cardio-<br>endurance Exercises/CC<br>1 pm Board Games,<br>Pool/CC<br>7.00 Indoor Bowls | 8<br>9.45 Bowls<br>10.30 Chartwell<br>2.30 Leisure time<br>Travels /CC<br>4.15 ZUMBA /CC  | 9<br>9.15 Strengthening exercises<br>with dumbbells/CC<br>10.30 New World<br>7.00 Pool/CC  | 10<br>9.45 Bowls<br>10.30 VIG Coffee/CC<br>2.00 Ukelele Group/ HDL<br>4.15 ZUMBA /CC                               | 12<br>10.0 Petanque– near<br>V28<br>11.0 Catholic Liturgy /C<br>(Sue Kenrick)<br>2.0 Mandarin Group   |   |
|   | 13<br>4.00 Worship in<br>Wesley Chapel led by<br>Rev. Dr Susan<br>Thompson              | 14<br>9.15 Seated cardio-<br>endurance Exercises/CC<br>1 pm Board Games,<br>Pool/CC<br>7.00 Indoor Bowls                             | 15<br>9.45 Bowls<br>10.30 Chartwell<br>11.0 Catholic Mass/C<br>(Mons Frank)<br>4.15 ZUMBA /CC   | 16<br>9.15 Strengthening exercises<br>with dumb-bells /CC<br>10.30 New World<br>11.0 Holy Communion /C<br>(Rev. Dr Susan Thompson)<br>7.00 Pool/CC | 17<br>9.45 Bowls<br>10.30 VIG Coffee/CC<br><br>2.00 Ukelele Group/ HDL<br>4.15 ZUMBA /CC                           | 18<br>9.15 Standing Balance<br>Exercises/CC<br>10.0 Knit & Natter/HDL<br>1 pm Board Games/CC<br>Save the<br>Children/Welcome<br>Swallow Sales Table /CC                                       | 19<br>10.0 Petanque– near<br>V28  |
|   | 20<br>4.00 Worship in<br>Wesley Chapel led by<br>Interfaith Choir and<br>Ngaire Southon | 21<br>9.15 Seated cardio-<br>endurance Ex/CC<br>1 pm Board Games,<br>Pool/CC<br>7.00 Indoor Bowls                                    | 22<br>9.45 Bowls<br>10.30 Chartwell<br>2.00 Eyecare<br>presentation/CC<br>4.15 ZUMBA /CC  | 23<br>9.15 Strengthening exercises<br>with dumbbells CC<br>10.30 New World<br>7.00 Pool/C  | 24<br>9.45 Bowls<br>10.30 VIG Coffee/CC<br><br>2.00 Ukelele Group/ HDL<br>4.15 ZUMBA /CC                           | 25<br>9.15 Standing Balance<br>Exercises/CC<br>10.0 Knit & Natter/HDL<br>1 pm Board Games/CC<br>4.0 Movie – “Gifted<br>Hands” /CC   | 26<br>10.0 Petanque– near<br>V28<br>11.0 Catholic Liturgy /C<br>(Clive Bleaken) |
|   | 27<br>4.00 Worship in<br>Wesley Chapel led by<br>Rev. Liz Lightfoot                     | 28<br>9.15 Seated cardio-<br>endurance Ex/CC<br>1 pm Board Games,<br>Pool/CC<br>7.00 Indoor Bowls                                    | 29<br>9.45 Bowls<br>10.30 Van Outing<br>4.15 ZUMBA /CC  | 30<br>9.15 Strengthening exercises<br>with dumbbells CC<br>10.30 New World<br>7.00 Pool/CC   | 31<br>9.45 Bowls<br>10.30 VIG Coffee/CC<br>3.30 Happy Hour /CC   | Colour Coding<br>Green Exercise Groups<br>Red Groups, Trips (Shopping etc), Games<br>Black Church Services<br>Blue Health Clinics (Podiatry, Ear Clinics etc)<br>Purple Vision Impaired Group |   |