



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



It's June!! Winter!! Enjoy these colder mornings, and the sparkly days that follow! A very warm welcome to all the new residents to our villages. We hope you are happy in your new homes as we all are.

This month, we complete the series of articles about the history of Tamahere Eventide as we celebrate 60 years since the first foundation stone was laid here. In our March issue we looked at a potted history of the early days. Last month, we moved on in time and looked at the changes that have occurred and what we have today. This month, we meet Louis Fick, our Chief Executive, who has been here for more than 20 years. We all owe Louis a huge debt of thanks for his vision and inspirational leadership.

This month, we begin a new column in the Vista, provided for us by Matt Bentley – of Computer Home Support – who lives locally. Matt has given presentations to many groups in our community, including ours, and has offered to provide topical and practical advice for home PC users in these columns.

A heads-up that it's that time of year again! The Field Days are on at Mystery Creek from Wednesday 11 – Saturday 14 June. Be aware of traffic congestion and delays – especially at the beginning and end of each of these days. It would be worth allowing more travel time if you have appointments.

We have two public holidays this month – King's Birthday on Monday 2 June, and Matariki on Friday 20 June. But isn't it true? When you are retired, every day is a holiday!

Have a very happy June!

**Carole Fleming** (Editor)

### **Table of Contents – Tamahere Vista – June**

<b>Page 1</b>	<b>Editorial</b>	<b>Page 11</b>	<b>What's Going on in the Neighbourhood?</b>
<b>Page 2</b>	<b>Meet our Chief Executive – Louis Fick</b>	<b>Page 13</b>	<b>News from Village Groups</b>
<b>Page 4</b>	<b>Village Manager's Column</b>	<b>Page 14</b>	<b>Movies for June</b>
<b>Page 5</b>	<b>Meet our Gardeners</b>	<b>Page 17</b>	<b>Our Rehabilitation Corner</b>
<b>Page 6</b>	<b>Meet our Village Café Team</b>	<b>Page 18</b>	<b>Our Chuckle Corner</b>
<b>Page 7</b>	<b>Chaplain's Korero</b>	<b>Page 21</b>	<b>Puzzle Time</b>
<b>Page 8</b>	<b>News from Karen</b>	<b>Page 22</b>	<b>Calendar of Activities for June</b>
<b>Page 10</b>	<b>Computer Upgrades and Windows 11</b>		

## **Meet our Chief Executive – Louis Fick**

### **Who is Louis?**

I was born in Nelspruit, a town in the Lowveld of Transvaal, South Africa. I grew up on a farm and attended boarding school. I studied Bachelor of Accounting at University of Pretoria and Masters at University of South Africa. I did compulsory military training and reached the rank of Lieutenant. I moved to Namibia in 1981 and worked in Accounting, Banking and Housing Finance & Construction. I moved to New Zealand in 1997, started at Tamahere and have remained here enjoying working with older people and staff from many cultures. I have 3 daughters and 8 grandchildren. I love sport and played rugby, cricket and tennis. I also did athletics and competitive swimming. I represented Namibia on the International Cricket Council.



### **What changes have you seen at Tamahere Eventide Home Trust?**

When I started there were 42 staff and 54 residents, (14 Dementia and 40 Rest Home beds). It was very run down and in a financially poor position. After 6 months as an accountant, I became the CEO.

At Tamahere Eventide Home we renovated and changed the buildings with Pohutukawa Wing changed from Rest Home to Memory Care to meet the changing demand. Unused spaces were changed into care rooms to improve income. The hospital was a long-term dream for which we received a building consent in 2018, and the building was completed in December 2019. This project also included 34 apartments with stage 2 completed in September 2020, working through Covid. This increased our beds to 40 Rest Home, 43 Memory Care and 24 Hospital, in total of 107 beds.

A day programme was started in 2000 with a 3 people attending daily and that has grown significantly. This service is provided at both Tamahere and Assisi and now we have 957 attendances per month.

In 1998 we built the first 4 Villas and cleared and started developing the gully which had become a local illegal tip. The villas sold quickly, and we continued with developing the next 4. Thereafter we did 6 to 8 villas at a time. Villas were sold before construction started. The village developed into 34 units. Surplus from the village development was used to upgrade the rest home and increase the memory care unit to 20 beds. In 2006 we developed Rimu apartments with part funding from Housing NZ and built 19 units as rentals. It took many years (2004 to 2010) of effort to get the next project of 74 villas approved by Waikato District Council who conceded eventually in the face of legal action. This project started in 2010 with 8 units (v37-44) which were all sold from our waiting list which then was more than 100 applicants. Development continued up to v62 when we developed the Community Centre in 2014. Villas 63 to 108 followed in stages of 6 to 8 units at a time and were completed in 2016.

In 2015 we started negotiating with the owners of the motel and this was purchased with the view of extending the village. The motel became staff accommodation and was fully occupied as many staff did not own a car and rent cost was very high. We changed the initial project of 20 villas to accommodate staff housing and this project of 14 villas and 12 staff houses will be completed by December 2025.

In 2015 we negotiated with Atawhai Assisi to take it over, but this fell through. In 2018 the McAuley Trust who owned the Assisi property approached us again and we bought and took over Atawhai Assisi on 1 April 2018 on very short notice. We knew we had considerable renovations to do, and we rebuilt the reception, portico, main entrance and rest home lounge.

There were no stormwater systems in place and the car parking flooded every time it rained. An underground stormwater system was installed under the new carpark areas. Roofs and insulation were replaced over St Francis and St Clare wings as well as new double-glazed windows joinery installed.

We received the consent for the village development on 22 January 2022 and completed the first 17 units in December 2022 and the next 8 units in July 2023. Assisi now consists of 86 beds (39 rest home and 47 hospital) and 25 completed villas with another 37 to be built.

Wesley Courts was taken over from the Methodist Church in 2012 and registered as a retirement village.

We now employ 230 staff.

Our service provision in total is:

- 71 Hospital beds
- 82 Rest Home beds
- 43 Memory Care beds
- 5 Rental apartments
- 40 ORA apartments
- 142 ORA Villas

### **What are you most proud of?**

That we are able to pursue and achieve our mission “to provide a quality caring service for older people in a Christian environment” through service delivery that is client centred. We have built a community of people living together rather than providing buildings for people to live in. We have a work environment where people of different cultures and religions work together all focused on achieving our mission.

In our villages and apartments, residents since 1998 when we started delivering this service, receive the capital gain on their investment. This is a basic fair treatment of residents. The market is slowly moving in this direction.

### **What is your vision of the future?**

At Atawhai Assisi we have another 37 villas and 9 apartments to be built. Hata Maria wing has reached the end of its useful life, and we have the opportunity to build either apartments or premium rest home / hospital rooms for which there is a considerable demand. The land adjoining toward the State Highway 1 as well as the house at the Chapel Entrance to be purchased when available. This will secure future expansion.

At Tamahere our expansion possibilities are limited to the completion of the 26 unit development. We should focus on redeveloping older areas and Manuka wing can be replaced with a new building providing premium rest home/hospital services.

We are limited to operating in the Waikato area and a change to allow us to expand to other areas will enable us to spread regional risk.

It will be great to develop a surgical hospital that can improve services to our community and take pressure off Waikato Hospital in providing services rather than having people on long waiting lists. Older people tend to be the last serviced and this can have a considerable impact for their benefit. Consideration should be given to a percentage of surgical operations to those who do not have the financial means or meet Health NZ requirements.

It is my belief that we need to continue to expand our service delivery to a larger group of people by investing surpluses achieved into additional services within the health service area. This should always include services to all people irrespective of their background or personal circumstances.



## VILLAGE MANAGER'S COLUMN

### Quote of the Month:

*"If you change the way you look at things, the things you look at, change."*  
(Wayne Dyer)

### New Residents

Villa 54	Elaine Bailey
Harakeke 17	Mary Rose and Joy Rising
Harakeke 30	Glenda Death



I would like to remind residents that there are some obligations when living in community with others. These are generally explained in your Occupational Rights Agreement. However, I think it is timely to remind residents of these –

1. Motor vehicles are to be parked in the garage or parking space allocated. If you are unable to do this, they need to be parked in the car parks that are provided for general parking.
2. Please ensure that any visitors either park in the space in front of your garage, or in a designated parking space around the village. **DON'T PARK ON THE GRASS OR FOOTPATH.**
3. We have supplied washer-dryers in all apartments in the village. We do not have space available outside for the hanging of washing. Your ORA expressly forbids the hanging of washing where it can be seen by others.

With villas, we have provided a clothesline within the fenced courtyard.

4. Dogs – It is a privilege in this village to be able to get permission from the Village Manager to have pets, including dogs. We have rules about dogs in the village. These rules are:
  - a) No dogs allowed in the eating area of the Café.
  - b) Dogs must be on leads when outside your accommodation.
  - c) You **must** pick up your dog waste in the same way as the obligation exists in the general community.

Gully – Over the next few weeks, we have a crew of arborists coming in with a truck and chipper to remove some large trees that are growing like weeds in our native environment. They will then come in and plant native species to replace them. I would like to publicly thank the residents that put in a great deal of work to ensure this gem of a space remains clear and accessible for you to visit.

Thankyou to everybody who has made nice comments about the monthly fees increase. Your monthly fee is a reflection of the real cost of running the village divided by the number of residents. There are some other fees that have risen with inflation that are not included in the monthly fees – eg the carpark charge has gone from \$40 to \$41.50 from 1 July. The hourly charge for cleaning has gone from \$35 to \$36.

Over the last few weeks, Karen has published the list of all the costs with your newsletter. Please read this.

David McGeorge



## Meet our Gardeners

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

**Lesly** – has been with us for six months. Originally she was a landscape architect, and has a real passion for nature, plants and gardens. She loves working with people and finding out what they want in their gardens. People know me as “the Zumba lady” but what they don’t know, is that I’m getting married later this year!

**Gerry** – comes from Peru and has been on our country for three years, and at Tamahere for a month. She is an accountant who discovered her love and skill for gardening when she came to New Zealand. Gerry enjoys helping people – her loves are music, dance and baking!

**Ollie** – has been with us since January. He was a fabricator /welder and his love is anything that has an engine – you might call him a petrol-head! He describes himself as a mad fisherman. Ollie was introduced to gardening by his aunty at the age of 6-7, and has always loved riding on a lawn-mower.

**Tevita** - has been here for a year now. A Tongan, Tevita is the proud dad of four daughters, including twins. He used to help his grandmother gardening in Tonga. His loves are singing and dance.



**A Happy Team of Gardeners**  
What a great day and a great team.

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## The Easter Zumba Party

The Tamahere Community, including Eventide and Country Club residents, had a fantastic time at this year's Easter Zumba Party with Lesly & Paola (Zumba Instructors). With Easter eggs, cake, prizes and a lot of dancing with so much fun.



## Meet The Village Café Team



### Sandra

A baker by trade (not a chef!), Sandra and her ex-husband owned and ran Award winning bakeries. She had an opportunity to take over a café – and ended up running the kitchen there as well. She has owned the Boatshed at Karapiro and the Powerhouse also in Karapiro, feeding lots of sports groups etc. She also did contract catering for golf clubs, sports clubs, RSA etc.

During the COVID lockdown, she was one week into a large kitchen on her own. Meal outlets were closed, there was no access for people to buy “heat and eat” meals, many older people had no EFTPOS cards (and cash was discouraged as being “unclean”), people were isolated and finding things tough. Sandra started cooking “Heat and Eat” meals – 100 each day - she became registered as an Essential Worker, delivering these to small towns in the Waikato – Cambridge, Morrinsville, Te Awamutu. Again, she drove these roads alone, frequently only passing perhaps one car, if that. In the early days of the lockdowns, it was not uncommon for the Police to notice her coming and going, and making the necessary checks on her documentation that she was an Essential Worker and entitled to travel.

In need of a change, Sandra became a temporary contract worker for Rest Home Kitchens in the wider Waikato. She missed the contact with people and looked for a position with an element of service that would sit alongside her philosophy of giving back, more than just cooking. She has a degree in Psychology. This position at Tamahere and her wish-list matched! Customers, not just feeding them, conversations, caring, memories, bringing community together.

Sandra loves it here – proudly commenting that more people are coming, staying longer, and more families are coming as well. She has started selling “Heat and Eat” meals from the Café and these too are proving popular.

### Loka

Loka is from India. She graduated with a BSc in Chemistry - and has two sons, aged 6 and 3.

Loka has been in New Zealand for 5 years, arriving in Auckland one month before the first lockdown for COVID. She stayed in Auckland for three years and in 2023 moved to Hamilton where she finds life far more peaceful than Auckland.

Loka came to Tamahere Eventide in July 2024 working on the housekeeping /laundry team both here and at Atawhai Assisi, and also as a casual at the Village Café. Her role is now permanent, in the Café and she also does villa cleaning.



In her spare time, Loka enjoys spending time with her children. She really appreciates the friendly nature of the Village and how kind and supportive everybody is. “I never want to leave here”, she told me.



## **CHAPLAIN'S KORERO**



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

Over recent weeks a number of new residents have moved into our community. Welcome to you all! I've met some of you and hope to meet more in time.

The move to a retirement village is a big one and it takes a while to get settled. Even if the move has been planned and looked forward to, it's natural to wonder if you've done the right thing and even to experience feelings of grief and regret. Be assured that others have felt the same way.

If that is where you're at, be gentle with yourself. Take all the time you need to unpack, to set up your villa or apartment so that it feels like it's home and to establish new routines. Allow yourself to be sad for all you have left behind. As one writer said, "Grief is praise, because it is the natural way love honours what it misses".

When you feel ready and able, take a wander around the village (and the care home) to find out where everything is. Visit Karen and David in their offices, check out the library and the pool table, have a coffee in the cafe, locate reception and the chapel. These are all useful places to know about as you orientate yourself to your new surroundings.

In your travels, you'll start to meet people and hear about various activities. Remember that living in a village doesn't mean you have to be a part of everything that's going on. Nothing is compulsory! Keep up your outside interests and connections, choose carefully the activities you'll get involved in and most of all, be the person you have always been.

At the same time, be open to the possibilities offered by community. When family members are scattered, neighbours are busy and friends are disappearing, life can be lonely for many older people. Here at Tamahere you will find a diverse community of people to offer friendly support, companionship and a sense of belonging and even the chance of shared adventures.

Look at your move into the village as a new stage in your life and remember that we're never too old to have new experiences, to develop new interests, to make new friends or to discover new things about ourselves. Aging comes with its challenges but it can also offer new opportunities for growth, fellowship and enjoyment. Welcome to your new home!

Ngā manaakitanga,

Susan



## NEWS FROM KAREN

Hello to you all -

Mark these dates on your calendar



**Staying Safe, a Refresher for older drivers** – Tuesday 10 June, 9.30 – 2pm.

**No 8 Tours (NZ's Senior Travel Club)** will present their new catalogue of trips on Tuesday 24 June 2pm in the Community Centre



**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.

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

**The Mandarin Youth Group (from the Living Waters Christian Church)** will be here again on Saturday 5 July 2pm 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 or the calendar at the back of this newsletter 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

#### DIY Fly Repellent

*Cooking dinner the other night I had half a leftover lemon and the pissa (those automatic things you set up in your house that make a "piissaaah" noise to keep bugs away!) had just run out.*

*Biodegradable, safe, natural, smells nice and super easy to do.*

*Jam whole cloves into half a lemon and place on window sills and in doorways.*

*We had a few blowflies around that day and they definitely lowered in numbers with this at the window.*



Check out these Useful Cleaning Tips from Karen too -

## CLEANING WITH BAKING SODA

### 1 Shiny Sink

☛ Mix: 1/4 cup baking soda + 1/2 cup vinegar + 3 drops lemon essential oil.  
Pour it in the sink, let it fizz, then rinse with hot water.

### 2 Soft, Fresh Towels

☛ Add 1/2 cup baking soda to the rinse cycle.  
Dry in the sun. Feels like new!

### 3 Bye-Bye Soap Scum

☛ 1 tbsp baking soda + 1 tbsp hydrogen peroxide + 1 tsp dish soap.  
Make a paste, scrub gently, and rinse.

### 4 Degrease Your Stove

☛ 1 cup baking soda + 1/2 cup vinegar + natural soap + lemon oil (optional).  
Scrub grates and burners. Grease gone!

### 5 Odor-Free Mattress

☛ Sprinkle baking soda + 3 drops of essential oil.  
Let it sit for 1 hour, then vacuum it up.

### 6 Easy Oven Cleaner

☛ Make a paste with baking soda + dish soap + water.  
Spread inside the oven, wait, and wipe with a damp cloth.

### 7 Fresh-Smelling Carpet

☛ 2 cups baking soda + 10 drops of essential oil.  
Sprinkle on the rug, wait 20 mins, then vacuum.

### 8 Natural Air Freshener

☛ Small jar with baking soda + essential oil.  
Place in closets, bathrooms, or near trash cans.

### 9 Grill Cleaner Hack

☛ Sprinkle baking soda directly on a warm grill.  
Scrub with a brush. Done.

### 10 Toilet Bowl Bomb

☛ 1/2 cup baking soda + 1/4 cup citric acid.  
Pour it in and let it fizz. Clean & fresh!



### Here are some “Notes to God” that you might enjoy reading!

*Dear God – I went to this wedding and they kissed right in church. Is that OK? - Neil*

*Dear God – Instead of letting people die and having to make new ones why don't you just keep the ones you got now?*

*Dear God – if we come back as something – please don't let me be Jennifer Horton because I hate her – Denise*

*Dear God – If you watch me in Church on Sunday I will show you my new shoes – Mickey D.*

*Dear God – In Bible times, did they really talk that fancy? - Jennifer*

## **Which computers can't be upgraded to Windows 11?**

By now some of you may have received a notice from Microsoft stating that your computer is not compatible with Windows 11, and that you have until October 2025 to upgrade to a newer machine. This is poppycock. Most computers are compatible with Windows 11, and to date, out of the hundreds I have upgraded, only 3 have failed. This includes computers made 10 years ago, as well as those made recently. I have seen a tendency for machines older than 11 years to have more issues, but to be honest those machines are reaching their use-by date and should probably be replaced.

Microsoft imposed an artificial limitation on which computers can upgrade, but it is easily bypassed. The range of opinions as to why they chose to do so is vast. On the cynical side one can speculate that they're in bed with the hardware manufacturers (true) and that this is a scheme to boost hardware sales (entirely possible). In the middle is the idea that most laptops older than 6 years and most desktops older than 11 years tend to present with some hardware issues, and they don't want to be on the receiving end of tech support for those machines. Also possible.

But their stated reasoning is that the TPM2 chip which exists in PC's built later than 2017 is the only real way to achieve good computer security, which makes no sense. The chip in question has known vulnerabilities, and there are more pertinent areas which Microsoft should be addressing in order to prevent harm, such as the legacy software embedded in Windows. The real result of their action is that a vast number of computers around the world will stop receiving security updates after October 2025 because they weren't upgraded to Windows 11. Hardly an act of security-minded altruism.

Regardless of their actual reasons, almost anyone can upgrade to 11, and should do so before Oct '25. If you've got a computer older than 2018 you'll need a hand from someone like myself, otherwise the upgrade should be offered to you directly by Microsoft at some point. Likewise if you want to make Windows 11 look and act more like Windows 10, you'll need my help or another professional's.

I'm pleased to say that 11 is getting better, gradually: performance is starting to get a little faster as of the most recent release, and also some of the useful things which they initially disallowed have been put back in. If only they'd done that in the first place, rather than vomiting it onto the marketplace in it's prior unpolished state, it's reputation as a "have-to, but don't wanna" operating system upgrade would not be fixed so firmly in people's heads.

Need help upgrading? Phone Matt at 0211348576 or email [info@homepcsupport.co.nz](mailto:info@homepcsupport.co.nz) \$80 per hour, or \$70 for drop-off-to-workshop services.



**Bentley Home PC Support**

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

1.Knee; 2. 1997; 3. 3; 4. 1; 5. William; 6. Irn-Bru; 7. Netherlands; 8. Canberra; 9. 13; 10. The Shining; 11. Copenhagen; 12. Lamb; 13.Gymnastics; 14. Snow White; 15. Venus; 16. 1912; 17. Aries; 18. Sweden; 19. Volcanoes; 20. Tatum O'Neal (aged 10)

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

**MATARIKI 2025** will be celebrated on Friday, June 20th, marking the Maori New Year and a national public holiday in New Zealand.

Significance of Matariki:

Matariki, also known as the Pleiades star cluster, signifies the start of the Maori New Year. It is a time for reflection, and new beginnings, where New Zealanders honor the past, celebrate the present, and look forward to the future. The holiday encourages Communities to come together.



### **MATANGI GARDEN SHARE:**

The children at Matangi School have been planting plants and vegetables. They now have a display at the front of the school.

Now they are offering Free Produce from the school Garden. Their new "Share Garden" stand is at the school gate. Well done Matangi School

### **POSTAGE STAMPS:**

We don't use postage stamps as often as we used to. However, if you have used stamps that you don't know what to do with, please don't throw them away, as different church groups collect them and they are sold to raise money for good causes. Margaret Birtles will be pleased to receive them from you - more info ph0212606504 or Villa 21

Recently I have been 'checking out' a few of the new eating places. Some have interesting names and menus.

- The Flying Burrito Bros - 65 Bryce Street, Hamilton Phone 839.4591
- NOSH 103 Swayne Rd, Cambridge - Unique Global Cuisine
- Pickle & Plum, Alexandra St, Te Awamutu, (good for a coffee break) Phone 870 6353
- Le Rendez Vous, 113 Alexandra St, Hamilton, phone 021 681 201
- Sage Restaurant, Level 3, 300 Grey Street, Hamilton - Phone 949 6738
- Ginger & Honey, 1369 Victoria St, 856 9993
- Nipa Hut, Filopina Food with a Kiwi Twist - Watch for the grand opening!
- Juke Box Diner, (also Classic Cars) RAILSIDE PLACE, Phone 846 2260
- Mex It Up, 201 Hukanui Rd, Chartwell, 07 210 1884
- Fran's Cafe & Continental Kitchen, 62 Victoria St Cambridge.
- (Try Fran's pancakes, plus interesting decor, especially if you are into teapots)
- Robert Harris Ruakura Cafe, 2 Kurarere Lane, Ham East - Phone 595 0133
- ALSO:
- The Village Cafe & Eatery, Whatawhata - 1 Rothwell Lane - 07 829 8892
- Recommended as family friendly, a pleasant place to be, Cafe Menu.

**Saturday 7<sup>th</sup> June, 5pm-6.40pm – Tchaikovsky Piano Concerto**, Cambridge Town Hall. Experience the thrill of 75 talented young musicians (ages 14-26) performing together with energy, precision and

passion! The Auckland Youth Orchestra presents an exciting symphony concert. On The Programme – Dukas: Villanelle for French horn and Orchestra (Soloist: Evan Metcalfe), Khachaturian: Gayane - Dances from the Ballet Suites, Tchaikovsky: Concerto No.1 (Soloist: Tony Yan Tong Chen). Tickets adult \$28.92 (incl. fee), senior \$23.25 (incl. fee), student/child \$10.25 (incl. fee) from <https://www.eventfinda.co.nz/2025/ayo-tchaikovsky-piano-concerto/cambridge/tickets>.

### **Wednesday 11 – Saturday 14 June**

Fieldays, Mystery Creek, 125 Mystery Creek Rd, Ohaupo. Fieldays is the Southern Hemisphere's largest agricultural event and the ultimate launch platform for cutting edge technology and innovation. Tickets Adult (15+) \$30 online, \$35 at the gate; Child (5-14yrs) \$15 online, \$15 at the gate. For more information: <https://www.fieldays.co.nz/>

### **Thursday 5 June**

Harness Racing, Cambridge Raceway, 1 Taylor St, from 5pm. Enhance your experience Mobile- Barrier Rides! Witness a harness race from a unique view point. Immerse yourself in the action by joining the starter in the back of the mobile barrier car for the start of one of the races. These experiences are limited for each race meeting. Price \$50 per person, book now from [ashleigh@cambridgeraceway.co.nz](mailto:ashleigh@cambridgeraceway.co.nz), <https://www.hrnz.co.nz>

### **FIBRETON - FESTIVAL OF YARN -**

Explore an endless array of yarns made from all sorts of animals, including sheep, alpaca, and llama. You'll find everything from raw fibres, batts, spinning wheels, needles, notions and more. Date: **Saturday 26 July 2025** Time: 10:00am to 4:00pm - Bledisloe Centre, Gate 3, Mystery Creek Rd.

**Sunday 8 June** - Cambridge Market - Trash 'n' Treasure, Memorial Park (The Rugby Grounds), 62 Taylor Street, 8.30am-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

**Every Saturday** - Cambridge Farmers' Market, Victoria Square, 8am-12pm

**Saturday 14th June** Tamahere Best Artisan Market, Tamahere School,

**Saturday June 21st** Tamahere Country Market, St. Stephen's Church,

**Every Saturday morning** - Frankton Market,

### **GRASSROOTS TRUST VELODROME - CAMBRIDGE -**

Grassroots will be running an **ACTIVATING ABILITIES DAY - FRIDAY 11TH JULY 10.30am - 200pm**. Promoting services and raising awareness to support people with impairments, disabilities, alternative needs, or mobility challenges in leading active lifestyles. Free event and fully accessible.

### **FRESH FLOWERS -**

Available each Saturday out the front of the Hautapu Rugby Club, Cambridge. Nice selection at reasonable prices.

**Pauline Eastwood.**

## News from the Residents' Committee

Hello Everyone,

Our new Committee met after the AGM to elect our office holders. They are as follows:

<b>Chairperson:</b>	Myself, Lynn Dring
<b>Vice Chairperson:</b>	Lesley Mason
<b>Secretary:</b>	Ann Bunney
<b>Treasurers:</b>	Pat Oldman and Helen Periam



We look forward to working together to provide some monthly entertainment / activities for you to enjoy and to also liaise with management on your behalf. We are open to suggestions from you and there is a suggestion box in the foyer if you have any ideas.

We meet on the 3rd Wednesday of each month.

If you receive this Vista before the 30th then don't forget to come along to our Dance. We will start at 7.00pm. Bring along your drinks and nibbles if you wish. The committee will provide supper. Dancing is optional. Enjoying music and company is a must.

We will also have a photo backdrop so put your lippy on and get someone to take a photo of you in front of the backdrop. It will look amazing.



There will be a shared Morning Tea for Kings Birthday, **Monday 2nd June at 10am**. Please join us for a cuppa and a chat. Bring a plate to share. Tea and Coffee will be provided. Wear your crowns if you have one.

Matariki is in June and we will combine this again with our Soup and Rolls evening. This will be at **6pm on Friday 20th June**. The cost will be \$5 per head. There will be a lovely range of soups to choose from and the Ukulele Group will entertain us. This was a lovely evening last year and really enjoyed by everyone who attended.

Hope to see you at some of these events.

Lynn.

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### **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.





## **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 6 June.



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

#### **A Man who Painted Roses – Pierre Joseph Redoute** (Briar)

Redoute was born on Belgium, and at the age of 13 went out along the country lanes hoping to earn his supper and a bed for the night, by painting roses. By the age of 16 he knew his vocation was to be a painter. He painted in London, Kew Gardens, Paris, for Queen Marie Antoinette, Napoleon Bonaparte and Empress Josephine (Napoleon gave her 100 roses as a wedding gift).

A rose was found in the forest drive after the war and named the “Peace” rose. Redoute captured the charm and beauty of those roses 200 years ago and they still enchant people today. He became Painter of Flowers to 2 Queens, and an Empress of France – but he will forever be known as “The Man who Painted Roses”.

A good story – superbly told.

#### **Bless this House – Da Vella Gore** (Briar)

One of New Zealand’s well known painters went out to buy a pound of butter, and came home having instead bought a church which was being demolished. While on location, painting, she would progressively move the church, brick by brick, on to her section, where she built a house. She established an art studio and bought 2 further churches, turning them into a B&B and a house for tourists and artists.

She has written 5 books – all hilarious – and illustrated by an artist friend. She lives in the Queenstown area.

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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**

We continue our free flowing discussions on the amazing world around us, now guided by summaries of previous sessions. All welcome. Our next meeting is on Wednesday June 4<sup>th</sup> in the Library.

For further information contact Gray, Ph 0211 020 977.

**Gray Southon (V102)**

## **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 Carers and a few late risers. Unfortunately this has not seemed to work very well, and we have struggled to get the players needed to compete.

When Covid raised its ugly head there were about 15 players rolling up, (I can't comment previous to this as we arrived during the lockdown). We have a very keen base of about 8 regular players at present, which doesn't give us much lee-way for appointments and sickness!

We will welcome new players with Open Arms! It is such a shame to have this excellent facility not being used. We have spare bowls, and very loose rules.

Come along at 9.45am, Tuesdays and Thursdays, have some exercise, enjoy the fresh air and the company. We follow six ends with morning tea, so it is not strenuous! New players are welcome.

**Indoor Bowls** - Our night for indoor bowls is Monday. Mustering at 7pm, so we can commence play at 7.15pm.

Once again, we are struggling for players, but seem to have a regular group of up to 10. We have two mats, so can accommodate a lot more.

Come along enjoy the company - It is not competitive, just an enjoyable evening out, we are generally home by 8.30pm.

*Beth Richards, H23*  
Bowls Communicator

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## **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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## **Vision Impaired Group**

Our monthly meeting has unfortunately been cancelled this month. Instead, let's catch up for a coffee and chat in the Café each Thursday morning at 10.30am.



*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.

## **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.

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## **Knit and Natter Group**

We continue to meet in the lower Harakeke lounge on Fridays at 10am.

We will not meet on 20<sup>th</sup> June as this is Matariki Day and we will not be able to access the Village Café. Keep knitting – there are lovely items coming in.

**Helen Painting ph 854 7662**

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## **Did you know this?**

In those old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day.

Sometimes stew had food in it that had been there for quite a while. Hence the rhyme:

Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.

Sometimes they could obtain pork, which made them feel quite special. When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could, "bring home the bacon." They would cut off a little to share with guests and would all sit around and chew the fat.

Those with money had plates made of pewter. Food with high acid content caused some of the lead to leach onto the food, causing lead poisoning death. This happened most often with tomatoes, so for the next 400 years or so, tomatoes were considered poisonous.

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or the upper crust.

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## **Movies for June**

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

For June they will be:

**13<sup>th</sup> June 4pm Maurice and I 1:38**

The fragile legacy of a unique architectural partnership.

Throughout the 60's and 70's an architectural revolution took place in New Zealand, largely led by two young Christchurch architects, Miles Warren and Maurice Mahoney. Their partnership, which spanned 37 years, gave rise to a uniquely New Zealand modernist movement that was to influence a generation of architects. The fruits of this remarkable partnership, their approach to design, their signature use of materials and the influence they had on their architectural peers, transformed the face of Christchurch. Within a short decade it was to shrug off its reputation for somewhat stuffy Georgian and neo-gothic architecture for a distinctive 'brutalist' style that was bold, modern and often controversial. Through rare archival footage and exclusive interviews, including their final conversation together, the film reflects on their remarkable legacy, the community impact of their bold architectural vision, and the enduring importance of architecture in shaping and enriching our lives.

**27<sup>th</sup> June 4pm Pay it Forward 1:58**

The story of a social studies teacher who gives an assignment to his junior high school class to think of an idea to change the world for the better, then put it into action. When one young student creates a plan for "paying forward" favours, he not only affects the life of his struggling single mother, but he sets in motion an unprecedented wave of human kindness which, unbeknownst to him, has blossomed into a profound national phenomenon.



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### **Movie Fundraiser**

**Liv Dobson (a grand daughter of Margaret Boreham, Villa 35) is going to Adelaide to represent her school in Lacrosse. She needs your support.**

**Movie: "The Materialist"**

- a romantic comedy
- 6pm for Nibbles
- 7pm start
- at the Tivoli Theatre, Cambridge
- Wednesday 11 June

**Please call Kath (her Mum) on 021 149 2027 to book your seat.**

## **Our Rehabilitation Corner**

Although there's no cure for early-onset Alzheimer's disease, your doctor may prescribe specific types of medication. Then there are lifestyle changes you can make to keep your brain and body healthy and even slow the progression of the disease.

**Exercise.** Even if you were active before your diagnosis, you may have a hard time finding the motivation to keep up with exercise now. But a [physically active lifestyle](#) can help to delay the progression of early-onset Alzheimer's and help preserve your independence. Whether you enjoy basic physical activities, such as walking and running, or team sports, aim for more than 2.5 hours of exercise per week.



**Stay socially engaged.** As your symptoms progress, you may worry about being a burden on others and withdraw from social situations. However, [loneliness and isolation](#) can have a negative effect on cognition. Rather than isolate, try to remain socially active. Look for clubs or [volunteer opportunities](#) that widen your social network or simply commit to spending more time with friends and family.

**Pay attention to your diet.** When you're feeling overwhelmed by a life-changing diagnosis, it's natural to turn to [sugary](#) or unhealthy foods for a quick mood boost. However, a healthier diet may play a role in slowing your rate of cognitive decline. Try following the [Mediterranean diet](#) or DASH (dietary approaches to stop hypertension) diet that prioritize fruits and veggies and minimizes unhealthy choices like red meat, sodium, and sweets.

**Seek mental stimulation.** Cognitively stimulating activities can help [keep your memory sharp](#). Consider doing daily puzzles and brainteasers, taking classes, or pursuing new hobbies such as reading, writing, or learning to play a musical instrument.

**Get enough sleep.** The emotional toll of your diagnosis can make it difficult to sleep. You might find yourself lying awake at night, worrying about your family's well-being or what the future has in store. However, [sleep deprivation](#) is associated with cognitive decline. So, take steps to [improve your sleep](#), aiming for seven to nine hours of quality rest each night.

**Manage your stress levels.** Being told to "slow down and relax," might seem like unhelpful advice when life feels so uncertain. But know that too much stress can accelerate neurodegenerative diseases like Alzheimer's and worsen your symptoms. To help manage your stress levels, set aside 10 to 20 minutes each day to practice a [relaxation technique](#), such as deep breathing, meditation, or visualization. Rhythmic exercise is also a great way to reduce stress, as physical activity floods the brain with feel-good hormones.

**Monitor your vascular health.** Many of the above tips, such as watching your diet and managing stress, can also improve your heart health and help to keep your brain healthy. You can also take additional steps, such as [quitting smoking](#) or limiting your alcohol intake. Make a habit of tracking your [blood pressure](#) and taking steps to treat symptoms of hypertension.

Prepared by: Rosalyn Pelaez  
Allied Health Coordinator – Tamahere Eventide  
Source: [www.helpguide.org](http://www.helpguide.org)



## Our Chuckle Corner

An Aussie man phones an ambulance because his mate has just been hit by a car.

"Hi. Yes, get an ambulance here quick," he screams. "My mate is bleeding from his nose and ears, and I think both his legs are broken."

The operator tries to calm the man down and asks for his location.

"We are on Eucalyptus Street," the man says.

Confused, the operator asks the man to spell it out so she can send a medical team out.

The operator hears silence and then heavy breathing.

"Are you there sir?" she asks.

Again, she hears nothing but heavy breathing.

"Sir, can you hear me?"

This goes on for several minutes.

"Sir, I need you to answer me," the operator says again. "Can you please spell out the name of the street you're on."

Suddenly, the man begins to speak again.

"Sorry about that," he says. "I couldn't spell eucalyptus, so I've just dragged my mate to Oak Street. O. A. K."

**When things feel too  
overwhelming, remember:  
One day at a time,  
One thought at a time,  
One moment at a time, and  
One task at a time**



A man was listening to the radio when the traffic report came on.

"There's a car driving the wrong way on the motorway, causing mayhem in both directions," the radio announcer warned. "Police advise avoiding the area."

The man then realised that his best friend was planning to take the motorway to an appointment, so he quickly phoned him to warn him via his in-car mobile.

"Mate, please drive carefully because I just heard that there's a car heading the wrong way down the motorway," the man said when his best friend picked up the phone.

"Oh, I know," answered the man on the other phone. "There's not just one, there's hundreds of them."

### **Talking to the child:**

- Why didn't you tell grandma about your wiggly tooth?
- Grandma has no teeth, she wouldn't understand.

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### **Some answers in a test at school –**

#### **Explain what a digital footprint is:**

*A digital footprint is when you step on your iPad.*

**What is the capital of England?** *E.*

**What is a synonym?** *The stuff I put on my toast.*

**Give an example of an onomatopoeia.**

*SKEET SKEET SKEET SKEET SKEET!*

**Who painted the Mona Lisa?**

*Leonardo DiCaprio.*

I went to the doctor for my yearly physical. The nurse starts with the basics. "How much do you weigh?" she asks.

"115," I say.

The nurse puts me on the scale. It turns out my weight is 140.

The nurse asks, "Your height?"

"5 foot 8," I say.

The nurse checks and sees that I only measure 5'5".

She then takes my blood pressure and tells me it is very high.

"OF COURSE IT'S HIGH!" I scream, "When I came in here I was tall and slender! Now I'm short and fat!"

**Aging is like a garage sale. Some stuff looks old, some stuff doesn't work, and some stuff you can't even identify.**



**One of these days  
I'm going to  
get it together.**

**But not today.  
Or tomorrow.**

**The next few weeks  
are pretty full too.**



A young man told the doctor: "You have to help me, I hurt all over."

"What do you mean?" said the doctor.

The man touched his right knee with his index finger and yelled: "Ow, that hurts."

Then he touched his left cheek and again yelled: "Ouch! That hurts, too."

Then he touched his right earlobe. "Ow, even that hurts."

The doctor examined him for a moment before nodding in realisation.

"Ah, I thought so," said the doctor. "You have a sprained finger."

Sherlock Holmes and Dr Watson decide to go on a camping trip. After dinner and a bottle of wine, they lay down for the night, and go to sleep.

Some hours later, Holmes awoke and nudged his faithful friend.

"Watson, look up at the sky and tell me what you see."

Watson replied, "I see millions of stars."

"What does that tell you?"

Watson pondered for a minute.

"Astronomically, it tells me that there are millions of galaxies and potentially billions of planets."

"Astrologically, I observe that Saturn is in Leo."

"I also deduce that the time is approximately a quarter past three."

"Theologically, I can see that God is all powerful and that we are small and insignificant."

"Meteorologically, I suspect that we will have a beautiful day tomorrow."

"What does it tell you, Holmes?"

Holmes was silent for a minute, then spoke: "Watson, you idiot. Someone has stolen our tent!"

## Puzzle Time

Time for another quiz. Good luck! (The answers are on page 10).

1. In which part of the body would you find the cruciate ligament?
2. When was the movie Titanic released?
3. How many of Henry VIII's wives were called Catherine?
4. How many times has England won the men's football World Cup?
5. What does Bridget Jones name her baby in the film series' third instalment?
6. Which soft drink is commonly associated with Scotland?
7. Gouda is a popular cheese originating from which country?
8. What is the capital city of Australia?
9. What number is a baker's dozen?
10. Which Stephen King novel takes place mostly in the fictional Overlook Hotel?
11. In which capital would you find the Little Mermaid statue?
12. What meat is used in a Shepherd's Pie?
13. Simone Biles is famous for her skill in what sport?
14. Who was the first Disney Princess?
15. What is the only planet in our solar system that rotates clockwise?
16. What year did the Titanic sink?
17. What is the first astrological sign of the Zodiac?
18. Which country did Ikea originate in?
19. The Hawaiian Islands were formed by which type of natural disaster?
20. Who is the youngest Oscar winner of all time?

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)

**One of these days  
I'm going to  
get it together.**

**But not today.  
Or tomorrow.**

**The next few weeks  
are pretty full too.**



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	<b>2 KING'S BIRTHDAY</b> <b>CAFÉ CLOSED</b> 10.0 Shared morning tea /CC 1pm Board Games, Pool/CC 7.00 Indoor Bowls	<b>3</b> 9.45 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 4.15 ZUMBA /CC	<b>4</b> 9.15 Strengthening exercises & dumbbells/CC 10.30 New World 4.0 Tamahere Global Village /cc 7.00 Pool/CC	<b>5 PODIATRIST HERE</b> 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL 4.15 ZUMBA /CC	<b>6</b> 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 10.30 Book Club /cc 1 pm Board Games/CC	<b>7</b> 10.0 Petanque– near V28
<b>8 PENTECOST</b> 4.00 Worship in Wesley Chapel led by Rev. Mohu Lolohea	<b>9</b> 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	<b>10 CAFÉ CLOSED</b> 9.30 Drivers' Safety Course /CC 9.45 Bowls 10.30 Chartwell 4.15 ZUMBA /CC	<b>11</b> 9.15 Strengthening exercises with dumbbells/CC 10.30 New World 7.00 Pool/CC	<b>12</b> 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL 4.15 ZUMBA /CC	<b>13</b> 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0Movie "Maurice & I" CC	<b>14 CAFÉ CLOSED</b> 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick)
<b>15</b> 4.00 Worship in Wesley Chapel led by Rev. Shelley Walker	<b>16</b> 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	<b>17</b> 9.45 Bowls 9.30 Stay Safe Driving Refresher Course /CC 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 4.15 ZUMBA /CC	<b>18</b> 9.15 Strengthening exercises with dumb-bells /CC 10.30 New World 11.0 Holy Communion /C (Rev. Barry Neal) 7.00 Pool/CC	<b>19</b> 9.45 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	<b>20 MATARIKI</b> 1 pm Board Games/CC 6pm Soup and Rolls /CC	<b>21 CAFÉ CLOSED</b> 10.0 Petanque– near V28
<b>22</b> 4.00 Worship in Wesley Chapel led by Rev. Alisa Lasi	<b>23</b> 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	<b>24</b> 9.45 Bowls 10.30 Van Outing 2.00 Presentation from No 8 Tours/CC 4.15 ZUMBA /CC	<b>25</b> 9.15 Strengthening exercises with dumbbells CC 10.30 New World 7.00 Pool/CC	<b>26</b> 9.45 Bowls 10.30 VIG Coffee/CC 3.30 Happy Hour /CC	<b>27</b> 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4pm Movie – "Pay it Forward" /CC	<b>28</b> 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
<b>29</b> 4.00 Worship in Wesley Chapel led by Margaret Birtles	<b>30</b> 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC 7.00 Indoor Bowls	cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge		<b>Colour Coding</b> Green Exercise Groups Red Groups, Trips (Shopping etc), Games Black Church Services Blue Health Clinics (Podiatry, Ear Clinics etc) Purple Vision Impaired Group		