Welcome to the
TAMAHERE VISTA
November 2026



I've just realised that the senior college students finish school for the year this week in preparation for their exams. While we wish them well, it emphasises just how rapidly the end of the year is approaching. I don't know how many more sleeps there are until Christmas, but it can't be many!

In this issue, there is a series of photographs taken showing the fun and laughter generated at the recent Carnival Day. It was really inspiring seeing residents re-live similar experiences from their earlier days. A huge vote of thanks to all the staff who so generously gave of their time and talent to create such a wonderful experience for all those who came.

Our featured Resident of the Month is Lally Naidoo who has chosen to live in our Village. Welcome Lally! It is truly a privilege to sit and listen to the stories of our residents. There is such a wide range of experience among us. Thank you, Lally for sharing your story.

Have a very happy November!

Carole Fleming ***(Editor)***

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Introducing Lally Naidoo



Lally was born and raised in Durban, South Africa – she has a younger sister. She met her ex-husband at the age of 16 and they were married for 32 years. They divorced 14 years ago, but remain friends.

Lally became a school teacher – and as an Indian, was only able to teach in a segregated Indian school. Apartheid demanded total segregation – of black, white, coloured and Indian people. After a potentially life-threatening incident for her daughter, Lally decided – no more!

She came to New Zealand for a holiday in July 1996, travelling extensively throughout the country. Lally had brought with her, 100 copies of her CV having been advised that it would be difficult for her to find work here. The first morning, she went to see the Receptionist at Crawshaw School in Hamilton – the Principal was busy – could she please leave her CV, I am from South Africa. The Principal came bounding out of his office – Please come in! An hour and a half later, she left with his advice to "go home and sell up – the job is waiting for you." Lally returned to New Zealand at the end of that year, and so began the most amazing ten years of her life. She was introduced to Ann Lawson, the Deputy Principal and wife of the Principal – Kevin Lawson. Together they welcomed her into their home, their family, their community and taught her so much about white people. Lally explained that Kevin took every opportunity to make her feel comfortable – teaching her about our Education Curriculum, arranging for her to attend every possible Professional Development Course. Lally told me that she experienced the difference between the way we live and apartheid – and it completely changed her perception of the world. Lally never did have to use the other 99 copies of her CV – as this was the first school she approached – and despite all the advice earlier that Auckland was the hub of the country – she never did teach in Auckland!

After ten years at Crawshaw, she taught in various other local schools, Rototuna, Te Totara, 5 years at Hamilton North Special School and for the past 5 years, at Cambridge Middle School – where she is now on their relief team, and in her 47th year of teaching.

Initially, Lally and her two children lived in Huntingdon, but when she moved to Cambridge Middle School, she built an apartment adjacent to her daughter's home in Karapiro where she continued living until May this year. Her daughter had moved to Sydney, and Lally was looking to the future. Her mother, Kamala, had been a resident at Tamahere Eventide in the Rest Home for a couple of years, and Lally didn't look beyond our village for herself – she felt she had done her homework prior to settling her mother here.

Lally has a real love of dancing – she did ballroom dancing - loves all genres of music, cooking, baking and gardening. Her other love is travelling. She has travelled extensively overseas, and to all parts of our own country.



Lally's sister lives in Tamahere, her son and his daughter live in Hamilton, and her daughter and her three children now living in Sydney. Last year, Lally's sister arranged a family gathering in Hawaii for their extended family – a very special time for them all to be together. (This photo is of Lally and her grandchildren in Hawaii).

Lally is very keen to meet other residents, and is looking forward to the day when she retires and is able to socialize more here.

Thankyou Lally for sharing your story with us. We are delighted you have chosen to come and live with us – we trust you will feel right at home here, with a real sense of belonging. Welcome!!

VILLAGE MANAGER'S COLUMN



Quote of the Month:

"Whenever you find yourself on the side of the majority, it's time to pause and reflect."

(Mark Twain)

New Residents

Assisi Villa 36 Ray and Lesley Pattenden

1. **An Early Lead-up to Christmas – Some Dates for your Calendar:**
   9 December Village Christmas Lunch
   10 December Fusion and Friends (Cars, Dancers and Singing Trio)
   17 December Happy Hour

2. **Gardening** – The Gardening Team will be putting in a real effort to save our grass as long as they can, with a long El Nino summer on its way. We will be slowly raising the level of the blades to allow the fertilised lawns to grow thicker, in an attempt to delay the drying process. Please avoid discussing these changes with the gardeners, as this is a busy time for them.

3. **Voting in this year's Election –** The Electoral Office will not allow voting in the retirement villages. However, this year our voting booth station in the area has been set up **from Monday 1 November until Election Day, Saturday 7 November** at the Tamahere Community Centre (near the Tamahere School).

   We have tentatively asked if people would like to be taken during the week leading up to Election Day, and Lisa and I will be running vans for those unable to drive. Should you wish to avail yourself of this facility, please see David. Go early – and avoid the queue!

David McGeorge

Growing Older – Facing the Questions

At our last meeting, we were all faced with the notion that "Old Age is not for Whimps!!" We had some interesting examples of how true this is – and yet we persevere.

We live in a community of older people, but we all have skills or credentials that others may not know about.

For our next meeting on **Tuesday 10 November,** we have all been encouraged to write down three things we are good at or interested in. (eg Books, the Beach, Sewing).

You are invited to join us and share with others who are in similar situations. We can even tackle the difficult questions.

We meet in the Upstairs Harakeke Lounge from 10.30 – 11.30.

CHAPLAIN'S KORERO



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

Last week I attended the "Growing Older" group organised by village residents at Tamahere. We had some interesting conversations about the challenges of aging.

One thing we discussed was how to find meaning in life when we're no longer in paid work. For many of us, work gives structure, purpose and identity to our lives. When we're no longer in paid employment, people often feel a bit lost, unsure of who they are now, wondering if their lives still have any value.

The group talked about finding meaning in volunteering. Even though we're getting older, most of us still have gifts, knowledge and wisdom to offer both within the wider community and within our two villages. Many of our residents already do this: serving as JPs, visiting people at Hospice, working in the gully or gardens, delivering the mail, writing articles for "Vista", organising social events.

Taking part in these activities often provides people with new friendships, a refreshed feeling of purpose and a greater sense of belonging to our communities.

We wondered if we might make better use of people's gifts by putting together a database of people who are willing to offer their time, skills or experience to assist others. Lisa, the Tamahere village activities coordinator, has offered to do this and would love to hear from you if you're interested in being on such a list.

We also discussed the possibility of people offering their gifts within the setting of our care homes. Our staff and residents are always grateful to people who pop in to visit, whether it's to share a cup of tea, leave fresh flowers, play the piano, read a story to residents or help our therapists with games or craft activities. You will always be welcome and even very small acts of kindness can help to brighten our residents' lives.

If you'd like to explore visiting in the care home, please come and see me. I will show you around and introduce you to the appropriate staff in our units. They would love to see you and you may find an unexpected blessing in sharing your gifts with others.

Ngā manaakitanga,

Susan

You may already know this, but it pays to ask your Insurance Company what they do actually cover.

I recently discovered that my Contents policy already covered the replacement of hearing aids, spectacles, contact lenses, and dentures, for clients holding a SuperGold Card. And the replacement doesn't carry a premium that the client pays!

I don't know if all or some other companies do the same, but I am very happy mine does – I'm insured with State!

- *Carole*

News from Lisa



Greetings to you all –

The end of year is fast approaching, and I would encourage you to mark these dates on your calendar.

- **Wednesday 4 November - Outing - Hamilton Gardens**
- **Friday 6 November - Leisure Time Travel Presentation (1.30pm)**
- **Friday 20 November - Welcome Swallow Pop Up Shop**
- **Monday 30th November - Ear Clinic**

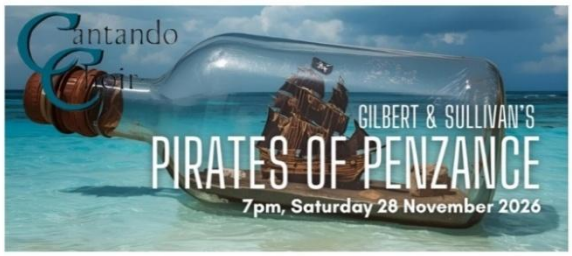
Have a lovely November! It's not long now till Christmas!

Lisa



Why does this bird appear to have more than two legs?
Look closely—those tiny legs belong to chicks hidden safely beneath their father's wings.
Male African jacanas take on much of the parenting. Their enormous toes help them walk across floating lily pads while carrying and protecting their young. Nature created one remarkable father.

Our next Event - Gilbert & Sullivan's PIRATES OF PENZANCE



When and Where

Pirates of Penzance

Saturday 28. Nov 2026, 7pm

Gallagher Academy of Performing Arts (GAPA),

University of Waikato

VALET DRYCLEANERS

Valet Drycleaners offer a twice weekly free pick up and deliver service for all your drycleaning needs. It's fast, friendly and professional drycleaning of your delicate woollens, suits, bedding and soft furnishings and curtains.
Call Jason or Wendy today to arrange a free pick up on 07 8476 492.

News from the Residents' Committee



On 8 October Tamahere Eventide were invited along with 11 other villages to submit a team in the Inter Village Quiz which was hosted by the Linda Jones Retirement Village. Amanda Bradley, Keith Jones along with Bruce and Zoe Henderson represented us at this event. A great afternoon was enjoyed by those attending.

We held our own bi-monthly Quiz afternoon here in our Community Centre and we thank those who attended. Thank you to everyone who contributed to the Food Bank collection that we held at our last Happy Hour. On presenting these donations to the City Churches Food Bank they were most appreciative.

The Residents Committee have planned the following events in the next few weeks:

Firstly, Mary Talbot is coming along to the Community Centre on **3 November at 3.30pm** to sell her home-made pickles and marmalades. All her products are sourced here in the Waikato. She has a range of marmalades, some with Cointreau, or maybe Jack Daniels be more to your taste. Guava Jelly and Beetroot and Orange Jelly along with some of our all-time favourites. Mary has a variety of delightful delicacies so come along and have a look. All produce will be for sale.

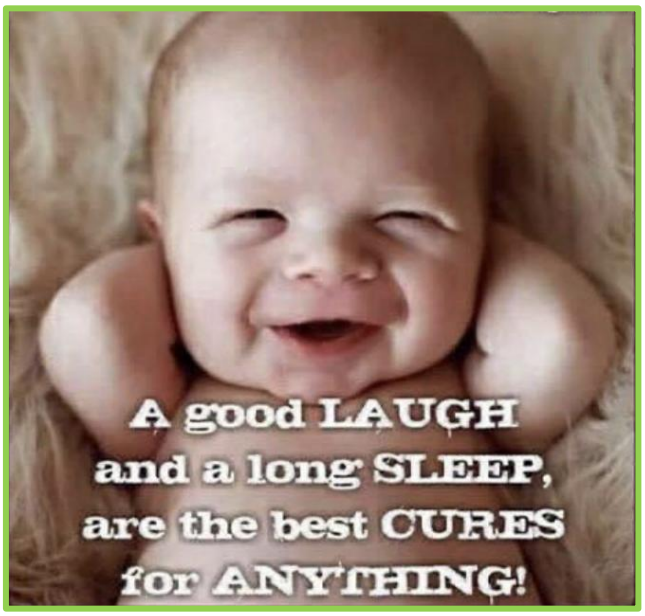
On the **7 November at 2.00 pm** we are hosting a celebration along with the Indian Cultural Society Waikato Inc, where they will perform and present a Diwali Celebration. Please see poster enclosed.

Following that is the **Great 2026 Gift for Every Child collection**. A poster has been delivered to each letter box highlighting this event. Collection points are either at Happy Hour this month, the Village Café or Village Office.

Then on the **5 December** we are holding a Morning Market in our Community Centre where we invite residents to book a stall, and you are welcome to sell any items you wish. We have already had four stalls booked in but there is room for plenty more. This may be your chance to make a little cash for Christmas gifts for loved ones. Please email me on vchancock4@gmail.com or message me to book your stall.

Enjoy your long weekend, stay safe and look forward to seeing you at any of these events we have planned.

Carol Hancock






You are warmly invited
to celebrate Diwali at
Tamahere Eventide
Welcoming residents, friends, family
and well-wishers
Join us for a couple of hours of light, joy and togetherness
Saturday 7th November 2026
| 2:00 PM
Tamahere Eventide
All are warmly welcome — come enjoy sweets & shared celebration in our community

A Visit from the Living Waters Church Youth Group

On Saturday 17 October 2026, the Living Waters Church Youth Group showed us how to make Won Tons. Judy and her team brought with them everything that was needed – pre-rolled very thin pastry squares, prepared filling, steamer and frying pan, disposable plates and cutlery.



First, we were shown a video of how to make won tons and after washing hands and donning gloves we set out to see what we could accomplish.

Seated with us at the tables, our young instructors showed us again what to do and as always, were very helpful. As soon as we had made enough, our contributions were whisked away by others of the team who looked after the cooking and who repeated the process until we had finished our efforts.

The steamed won tons were soon ready and we were invited to sample the results. Served in a clear soup, they were tasty and surprisingly filling.

The fried won tons needed longer to cook and were served to us soon after. Crisp and very appetising we very much appreciated the experience. None of us would have needed our evening meal after indulging ourselves.

Lauren, one of the talented young pianists was prevailed upon to play for us and for all too short a time, we were treated to some enjoyable background music.

Once again, our thanks go to Judy, the Living Waters Church Youth Group Leader and her team who went to so much effort to prepare for this afternoon. Their enthusiasm and encouragement always create an enjoyable atmosphere.

Diana Visser







Who is the Ulysses Motorcycle Club?
and
How are they relevant to me?

Well unless you have a shiny Harley-Davidson, Indian, or Norton parked in your garage, or any of the other famous motorcycles, probably not very relevant at all.

Perhaps you remember the good ole days in your youth when your friends were avid motorcyclists or you remember a whole bunch of motorcycles riding past you on your Sunday drive. Well, **Ulysses Motorcycle Club** will be a little more relevant to you before the end of November this year!!

I was real pleased to be able to arrange for the club to do their famous "Toy Ride" run to our village at Eventide and pick up some bags of gifts for **Kids In Need, Cambridge** and share a morning tea with our adventurous residents for what I have called 'Every Kid a Gift' donation. Their Co-Ordinator Allan Brunskill was delighted to be asked and had his committee agree.

You will have probably have read of our call for donations of gifts for these kids, many who are being raised by grandparents, are from adoptions, orphaned, from disadvantaged families or who struggle to provide for them over that special giving day. Kids in Need team put together packs for them so they are not forgotten.

I thought I might just address your concerns on what that thunderous noise is around **10.30am on Sunday 15th November** when numerous motorcycles arrive at our village café carpark.

Ulysses are a group of motorcycle enthusiasts who share a common enjoyment of safe and sensible riding. They must never be confused with the criminal Motorcycle gangs. Ulysses members share the comradery of promoting responsible motorcycling, they offer safe riding classes and do a huge amount of charity 'rides' throughout the years. Pink Ribbon day, Riding for Cancer, Supporting Rescue helicopters, and many more deserving charities. Many members are retired or approaching their golden years like us but it is pleasing that they have lots of younger people and families joining them. There are a number of branches of Ulysses throughout New Zealand and indeed throughout the world. The Waikato branch services the wider Waikato area with smaller groups in Taupo, Rotorua, Te Awamutu and other local towns. You will see that they love their bikes and are a friendly, generous bunch.

So please listen out for them, and come and share a morning tea in the café with these dedicated people who will take our gifts to the kids and their families, I thank you for your generous donation - Remember, Every Kid a Gift this Christmas.

- ***Wayne Wilson.***

Hamilton East Rotary Club Update

November is the month when Rotary Clubs world-wide focus on The Rotary Foundation. The Foundation is the International-part of Rotary and was formed in 1917, 12 years after the formation of the Rotary organisation itself, by the then-President of Rotary International, Arch C. Klumph. It's a non-profit corporation and the official charitable arm that supports the efforts of Rotary International to achieve World understanding and peace. Voluntary contributions from Rotary clubs world-wide, businesses and organisations are transformed into seven areas of focus - disease prevention and treatment, peacebuilding and conflict prevention, water sanitation and hygiene, maternal and child health, basic education and literacy, community economic development, and environmental protection. Since its inception the Foundation has spent over $US4 billion on projects. Annual contributions to the fund average $US417 million. Hamilton East Rotary contributes $US1,000 in most years.

Hamilton East Rotary has its twice monthly meetings in the Village Café. The first meeting in November on Wednesday 4th. will be a little different. It will be a time when those members who have received recognition from the Foundation get to wear their "medals' and it's also a time when most will dress-up in costumes of other countries, to recognise the internationality aspect of the special month. The speakers at this meeting will be Village residents, Dianna and Martin Visser, who will talk about their intimate journey with Rotary over the many years they were involved with Rotary in the Bay of Islands.

At our 18th November meeting the guest speaker will be Jacob Nooyen who is the Senior Winemaker at Vilagrad Wines. Vilagrad's '2025 Pinot Gris' was the Gold Medal winner at the 2026 London International Wine and Spirits Competition held earlier this year.

Village residents are welcome to join our meetings to hear guest speakers who normally commence their 30minute presentation at about 7.10 p.m. There is no need to advise of your intention to attend. If you would like to join us however for the whole meeting, which commences at 6.00 p.m. and includes sharing in a roast dinner you need to contact the club contact (details below) no later than the Sunday before the meeting to discuss payment for the meal and get full details.

Club Contact – Ian - Email – hookian10@gmail.com Phone - 0210728940

AN INVITATION:

One day a preacher posed this question to his audience: Which is your choice:

1. Being born twice and only die once or
2. Being born once and you will die twice.

The answer to this can be found in the Bible and it is one of the main reasons we have been coming together in a small group for the past year to find answers from the Bible. The other is to encourage each other through Bible study and sharing when we meet once a week on a Tuesday evening between 7 and 8.30 approximately. We meet in the upper room in Harakeke and warmly invite anyone who is interested to find out whether they like the format we follow and the fellowship we offer.

We will continue to meet during November but go in recess over the holiday period. Feel free to contact David 07 8434796 or John 0210342721 as we look forward to hear from those interested.

Carnival Fair – Celebrating Joy, Laughter and Teamwork

We have here a few highlights capturing how much our residents and their families enjoyed our recent Carnival Fair. The photos also show the wide smiles and laughter of our staff, including our CEO, student nurses, and staff members' children who joined us during their school break.

The event brought back fond childhood memories for our residents, allowing them to relive the simple joys of their younger years through fun, laughter, and shared experiences. It was a wonderful occasion filled with happiness, connection, and precious memories shared by everyone.

I would also like to express my sincere appreciation to our Diversional Therapists (DTs), who spearheaded this wonderful activity, and to our Maintenance and Gardening teams, who generously helped move tables and chairs and prepare the space. Special thanks also go to our Rehabilitation team, volunteers, students, staff and management who contributed their time, ideas, and efforts to bring this event to life.

The collective effort, dedication, and enthusiasm everyone demonstrated for the enjoyment and well-being of our residents were truly amazing. Seeing everyone come together to create such a joyful occasion beautifully reflects our company's values and commitment to providing quality, compassionate care for our older people.

Thank you to everyone who helped make this event so memorable. I hope you enjoy looking through these lovely moments!

Versie Gareza
General Manager Care












CARNIVAL


CARNIVAL








SLOT MACHINE


APARTMENTS
TICKETS
OPEN
CARNIVAL



















Why is tech getting more insecure?

It seems, year to year, that we have not less, but more compromised businesses, social media scandals and data hacks. There's a few mitigating factors; rising crime online as old-school mafia and gangs gradually acquaint themselves with new ways of defrauding people. A rise in India, China, Pakistan, Russia and Mongolia of scam-based enterprises (those phone calls you get 'about your computer'). And of course there's the proliferation of the internet in almost every aspect of our daily lives, from banking to google maps equipment, to smart lightbulbs!

But another big reason is complexity. As software grows it has to accommodate new patterns of use, new scenarios; and the more scenarios it is used in, the more complex it becomes. Theoretically, when changing software code it should be easy to restructure back down into a simpler model once it becomes too complex. But business practices and pragmatism often get in the way of this. Take Microsoft for example; their internal motto used to be "extend, embrace, extinguish", a code for working with companies that were making technology which got in the way of their business interests. And one of the ways they achieved this was by supplying proprietary software frameworks that programmers had to use in order to build software for Windows.

That made it tricky for programmers to develop the same applications for other platforms like Mac or Linux. But the major downside of this is that Windows is now awash with old technologies that they initially developed in order to screen out competitors, and then they had to support for all future versions of Windows. That means more places a hacker can get in. The same principle applies to web browsers, which have had to support a myriad of different technologies as the internet developed over the past 30 years, and now are unwieldy beasts which must be updated every week to prevent something breaking. At some point people have to say, "enough's enough", retire old technologies and risk annoying a few people who're still using those things. Otherwise our software just gets too complex and slow.

- With all that techno-babble out of the way, what's the takeaway for you, as the consumer? Well, software companies like to tell you things are better when they're newer, because that's how you sell products. But often newer simply means less well-tested and more insecure. Because software companies are always expanding the number of features they have, they increase their complexity and create more opportunities for bugs and security holes to arise. So avoid excessive software which tries to do "everything" if you can, like Microsoft's Outlook or Adobe's PDF reader. Instead, look for lightweight, stable, focused software which does only one or two things, but does them well. A good example of this is Mozilla Thunderbird (an email client) or Sumatra PDF viewer. Larger software companies tend to make more complex software as they have greater numbers of users to cater for, with more scenarios. But in general, you should only applaud a developer when they make their product smaller and better, not bigger or newer.

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

Bentley Home PC Support

What's Going On?



I asked a friend to join me on a short bus ride last week. We went for a coffee break to Waikato University. We boarded the number 28 bus, which stops here at the village, outside our Reception Desk. The bus came at approximately 10.20 and we were the only passengers. The bus goes past the Tamahere shops and out to Airport Road in order to head down the road to Matangi. We went along the Matangi road passing Assisi Village (where you can get off). Ask the driver to stop right in front of Assisi, but give her plenty of warning. The bus then made its way up into Hillcrest, here is another bus stop, at Hillcrest Primary School. We continued along Cambridge Rd and then turned into Knighton Rd. The last stop on Knighton Rd puts you just around the corner from the Warehouse. Finally, the bus makes it onto the campus and stops in front of two Cafes.

One Cafe was THE BONGO CAFE serving delicious Asian food and the other Cafe was KAHURANGI CAFE. We chose the Kahurangi Cafe and enjoyed a coffee plus the best cheese scones ever. It was a beautiful Spring morning and we had some time to walk a part way around the lake. We also walked over to the Performing Arts Centre. This is a very busy place with rehearsals going on in several areas. We took the time to view the artwork and then headed back towards the bus stop for the bus ride back home.

However, we did notice a crowd gathering and also a few Police were keeping an eye on things. To our surprise the University was having a visit from Chris Hipkins. We decided to hang about and see what was going on. Chris Hipkins and a local candidate made short speeches but I noticed that the young people listened, and there was no heckling, and I did wonder if they were getting some free food !

Then it was time to catch our bus and head back home. If you do take this little outing, please remember your BEE CARD. There Is room on the bus for a walker or a wheelchair. The bus lowers to street level but there is one step once you are on board. Bus timetables change now and again but Marie at Reception has an up to date timetable.

JOE'S GARAGE - CAFE/RESTAURANT/BAR; We checked this one out last Sunday. The lunch menu was extensive and the prices were average. The service was excellent and you will find Joe's on Swayne Rd, Cambridge - Open 7 days till late (maybe 9pm).

TE AWAMUTU HOME & GARDEN RAMBLE Sunday 1st November - $40.00 ; Explore 12 beautiful homes, gardens and stalls in Te Awamutu and surrounding area. Information/tickets 0211390377 - or on-line from Altrusa Shop - 9.30 - 4pm.

ROTARY CAMBRIDGE GARDEN FESTIVAL Saturday 14th and Sunday 15th November; Bigger, better and now over two days. Choose a Saturday, Sunday or a Weekend ticket. Purchase tickets from www.cgf.nz or instore at Amber Garden Centre.

HAMILTON GARDENS - GOURMET IN THE GARDENS - Rhododendron Lawn every Sunday until the sun goes down. Discover an exceptional selection of premium food trucks serving cuisine from around the globe, enjoy live music from talented local musicians and let the kids enjoy games and plenty of space. Bring a picnic blanket and your favourite people.

TAMAHERE WALKWAYS - TAMAHERE RESERVE; 30 Tauwhare Rd. A nice, quiet little walk which is not well known and so not too crowded. More information 021 778386.

MATANGI BOOTLEG BREWERY; You will find it at the old Matangi milk factory. - the new hours are Thursday & Friday 3pm to 8pm - Saturday & Sunday 12pm to 8pm - Monday & Wednesday closed. Craft beers are brewed on site - food caravan on site for lite food - live music sometimes.

MATANGI VERY SMALL LIBRARY ?
This library is across the road from the Matangi Four Square shop - it looks like a couple of mail boxes. You can take any book with you or you can donate books.

HAMILTON AIRPORT; Pick-ups & Drop-offs.
The terminal forecourt is a 5-minute pick-up and drop-off only - If you need extra time, Visit Car Park (A) for one hour free parking.

HAMILTON BNZ THEATRE;

- November 6th to 8th CATS Musical, presented by the National Youth Theatre. 60 minute show - priced $25 to $60 - @ Ticketmaster
- November 27th to 29th - The Royal Ballet NZ presents SLEEPING BEAUTY - Tickets and mobile bookings are available via BNZ THEATRE

RIVERLEA THEATRE in Hamilton;

- November 27th to December 12th -The main event for Nov 2026 is the annual fundraising musical Disenchanted. A comical musical fairytale with a twist that gives classic storybook princesses a modern and irreverent voice. Box Office: Cashless box office on-site or www.iticket.co.nz

▪ Sunday 1st November	ALL SAINTS' DAY
▪ Monday 2nd November	ALL SOULS' DAY
▪ Wednesday 5th November	GUY FAWKES NIGHT
▪ Sunday 8th November	DIWALI - (8th to 12th)
▪ Wednesday 11th November	ARMISTICE DAY
▪ Saturday 14th November	KING CHARLES 111's BIRTHDAY
▪ Monday 30th November	ST. ANDREW'S DAY

Pauline Eastwood – Villa 58

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 christchurchlass@gmail.com

For those people with Low Vision

If you would find it helpful to have a copy of the calendar at the back of the Vista every month, in larger print, please talk to Lisa.

NEWS FROM VILLAGE GROUPS

The Book Club



All those who are interested in reading books, and learning of the wide range of books read by other residents, are most welcome at the monthly meeting of the Village Book Club. They meet at **3.30pm on the first Monday of each** month in the small Lounge in the Community Centre. Their next meeting is Monday 2nd November.

One of the books read by members of our group this month is:

The Boys in the Boat – Daniel James Brown (John)

This thrilling and inspiring true story was written by Daniel James Brown and recalls the history surrounding events leading up to the Second World War.

Abandoned by his family and left to fend for himself in the woods of Washington State, young Joe Rantz turns to rowing as a way of escaping his past. What follows is an extraordinary journey, as Joe and eight other working-class boys exchange the sweat and dust of life in 1930 America for the promise of glory at the heart of Hitler's Berlin.

Told against the backdrop of the Great Depression, The Boys in the Boat is a narrative non-fiction of the first-order; a personal story full of lyricism and unexpected beauty that rises above the grand sweep of history and captures instead the purest essence of what it means to be alive.

It is a very moving, enlightening and gripping tale, that was made into a movie entitled "The Boys of 36" and shown on TV1 a while back.

Petanque



This is an enjoyable activity every Saturday morning at 10am, weather permitting. You will find us at the end of Tidd Lane on the edge of the gully.

We play an easy sociable game for one hour and all residents are welcome to join us. If you have never played Petanque, we can help you to learn.

Pauline Eastwood – Villa 58

Ukulele Sing-a-long Group



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

Ngaire, v 102, has kindly donated a ukulele to the village group; if anyone would like to try to learn it before they buy one, please feel free – just give Keith or Janice a call, or if you prefer, just stop by one of our Thursday afternoon gatherings and have a go.

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

Bowls Report

With the better weather upon us, we have moved our play outside – it makes sense now to bring a sun hat!!

Indoor Bowls continues; 7pm on a Monday Evening, usually back home by 8.30pm. We have two mats, but usually only lay one and play 5-aside, leading to much hilarity and sometimes a big score. Everyone is welcome to join us.

Beth Richards
Bowls Communicator

Tamahere Global Village

We meet in the Lower Harakeke Lounge on -

Wednesday 4th November 4pm
After reviewing recent events, we will be making a comparison of the Parties election policies on international affairs.

Wednesday 18th November 4pm
After reviewing recent events, we may be exploring the implications of the New Zealand and US elections.

Everyone welcome.

Contact Gray Southon gray@southon.net 0211 020 977

Knit and Natter Group

Hello knitters and crafters!

How encouraging to see that Kids in Need, our chosen charity, is being supported by the Ulysses toy appeal this year. There are many groups working to support their work and help these children and the lovely donations you all make are part of a special gift for a few more children.

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

Helen Painting ph 854 7662

Games Afternoons

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

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

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

Pauline Eastwood – Villa 58

Pool

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

Movies for November



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

6th November 4pm The Boy in the Striped Pyjamas 1h 34m

Raised in a loving family in early-1940s Berlin, the wide-eyed eight-year-old boy, Bruno, sees his world turn upside down when his high-ranking Nazi-official father is promoted and accepts an important position as a commander in a strange-looking farm. Now, their new home is surrounded by a high and impenetrable wall; soldiers who are armed to the teeth patrol the perimeter; a dangerous electric fence keeps the intruders away, and, inexplicably, all farmers wear the same striped outfit.

However, on the other side of the wire, Shmuel--a shaven-headed Jewish boy of nearly the same age--has so many stories to recount, and he, too, as Bruno, is convinced that the boringly similar uniforms everybody is wearing, are, in fact, pyjamas. Wouldn't it be marvellous if this exciting new friend lived on Bruno's side of the fence.

20th November 4pm Nonnas 1h 54m

Vince Vaughn plays a grieving man who opens an Italian restaurant in Staten Island and hires grandmothers to put their generations-old recipes on the menu. Though the nonnas - played by Lorraine Bracco, Talia Shire, Brenda Vaccaro, and Susan Sarandon - initially butt heads, they become the friend group they didn't know they were missing. Even better: The warm and tender Emmy-nominated movie is based on the story of a real-life New York City eatery.

Library News

Hello everyone -

By the time you read this, the Waikato District Library books will have been swapped and we will have a lovely new selection for you to enjoy. Thankyou for remembering to write these titles in the red book when you borrow them and putting the date in the red book when you return them.

Donations:

Thankyou so much for giving us book donations from time to time. Because of space constraints we do reserve the right not to accept books if we feel they are too old, in poor condition or small print. Please indicate if you would like your donated books back if we decide they are not right for our Tamahere collection.

Happy reading.

Jenny V98 & Gill V84
Librarians

Another Piece of Trivia you needed to know!!

Women were not allowed to vote in France until 1944!

Have You Ever Tried to Square Dance?

Recently I noticed an ad in a local newspaper - Come to try Square Dance, first three lessons Free!

This little ad brought back a few memories for me, and I decided to share them with others (who are now past Square Dancing).

We brought our young family to live in New Zealand in 1971. When we arrived, the children were 8yrs (two boys) and our daughter was 6. So life was very busy, settling into a new country, new schools, jobs, Parish, and a new culture. However, as the years went by, children became teenagers and hubby and I could look for a hobby. Well, this is what I was thinking anyway. We loved living in New Zealand, living close to beaches, small mountains to tackle etc, plus Rugby and Cricket (husband was always interested in many sports).

However - I noticed this ad in another small newspaper encouraging people to try out Square Dance. Three free lessons were offered as an introduction and I thought 'what a good idea' (probably around 1985). Eddie was not overly enthused about this idea because watching Cricket, Rugby, Baseball and Ice Hockey kept him busy enough.

So I had to come up with a plan (even a devious plan). I had a friend who was thinking the same as me, and we each told our husbands that the other one was going to give it a go. Also, my husband, Eddie was originally from Yorkshire (just like me) and being from Yorkshire, will try anything, if it is free!! The three weekly lessons went by and then we were 'hooked'. It was a great weekly activity, good exercise, lovely people and the music made you want to dance. So for many years we danced as learners, then intermediates and then onto A Plus Dancers. We danced at weekends around New Zealand and then branched out to our first overseas Convention in Australia. We found the Australian Convention to be amazing, because we had never seen so many dancers in one place. When that Convention was finished, we toured with a 40 seater bus, full of Kiwis. We travelled from Melbourne up the Coast to Surfers Paradise. Every place we stayed overnight, we danced with the local club. It was such fun and we came home exhausted!



As time went by our dancing improved and we needed so many outfits plus petticoats and shoes. Eventually we went to Conventions in Vancouver, Hamilton Ontario, Portland Oregan, Hawaii. We danced in many places over the next 25 years. We made the very best of friends, and kept very active until finally had to stop dancing due to our health problems.

BUT they were Happy Days!

Pauline Eastwood



Our Rehabilitation Corner

Gout is the second most common form of arthritis in New Zealand and more prevalent here than anywhere else in the world. Māori and Pasifika people are particularly affected, mainly due to genetic factors.

Gout causes sudden attacks of severe pain and swelling in the joints, usually starting in the big toe. If left untreated, more attacks may occur and spread to other joints such as knees, elbows, wrists and fingers. Gout can damage joints and kidneys.

What is gout?



Gout attacks happen when there is too much uric acid in your blood. Uric acid is produced when proteins called purines are metabolised from food, and most of it usually passes out of the body in your urine.

Uric acid can build up in your blood if you are overweight, take certain medicines, eat foods containing purines, or have kidney problems. The uric acid turns to sharp, needle-shaped crystals that cause pain and swelling in the joints and can damage cartilage. Crystals under the skin cause lumps called 'tophi', while crystals in the kidneys can lead to kidney stones.

People often think that gout arthritis is caused by overeating and drinking too much alcohol, but this is only part of the whole story. The main reason for high uric acid levels in your blood is because your body cannot get rid of it properly. This could be because of your genes, weight or existing kidney problems.

Warning signs of gout

- Gout attacks usually occur suddenly, often overnight. The joint will be swollen, red and shiny and extremely painful.
- An attack may last for 7 to 10 days.
- Lumps (tophi) may grow on elbows, hands and feet. These can become sore and swollen and cause skin ulcers.
- Damaged joints are painful and stiff.
- If untreated, gout attacks may become more frequent.

Protecting joints from gout

Gout attacks are extremely painful – even the pressure of sheets and blankets can be agonising. Sit where people won't bump into you and put something under the bedcovers to lift them off your sore joints. Try an ice pack and keep the painful joint raised. Do not exercise during a gout attack but rest until your symptoms improve.

Healthy eating for gout

If you are overweight, losing a few kilograms gradually is the most effective treatment for gout arthritis. Avoiding some foods will help lower the level of uric acid in your blood and prevent gout attacks. You may find foods trigger a gout attack but this is different for everyone.

- Eat three meals a day – starving or feasting can bring on a gout attack.
- Eat less chicken, meat and seafood – these foods contain high levels of purines.
- Enjoy low-fat dairy foods, fruit and vegetables every day.
- Drink less alcohol – beer is most likely to cause gout attacks as it contains more purines than other forms of alcohol.
- Drink plenty of water (6 to 8 cups a day) and avoid sugary drinks.

Footwear

Gout in the feet can make it hard for you to walk or wear shoes. Sandals, jandals, slippers or old shoes do not support your feet well and can affect your balance. The right footwear will be comfortable and help prevent further joint damage. Shoes should have:

- plenty of room if your foot swells (not too tight)
- a wide toe
- laces or Velcro so you can tighten or loosen the shoe
- a cushioned insole that supports your foot
- a deep heel so your foot sits properly in the shoe
- a small heel – high heels can cause problems for your feet, knees and legs
- a firm sole that is not worn down.

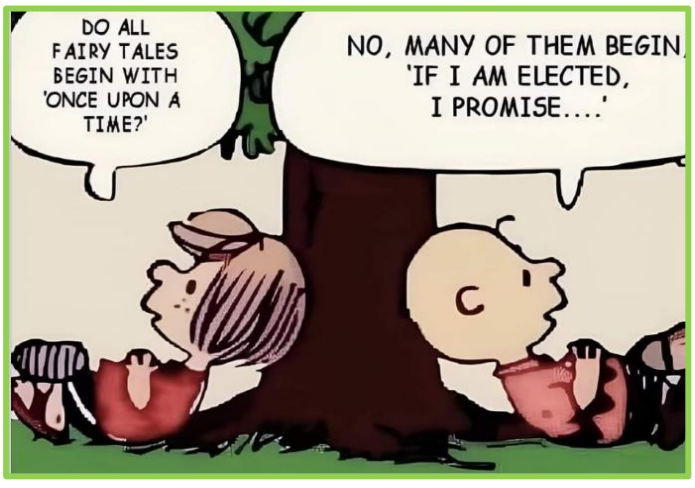
Prepared by: Rosalyn Pelaez
Allied Health Co-ordinator – Tamahere Eventide
Source: arthritis.org.nz

It's Puzzle Time



Hopefully this quiz doesn't stress you too much - The answers are on page 23.

1. Who was the first woman elected to the New Zealand Parliament?
2. In what year did New Zealand women gain the right to vote in parliamentary elections??
3. What is the Māori name for the river that flows through the Canterbury region?
4. In which year did New Zealand adopt decimal currency, replacing pounds, shillings and pence?
5. Which New Zealand author wrote *The Bone People*, which won the Booker Prize in 1985?
6. Which singer was famously known as the "King of Rock and Roll"?
7. What was the name of the wife of *Dexter* in the long running radio programme, *Life with Dexter?*
8. Which band recorded the hit song *Don't Dream It's Over*?2?
9. What is the chemical symbol for silver?
10. Which New Zealand athlete won gold in the men's 1500 metres at the 1960 Rome Olympics?
11. In which South Island city did the World of Wearable Art show begin?
12. Who played the lead role of Eliza Doolittle in the 1964 film *My Fair Lady*?
13. What is the name of the world's largest living species of penguin?
14. What was the name of the New Zealand prime minister who introduced the Social Security Act in 1938?
15. How many sides does a dodecagon have?



Our Chuckle Corner

One day, Einstein had to speak at an important science conference. On the way there, he tells his driver that looks a bit like him: "I'm sick of all these conferences. I always say the same things over and over!"'

The driver agrees: "You're right. As your driver, I attended all of them, and even though I don't know anything about science, I could give the conference in your place."

"That's a great idea!" says Einstein. "Let's switch places then!"

So they switch clothes and as soon as they arrive, the driver dressed as Einstein goes on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, attends it.

But in the crowd, there is one scientist who wants to impress everyone and thinks of a very difficult question to ask Einstein, hoping he won't be able to respond. So this guy stands up and interrupts the conference by asking his very difficult question. The whole room goes silent, holding their breath, waiting for the response.

The driver looks at him, dead in the eye, and say, "Sir, your question is so easy to answer that I'm going to let my driver reply to it for me."





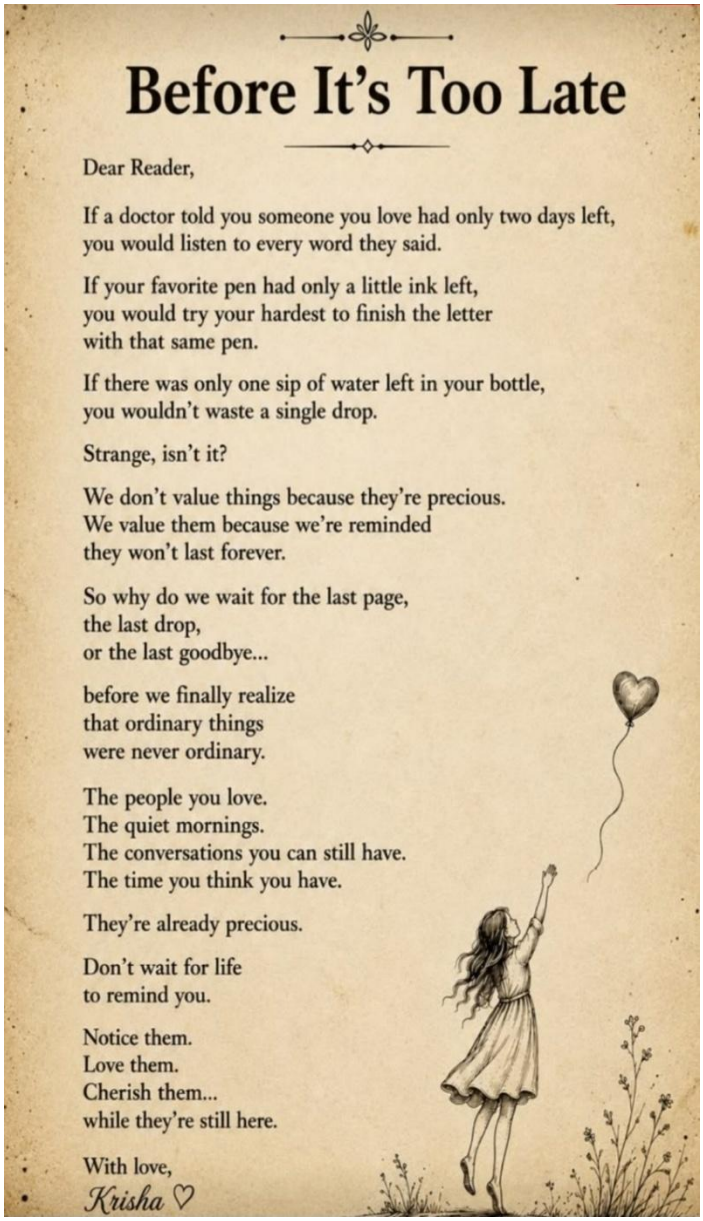
The boss looks over the gentleman's resume and says "Wow, I'm impressed. It seems like you've got everything needed for the job. But there's a 4 year gap in here. What happened there?"
The gentleman responds "Oh, that's when I went to Yale." The boss is now super impressed and hires the man on the spot . The man immediately calls his wife . "Hey honey, I got the yob!"

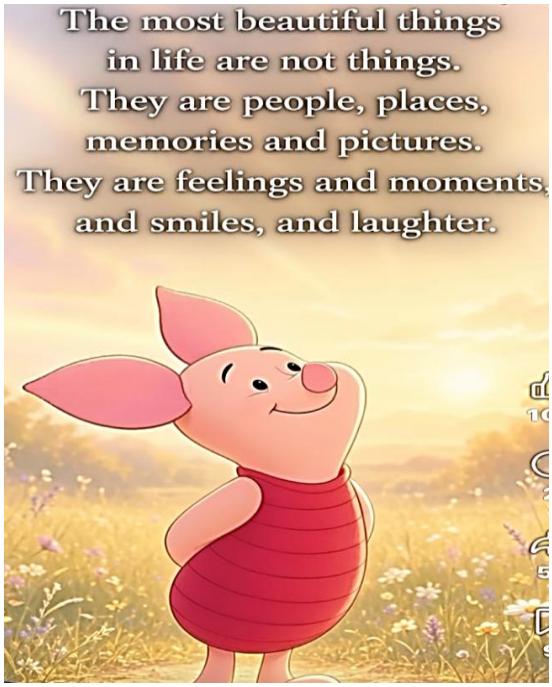
Answers to the Quiz on page 22

1. **Elizabeth McCombs** — elected in 1933.
2. **1893**.
3. **Waimakariri River**
4. **1967** — decimal currency was introduced on 10 July.
5. **Keri Hulme** — author of *The Bone People*.
6. **Elvis Presley**.
7. **Janie**
8. **Crowded House**.
9. **Ag** — from the Latin *argentum*.
10. **Peter Snell** — won the 1500 metres at the 1960 Rome Olympics.
11. **Nelson**.
12. **Audrey Hepburn**.
13. **The emperor penguin**.
14. **Michael Joseph Savage** — Prime Minister when the Social Security Act 1938 was introduced.
15. **12 sides**.

Twenty-one reasons why English is hard to learn.

1. The bandage was wound around the wound.
2. The farm was used to produce produce.
3. The dump was so full it had to refuse more refuse.
4. We must polish the Polish furniture.
5. He could lead if he would get the lead out.
6. The soldier decided to desert his dessert in the desert.
7. Since there was no time like the present, he thought it was time to present the present.
8. A bass was painted on the head of the bass drum.
9. When shot at, the dove dove into the bushes.
10. I did not object to the object.
11. The insurance was invalid for the invalid.
12. There was a row among the oarsmen on how to row.
13. They were too close to the door to close it.
14. The buck does funny things when does are present.
15. A seamstress and a sewer fell down into a sewer line.
16. To help with planting, the farmer taught his sow to sow.
17. The wind was too strong to wind the sail.
18. After a number of injections my jaw got number.
19. Upon seeing the tear in the painting I shed a tear.
20. I had to subject the subject to a series of tests.
21. How can I intimate this to my most intimate friend?







Tamahere Retirement Village – Calendar of Events – November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4.00 All Saints Service - in Wesley Chapel led by Rev. Dr Susan Thompson	2 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 11.0 Catholic Mass/C (Mons Frank) 1 pm Board Games, Pool/CC 3.30 Book Club /cc 7.0 Indoor Bowls/CC	3 10.00 Bowls 10.30 Chartwell 3.30 Pickles and Marmalades for sale /CC	4 9.15 Strengthening exercises with dumbbells / CC 10.30 New World OUTING – Hamilton Gardens 4.00 Global Village /HDL 5.45 Rotary Club Meeting/CC	5 PODIATRIST HERE 10.00 Bowls 2.00 Ukelele Group/HDL	6 9.15 Standing Balance Exercises/ 10.0 Knit & Natter/HDL 1 pm Board Games/CC 1.30 Presentation – Leisure Time Tours /CC 4.0 Movie /CC "The Boy in Striped Pyjamas"	7 10.0 Petanque– near V28 2pm DIWALI Celebration /CC 7.0 Election Night – The Results /CC
8 4.00 Worship in Wesley Chapel led by Margaret Birtles	9 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1 pm Board Games, Pool 7.0 Indoor Bowls/CC	10 10.00 Bowls 10.30 Chartwell 10.30 "Growing Older – Facing the Questions"/HUL	11 9.15 Strengthening exercises with dumbbells / CC 10.30 New World	12 10.00 Bowls 2.00 Ukelele Group/HDL	13 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	14 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Sue Kenrick) 2.0 Living Waters Church Youth Group Visit /CC – Dance Concert
15 10.30 Gifts for Every Child Collection 4.00 Worship in Wesley Chapel led by Mary West	16 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1 pm Board Games, Pool/CC 7.0 Indoor Bowls /CC	17 10.00 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank	18 9.15 Strengthening exercises with dumbbells / CC 10.30 New World 11.0 Holy Communion /C (Rev. Dr Susan Thompson) 4.00 Global Village /HDL 5.45 Rotary Club Meeting /CC	19 10.00 Bowls 2.00 Ukelele Group/HDL	20 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 10.00 Welcome Swallow Pop Up Shop /CC 1 pm Board Games/CC 4pm Movie /CC "Nonnas"	21 10.0 Petanque– near V28
22 4.Inter Faith Choir in Wesley Chapel led by Ngaire Southon	23 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1 pm Bd Games, Pool/CC 7.0 Indoor Bowls /CC	24 10.00 Bowls 10.30 Van trip to The Base	25 9.15 Strengthening exercises with dumbbells / CC 10.30 New World	26 10.00 Bowls 3.00 Happy Hour /CC	27 9.15 Seated exercises for core strengthening /CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	28 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
29 4.00 Worship in Wesley Chapel led by Rev. Paula Moala	30 EAR CLINIC 9.15 Seated cardio-endurance Exercises/CC 10.0 The Guys Group /CC 1 pm Bd Games, Pool/CC 7.0 Indoor Bowls /CC	**Colour Coding** Blue Health Clinics Green Exercise Groups Red Groups, Trips, Games Black Church Services		cc = Small Lounge in Community Centre HDL = Harakeke Downstairs Lounge CC = Community Centre C = Wesley Chapel HUL = Harakeke Upstairs Lounge		