



Welcome to the
TAMAHERE VISTA
October 2025



The unpredictable weather and daylight saving both serve to tell us that Spring is here! A recent NZ Herald report by a meteorologist described spring as being like a teenager – unpredictable, and with its many “up’s and downs”. A very apt and imaginative comparison!

The photo of this amazing avenue of Cherry Blossoms is from my home town in Christchurch. To think that people travel to Japan to see these!

A very warm welcome into our community to all those who are recent arrivals. We trust you will soon feel at home here in what we believe is the best retirement village anywhere!

Our featured Resident of the Month is Ngaire Lepper. It has been a privilege to spend time with Ngaire as she shared her life with me. We hope you are happily settled into our community, Ngaire – and enjoy the friendships, as well as the peace and security, that Tamahere offers.

Have a very happy October!

Carole Fleming (Editor)

Table of Contents – Tamahere Vista – October

Page 1	Editorial	Page 11	News from the Residents’ Committee
Page 2	Introducing Ngaire Lepper	Page 12	News from Village Groups
Page 3	Village Manager’s Column	Page 14	For Sale
Page 4	Eventide Village Final Extension	Page 15	Movies for October
Page 6	Chaplain’s Korero	Page 16	Our Rehabilitation Corner
Page 7	The Village Café	Page 17	Our Chuckle Corner
Page 8	News from Chris	Page 18	Puzzle Time
Page 9	“Backing up your stuff”	Page 19	Calendar of Activities for October
Page 10	“What’s Going On?”		

Introducing Ngaire Lepper

Ngaire was born and raised in Matamata, the eldest of eight children. She was involved in Scouting and in Bible Class – which is where she met her future husband, Ernie. Ngaire went nursing at Tauranga Hospital, and together they lived on a farm near Tauranga. This was home for them for the next fifty years. They had three children, but over the years had Young Farmer exchange students and AFS students who all became part of the family. Their daughter and son in law fostered a son – the entire family worked together with and for him – and he still keeps in contact with them all today. Their home was a haven for not only the family but also their friends. Caring for others was the norm!



Ngaire and Ernie returned to live in Matamata in 2008. Ernie had a series of significant health issues which he struggled through for many years. Ngaire explained that it was their faith that carried them through this time – faith in their Doctor, God and their friends. Ernie sadly died four years ago, while the Covid lockdown was in place.

Clearly Ngaire has always thrived on helping others – she and Ernie trained Scout Leaders, were part of a small team who organised National Scouting events like Jamborees, and together started the Matamata Health Shuttle. This was yet another voluntary role – Ernie was the driver and Ngaire the support person for the patients. Ngaire has been very involved with the Cancer Society in Tauranga, as well as Grey Power and the Over '60's in Matamata.

Ngaire proudly told me that her two daughters are currently in the UK following the Black Ferns – the NZ Women's Rugby Team. At the conclusion of this tournament, they will travel on to Norway to spend time with the family where one of them was an AFS student many years ago. They will then travel to Pennsylvania to unite with the family where one of the daughters was a Young Farmer Exchange student. The grandmother of that family is celebrating her 90th birthday and has been very anxious that her NZ "daughter" share this occasion with her.

Ngaire and her family have an extensive relationship with Wesley College. Ernie was a pupil there – and their son and four grandchildren, plus the foster son have all attended there as well.

Ngaire moved to Tamahere in July and is very happily settled in one of the Rimu Apartments. She is not one to sit idly and watch the world go by – she loves walking, exploring the area around the Lake, as well as her passion – jigsaws, reading and more recently, knitting. "Living gives her a purpose to get up", she explained.



VILLAGE MANAGER'S COLUMN

Quote of the Month:

“Some people arrive and make such a beautiful impact on your life, you can barely remember what life was like without them.”

(Anna Taylor)



New Residents

Villa 26	Mary and Maurice Dobson
Villa 89	Nico and Hannie Jansen
Villa 109	Kevin and Pam Reid
Villa 117	Wayne and Gayle Johnstone
Villa 118	Eric and Helen Tebbutt
Villa 120	Kathy Leong
Villa 62	Bruce and Zoe Henderson
Rimu 14	Irene Fox
Harakeke 20	Beatrice Redpath
Assisi Villa 16	John and Kathy Aitken

1. We have now replaced all the television aerials and all the house numbers on Villa 1-34. We will be continuing this work as and when contractors and staff are available. Please bear with us as we move through this project.
2. We have refurbished Villa 17 and I was hoping to have residents look through the villa on Friday 19 September. I will be setting a new date for an open home. Please check your weekly notices for this event. I will also be setting up an open home for the new style villas on the old motel site. The delay in this open home has been due to weather and providing the space for our new residents as they move in.
3. I would like to take this opportunity to publicly thank Chris White for the work she has done over the past three months covering for Karen. She has also been growing her own work helping residents with those services that the Government does not fully provide for.

David McGeorge



Eventide Village – Final Extension

You are invited to look inside Villa 110, one of the new villas at Tamahere Eventide.

Beautifully appointed, and in a park like setting, these villas are proving very popular.

For further information, contact David McGeorge, ph 07 856 5162.





This villa, has three bedrooms and two bathrooms. Price is \$810,000.

There are a number of villas still available.



CHAPLAIN'S KORERO

Nau mai, haere mai ki te wā o te kōanga! Welcome to spring!

This week we celebrated the new season by holding our monthly Communion service outside in the Nikau garden. The weather was a bit dicey but the sun came out and we enjoyed the opportunity to worship in God's creation.

As a reflection I read the poem "God is a bee" by the New Zealand writer Ana Lisa de Jong. Poems play with words and help us to see things in new ways. In her poem de Jong tries out different ways of talking about God. I'd like to share it with you.



*Surely God is a word
we can spend our days
exploring with the tongue.*

*And God is a bee
alighting on our pollen.
God is a lover in the Songs,
and in the Gospels
a father running, a brother who fishes,
breaks bread.*

*And in the Psalms
nature is infused with God notes,
alive in wonder.*

*So much so,
we see how the Divine
isn't confined to the margins,
called forth at prayer times,
and intermittent,
distracted devotions.*

*God is a bee
returning to our pollen,
as though we bloomed as goldenrod,*

*borage, lavender.
And in the labour of our days
the morning birds bid us
to sanctify the rising moment.
And in the evening God lies
down with us, a reclining sun.*



I'm not totally sure what it means to say that "God is a bee". It's a playful image which invites us to use our imagination, to see God at work around us "alive in wonder". May your spring days be filled with the sweetness, blessings and new life that God brings.

Ngā manaakitanga,

Susan





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

But did you know that we cater for –

- Funerals
- Weddings (yes, we had one!)
- Birthdays
- Anniversaries
- Business Meetings
- Church Meetings
- Service Group Meetings



Great Food
Great outlook
Great people
Share with your friends

Ever wonder what to have for tea?
Sandra has Ready To Eat Meals – 5 for \$67.50.
Refer to the Village website for the menu.

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



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



NEWS FROM CHRIS



Hello to you all – don't forget to change your clocks this weekend! Remember – Spring - Forward, Fall – Back, so its clocks forward one hour!



Mark these October dates on your calendar!!

- **Tuesday 7th October** – 2pm in the Village Café - Fashion Parade (courtesy of Caroline Eve)
- **Wednesday 8th October** – Village AGM in the Chapel – followed by morning tea in the Village Café
- **Monday 27th October (Labour Day)** Shared morning tea, and Craft Fair in the Village Café

Some photos from the recent Musical Afternoon with the Living Waters Church Youth Group. They entertained us, and together we made music, ringing hand bells!!



Chris' Housekeeping Tip for the Month

To get that old musty smell out of towels and tea towels, wash with hot water and a cup of vinegar, then wash with regular laundry detergent.

My aim is to keep you in your independent Villa or Apartment for as long as possible.

I can clean, do washing, make or change beds, organise assistance; in fact, provide care that is not available to you from the Health Department.

INTERESTED?? Contact Chris or David to discuss.

Chris
(Acting) Village Activities Organiser

Backing up your stuff

So it's that time of year again, and you're preparing to get rid of some of the clutter on your computer. But before you go deleting all those things you think you don't need, perhaps you should invest some time in installing precautions, in case you're wrong. Because we're all fallible, we all make mistakes, that's what being human is about. Here's some other reasons why you should consider backing up your data:

- Power issues: if your power switches off randomly, or you get low power suddenly, or a lightning strike comes through, you can lose data. If you're like me and live in the country, you know how unstable power can be. A tree comes down and knocks out a power-line 15 miles down the road, and there goes your power.
- User error: deleting or altering your own files.
- Viruses: specifically, cryptolocker viruses and other kinds of malware which prevent you from accessing your files, or which delete them.
- Hardware failure: a failing motherboard, overheating CPU, faulty power supply or RAM can cause lost data. Don't think your computer is necessarily robust and permanent – it is until it's not, basically.
- Theft: so long as you keep your backup hidden elsewhere in the house (or online), you can usually prevent data loss in the event of burglary.

Now, backing up isn't that complicated. It's about making copies, frequently. Some people back up fortnightly, some weekly, some daily, but most not at all. The best location for backing up data is, in my view, an external hard drive; they're cheap nowadays. Backing up online is also good. A USB stick (flash drive) can be fine to back up to also, if the amount of data you have is small. But it's not a good idea to back up data to another location inside your computer. You are not protected from any of the problems mentioned above if you do so. Similarly, it's best not to leave the backup drive plugged into the computer at all times; this has much the same effect. If unplugging, remember to disconnect the drive (click the "Safely remove hardware and eject media" icon in the bottom right corner of the screen in windows, or drag the drive to the Trash on a mac).

Lastly, what software should you use to back your stuff up? Windows' own built-in backup is pretty good nowadays; you can follow the windows prompts for setting up a backup, or use Time Machine if you're on a Mac. If you want to back up to the cloud, there are plenty of solutions such as Google Drive, Onedrive and Dropbox. FreeFileSync is a program I often use, as it allows clients to run their own backups manually. But ultimately it doesn't matter what you use, so long as your important data is always in more than one place at once.

Not feeling like someone's got your back? Contact Matt at 0211348576 or info@homepcsupport.co.nz \$80 per hour, or \$70 for drop-off-to-workshop services.



Bentley Home PC Support



WHAT'S GOING ON?



FYI - FIND YOUR INSPIRATION - OCTOBER 4th & 5th:

Don Rowlands Centre, Mighty River Domain, 601 Maungatautari Rd, Lake Karapiro, Saturday 10am-5pm, Sunday 10am-3pm. Waikato hands on craft show, with lots of retailers, make'n'takes, classes, product, demo's and more. Come along and join the fun, eat a few treats, check out the scenery, and pick up a few crafting products to get you inspired. Entry fee \$5 worth of raffle tickets (pick which ones you wish to enter) to support the Westpac Rescue Helicopters. Ph 07 8890503.

WAIKATO EMBROIDERERS' GUILD-MORRINSVILLE GALLERY – 9th SEPT TO 5th OCTOBER:

Stitch Artistry - A selection of exceptional & beautiful embroidery that techniques both contemporary, creative & traditional. Open 10am-3pm Tues to Frid & 11am-3pm Weekends.

ST ANDREW'S CRAFT FAIR - LABOUR DAY - CAMBRIDGE

St Andrew's Craft Fair, 85 Hamilton Rd, Labour Day Monday, 9am – 2pm. A very popular annual fair with over 130 stalls, now in its 29th year in the grounds around the historic Church of St. Andrews.

CAMBRIDGE FARMERS MARKET: Victoria Square every Saturday 8am - 12pm

TAMAHERE COUNTRY MARKET: Held at St Stephen's Church third Saturday every month 8.30 - 1pm

CAFES VISITED LAST MONTH:

- Storytellers on Mahoe St Te Awamutu.
- Clementines, just past the Velodrome on the way to Cambridge.
- Coffee Club Cambridge, in the Lakeland shopping complex.
- Red Cherry Cafe, just before the Velodrome on the way to Cambridge.
- Jacks Coffee Lounge, 31 Cambridge Rd, Hillcrest.

NAVY IN CONCERT - CAMBRIDGE TOWN HALL - SUNDAY 12TH OCT 2.00PM - 4.PM

The Royal New Zealand Navy Band are New Zealand's most versatile military musical organisation. Band members include some of the country's finest musicians whose professional capability and versatility combine to deliver a wide range of ensembles to perform at a varied range of ceremonies and events.

CHINA'S NATIONAL DAY is celebrated annually on **October 1st** to commemorate the founding of the People's Republic of China in 1949. This day marks the end of dynastic rule and is a significant public holiday, often celebrated with grand military parades and various festivities across the country. The holiday typically extends into a week-long celebration known as **Golden Week**, from October 1st to 7th, during which many people enjoy time off work and travel.

Pauline Eastwood.

News from the Residents' Committee

Hi everyone,



I would like to start by thanking the 20 people that attended our dessert evening on the 14th. We had a delicious selection of desserts that were enjoyed by those who were there and some lovely conversation too. We realise that the weather was not nice, however it was disappointing to have so few people attend. Maybe you could share with a committee member on why you don't come to our activities. Are you not interested in the activities we put on? Is it too cold? We know it's extremely dark and dangerous walking home, is that the reason? It would be very helpful to know these things as we can then adjust our activities. It might mean that we don't have things on during winter. If you have anything you would like the committee to put on for the Residents, we would welcome your input. Sorry to grumble, some of our activities take a lot of time and energy to organise and it is frustrating when so few people turn up. Once again, thank you to the people who always make the effort.

The committee were lucky enough get an escorted tour of the new villas by David before our meeting last week. They are lovely. If you have any friends who can't decide on village life, get them to call David and come and see them.

As reported last month the new numbers for the villas that have faded are being ordered by Andrew. Also trialling new fencing for the back of the villas, numbers 1 - 4.

There will be some seating put in the foyer for people waiting for the bus. This is a terminal so the bus will stop here for a while. No need to rush out when it arrives.

We have two activities for October. You will be pleased to know they are both in the day time. On the 7th October, Caroline Eve will present their new collection for Spring and Summer in the Cafe at 2pm. The eight models have been selected from our Residents. Hope to see you there.

Then at the end of October, on the Monday of Labour Weekend (27th) at 10am, we will have a shared morning tea. There will also be a craft fair on at the same time. So please join us. Bring a plate to share and some cash as there will be no Eftpos. Hopefully you can find some Christmas presents among the stalls.

We had a meeting in the Cafe for people interested in performing in our Variety Show in November. We were pleased with the response. We have 15 items to entertain you with!! Will be a good show. More about that at a later date.

Thank you.

Lynn.

(Lynn Dring, Villa 68 – ph 021 032 2875)



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 the new time of 3.30pm on the first Friday of each month in the small Lounge in the Community Centre. Their next meeting is Friday 3rd October.



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.

Tamahere Global Village

The Global Village next meets on Wednesday 1st October at 4pm in the Harakeke lower lounge.

After discussing the broader developments in international affairs these last two meetings, we will be considering the highlights of the current UN meeting and catching up on other recent developments.

All welcome.

Enquiries to Gray Southon, Villa 102, email - gray@southon.net, ph 0211 020 977.

Ukulele Sing-a-long Group

Ukulele group meet in the downstairs Harakeke lounge on Thursday afternoon at 2 pm, (but not the last Thursday of the month) to sing and make music together. Feel free to pop in and see what we get up to.



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

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.

Knit and Natter Group

Knit and Natter meets on Fridays at 10am in the Lower Harakeke Lounge. We are happy to see you, even if you don't knit or crochet!

We are beginning our summer stockpile of winter garments for the 2026 season to donate to our charity – Kids in Need Waikato. So, don't think for a moment that we're slacking off on the production of rugs, jumpers, hats and gloves etc! All donations are needed and appreciated.

Helen Painting ph 854 7662

Vision Impaired Group

Unfortunately, our situation has not changed and we are only getting small numbers to our coffee mornings so we will not be restarting our monthly meetings in Harakeke Lounge. However, I have been in consultation with Sue from Blind Low Vision and she tells me that there is a group who meet in Cambridge, and any of our residents from Tamahere are welcome to go along and join in.

Our morning coffee groups are still held every Thursday at 10.30 in the Village Cafe - so come along and enjoy a nice morning, chatting to other residents. We would love to see you.

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

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.



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

For Sale

Used (3 months) Invacare Venture Powerchair

115kg capacity, 6.3 km/h speed

8.4km range per charge, 12V 14A Batteries

Still under warranty with The Mobility Man
\$3000 ONCO

All enquiries to 027 419 0335.



This mobility scooter is also for sale - It is very close to 2 years old and is in very good condition. The extras include the front and rear carry bags and flag, also the charger.

Price \$3,000 ONO. All enquiries to Paul on 027 418 4271.



Are you able to help the Day Programme Team?



The Day Programme at Tamahere Eventide does so much for people, including many of our own village residents. It's not often they ask for help – but they are now, very humbly asking if anyone has a wheelchair that they either don't any longer need, or don't use at the moment.

This would make life so much more comfortable and less stressful for some for those who attend, who are unable to walk to the bathroom, or even to and from the van they travel in.

The staff at the Day Programme would take special care of this for you, if you are able to help them in this way. If you can help, please chat with Jeannette in the Day Programme.

Movies for October

Movies are shown at 4pm on Fridays in the Community Centre. For October we are screening:



3rd October 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.

17th October Tina 124min

Tinā is a 2024 New Zealand drama film directed by Miki Magasiva, focusing on a Samoan teacher who, after a personal tragedy, finds hope and purpose by forming a student choir at an elite private school. The film explores themes of grief, cultural identity, and resilience, and was released in cinemas on February 27, 2025.

31st October Tau Te Mauri - Breath of Peace 72 mins

This 2005 feature-length documentary by Kathleen Gallagher explores seven decades of peace action and anti-nuclear protest in Aotearoa. The eight Kiwis interviewed include *Rainbow Warrior* crew member Bunny McDiarmid, Pauline Tangiora from the Indigenous Initiative for Peace and priest George Armstrong, who met the might of nuclear submarine visits in the 1970's and 80's with flotillas of "fizz boats" and kayaks. Interspersed are images of tohora (whales), dolphins and birds. The soundtrack mixes contemporary waiata by Aroha Yates-Smith with taonga pūoro (Māori instruments) performed by Richard Nunns.



His name was Fleming, and he was a poor Scottish farmer. One day while trying to make a living for his family, he heard a cry for help coming from a nearby bog. He dropped his tools and ran to the bog. There, mired to his waist in black muck was a terrified boy, screaming and struggling to free himself. The farmer saved the lad from what would have been a slow and terrifying death.

The next day, a fancy carriage pulled up to the Scotsman's sparse surroundings. An elegantly dressed nobleman stepped out and introduced himself as the father of the boy Farmer Fleming had saved. "I want to repay you," said the nobleman. "You saved my boy's life." "No, I can't accept payment for what I did," the Scottish farmer replied, waving off the offer. At that moment, the farmer's own son came to the door of the family hovel.

"Is that your son?" the nobleman asked. "Yes," the farmer replied proudly.

"I'll make you a deal. Let me provide him with the level of education my own son will enjoy. If the lad is anything like his father, he'll no doubt grow to be a man we both will be proud of." And that he did. Farmer Fleming's son attended the very best schools and in time, graduated from St Mary's Hospital Medical School in London, and went on to become known throughout the world as the noted Sir Alexander Fleming, the discoverer of penicillin.

Years afterward, the same nobleman's son who was saved from the bog was stricken with pneumonia. What saved his life this time? – Penicillin.

The name of the nobleman? Lord Randolph Churchill. His son's name? Sir Winston Churchill.

Our Rehabilitation Corner

Probiotics is an umbrella term for the types of beneficial live microorganisms (or microbes) found in products such as fermented foods and yogurt. When consumed, probiotics can contribute microbes to the number that naturally live in your gut and elsewhere. This community of all microbes, such as bacteria, fungi, and viruses, is known as the microbiome.



Recent research focuses on how changes in the microbiome might result in health benefits. For example, healthier microorganisms can improve your digestion and immune response. In turn, this may prevent conditions such as periodontal disease and constipation and ease the symptoms of irritable bowel syndrome (IBS). But the health benefits of probiotics aren't limited to your gut. Probiotics may also help to improve your heart health, mood, skin, and cognitive functioning, as well as counteract the negative effects of antibiotics. Probiotics could even potentially play a role in managing diabetes and types of cancer and dementia.

If you're curious about probiotics but feel unsure of how to incorporate them into your eating habits, know that you won't need to turn your diet upside down to get started. Making simple changes can go a long way toward helping you attain better health and boost your sense of well-being.

You can increase the levels of good bacteria in your diet by consuming fermented foods. The fermented foods that are organic and contain "live and active cultures" are especially beneficial. These foods naturally contain probiotic bacteria or yeast, and there are a wide variety of choices.

However, not everyone enjoys the taste and smell of fermented foods. Hence, there are simple ways to incorporate them into your favourite recipes.

- **Yogurt** can be enjoyed plain, or you can add it to your favourite breakfast cereal or protein shake. You can also mix in berries, granola, flax seeds, or other toppings.
- **Cottage cheese** is another choice for a quick snack or recipe addition, such as omelettes, breakfast bowls, waffles, or lasagna.
- **Buttermilk** can be used in salad dressing or to make biscuits, muffins, pancakes, or pastries. Some people include buttermilk when preparing pork chops, scallops, or fried chicken.
- **Kefir** is a tangy cultured milk drink, and you can add it to smoothies if you prefer.
- **Kombucha** is a fermented drink that's made with tea, sugar, bacteria, and yeast.
- **Miso** is a type of fermented soy that's often made as soup. It's best to stir in miso paste at the end of cooking so its live cultures are not overheated and destroyed.
- **Kimchi** is a traditional Korean dish that's made of fermented vegetables, usually cabbage or radish. Try adding it to tacos or sandwiches.
- **Sauerkraut** is made with cabbage and is often used as a topping for hot dogs.

Additional veggies that contain probiotics include fermented radishes, turnips, and cucumbers. You can also try fermenting your own vegetables by putting them in containers that limit their contact with oxygen.

Tempeh is a soybean alternative to meat and has a strong, nutty flavour that goes well in soups and sauces. However, it can't be consumed raw, and many of its active cultures are destroyed during cooking. Still, it is a good source of both prebiotics and fibre.

Keep in mind that fermented foods should be introduced gradually into your diet, as they could possibly increase gas, bloating, or other GI symptoms.

Prepared by: Rosalyn Pelaez
Allied Health Coordinator - Tamahere Eventide
Source: www.helpguide.org

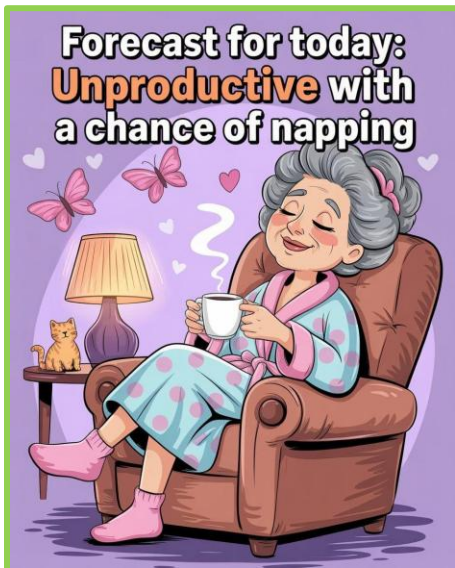
Our Chuckle Corner

One day, a man went to see his doctor and told him that he hadn't been feeling well. The doctor examined the man, left the room, and came back with three different bottles of pills.

The doctor said: "Take the green pill with a big glass of water when you wake up. Take the blue pill with a big glass of water after lunch. Then just before going to bed, take the red pill with another large glass of water."

Startled to be taking so much medicine, the man said nervously: "Well, Doc, exactly what is my problem?"

The doctor replied: "You're not drinking enough water."



My husband took up bowling,
And he bragged upon the phone
About some wench called Kitty
Whom he couldn't leave alone.
He played with Kitty
He stayed with Kitty
Ke kissed Kitty
He even lay beside her in the ditch.
So I took up bowling
To pay my husband back
And found that what he could do with Kitty
I could do with Jack.

If lawyers are disbarred, then logically when electricians get fired, they should be delighted, musicians denoted, cowboys deranged, models deposed and dry cleaners depressed. Laundry workers could decrease, eventually becoming depressed and depleted; dismissed bed makers would be debunked, softball players debased, bulldozer operators degraded and organ donors delivered. Policemen would be deregulated, people formerly employed at the Jockey factory would be debriefed, and even musical writers would eventually decompose. On a more positive note, maybe the politicians would be devoted!

The following announcements supposedly appeared in various church bulletins or signs out the front of the church:

- Don't let worry kill you – let the Church help.
- Thursday night – Potluck supper – Prayer and medication to follow.
- For those of you who have children and don't know it, we have a nursery downstairs.
- At the evening service tonight, the sermon topic will be "What is hell?" Come early and listen to our choir practice.

Solution to Wordfit Puzzle on Page 15

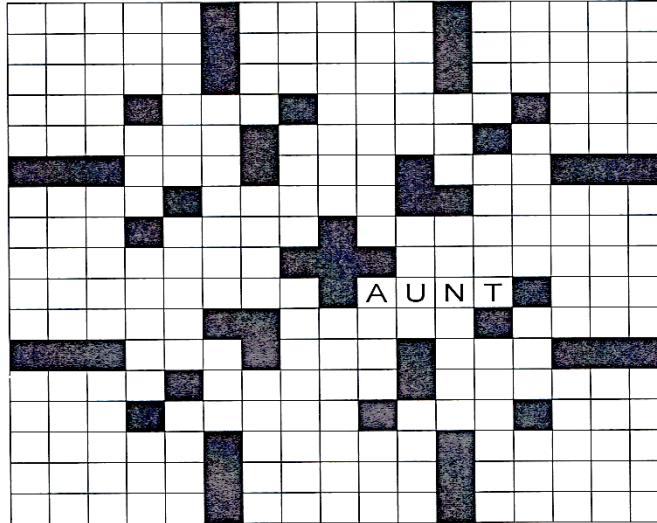
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S	T	A	R	T	T	R	E	N	D	E	N	D	E	D

It's Puzzle Time

Time to try a slightly different test this month. It's a Wordfit! Just try and fit all these words into the grid. I've put in one word to help you get started! Good luck! (The answers are on page 14).

3 LETTERS

AGE
APE
ASK
ASP
BAN
BEE
CAN
EGO
FEN
GYM
ICE
IRE
KEN
MAD
NUT
OAR
OUR
RAG
STY
TAR
URN
VIA
WON
WRY



4 LETTERS

ALTO
AUNT
CORP
EASE
FRAY
HAIR
IDES
OMIT
SINS
SNIP
TRUE
ULNA
WELD
YELP

5 LETTERS

ADAGE
AGENT
AGGRO
AGREE
ALICE
AMINO
ARRAY
AVOID
CAMPS
CANON
COMET
CREAK
EASED
EAVES
EGEST
ENDED
ENNUI

FRANC
GIANT
GIRTH
HADES
HUTCH
HYENA
INANE
ISLES
ISLET
LOSER
NAIVE
NASAL
OBOES
ODIUM
OPERA
OSIER
RARER
REBID

RESIT
SATED
SCOFF
SENNA
SIEVE
SILKY
SLABS
SMEAR
START
TRAWL
TREND
TRUCE
UNITE
VENOM
YARDS

6 LETTERS

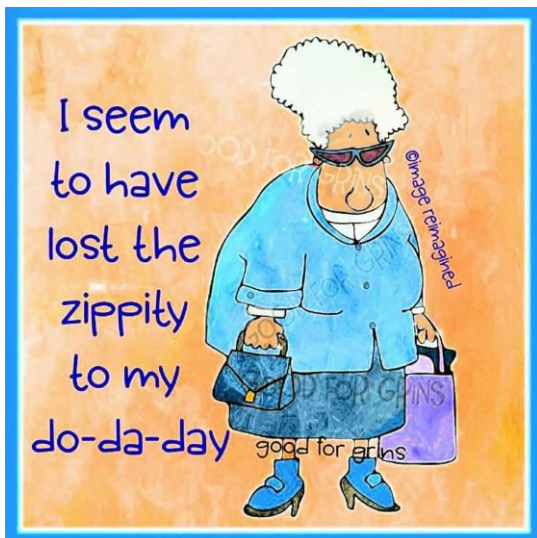
ANYONE
FROSTY
STRATA
UNEASE

7 LETTERS

ARRAIGN
CONTOUR
MESSAGE
ROSEBUD
SURMISE
SYRINGE

8 LETTERS

ETCETERA
NEEDLESS
PRIMROSE
SINGULAR



One of our residents tells us that the app **Antenno** is an opportunity for people to report things to the Council - eg pot holes. She said that she has reported two and within days they are fixed and an email confirming that is sent!

That's what I call, service!

Tamahere Retirement Village – Calendar of Events – October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
cc = Small Lounge in Community Centre CC = Community Centre C = Wesley Chapel HDL = Harakeke Downstairs Lounge HUL = Harakeke Upstairs Lounge			1 9.15 Strengthening exercises with dumbbells/CC 10.30 New World 4.00 Global Village /HDL	2 PODIATRIST HERE 9.15 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	3 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 3.30 Book Club /cc 4.0 Movie “Pay it Forward”/CC	4 9.15 ZUMBA /CC 10.0 Petanque– near V28
5 4.00 Worship in Wesley Chapel led by Rev. Dr Susan Thompson	6 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC	7 9.15 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 2.0 Fashion Parade /CC 4.15 ZUMBA /CC	8 9.15 Strengthening exercises with dumb-bells /CC 10.00 VILLAGE AGM /C 10.30 New World	9 9.15 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	10 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	11 9.15 ZUMBA /CC 10.0 Petanque– nr V28 11.0 Catholic Liturgy /C (Sue Kenrick) 2.00 Mandarin Group /CC
12 4.00 Worship in Wesley Chapel led by Rev. Tau Lasi	13 9.15 Seated cardio-endurance Exercises/CC 1 pm Board Games, Pool/CC	14 9.15 Bowls 10.30 Chartwell 4.15 ZUMBA /CC	15 9.15 Strengthening exercises with dumbbells CC 10.30 New World 11.0 Holy Communion /C (Rev. Dr Susan Thompson)	16 9.15 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	17 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0 Movie – “Tina”/CC	18 9.15 ZUMBA /CC 10.0 Petanque– near V28
19 4.00 Worship in Wesley Chapel led by Rev. Liz Lightfoot	20 9.15 Seated cardio-endurance Ex/CC 1 pm Board Games, Pool/CC	21 9.15 Bowls 10.30 Chartwell 11.0 Catholic Mass/C (Mons Frank) 4.15 ZUMBA /CC	22 9.15 Strengthening exercises with dumbbells CC 10.30 New World	23 9.15 Bowls 10.30 VIG Coffee/CC 2.00 Ukelele Group/ HDL	24 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC	25 9.15 ZUMBA /CC 10.0 Petanque– near V28 11.0 Catholic Liturgy /C (Clive Bleaken)
26 4.00 Worship in Wesley Chapel led by Rev. Gillian Woodward	27 LABOUR DAY 10.0 Shared morning tea and Craft Fair /CC 1 pm Board Games, Pool/CC	28 9.15 Bowls 10.30 Van Outing 4.15 ZUMBA /CC	29 9.15 Strengthening exercises with dumbbells CC 10.30 New World	30 9.15 Bowls 10.30 VIG Coffee/CC 3.30 Happy Hour /CC	31 9.15 Standing Balance Exercises/CC 10.0 Knit & Natter/HDL 1 pm Board Games/CC 4.0 Movie“ Breath of Peace”/CC	Colour Coding Green Exercise Groups Red Groups, Trips, Games Black Church Services Blue Health Clinics Purple Vision Impaired Gp