

TE AWA PARTYLINE

July - September 2023



TE AWA

Lifecare Village

**Follow us on
Facebook**



Scan the QR code with your phone camera and it should take you to our Facebook page.

In this issue

Message from Jed, our GM	2
Special Interest Groups	2
Book Review - A Stockman's Gift	2
Good Sorts	3
From Residents to Residents	4
Spotlight on the Village	7
Introducing Tracy Mellis	7
From our Care Centre	8



Message from the GM - Jed Rowlands

The big event for the village during this quarter was the Annual General Meeting (AGM).

In simple terms the AGM is held in order to provide a formal forum to share and discuss key information that affects all village residents. While such a formal meeting could be approached with some apprehension by some GM's, I enjoyed the experience, and certainly felt a vibe coming through from all of us there - whether we were owners, the statutory manager, staff or residents.

That vibe was one of being very proud of our village, and how happy we were to be part of it.

To all residents that have joined us since the last newsletter, whether that be into our wonderful care facility, a serviced cottage, or a Villa, we welcome you all with open arms and I know that you will have built new relationships and been well supported through this transition stage of your lives.

All the best - Jed



BOOK REVIEW:

A Stockman's Gift

AUTHOR: ROSALIND McCLEAN

PUBLISHER: BREBNER DIGITAL Printed in 2007

The Bryant family were immigrants from southwest England and arrived in the Waikato about 1881.

Daniel Vickery Bryant was born in 1882 at Pukerimu, where his father, John, was working for another farmer. Later John bought 100 acres near Kihikihi. It was economically tough on small farms, but as the dairy industry developed in the 1890's with the advent of 'creameries' (dairy factories) conditions improved.

As Daniel grew up he proved to be a hard worker and a good businessman. With some family help he bought a farm in what is now the Te Rapa area of Hamilton (Bryant Road area) and over subsequent years bought more land. He amassed considerable wealth by buying and selling stock, at which he proved to be very expert (hence the book's title). He came from a strongly religious family and this led him to want to help others.

In 1921 he called a meeting with 5 friends at his farm and announced that he wanted to give away half of his wealth, initially to endow a children's home at Raglan, and so the Bryant Trust was born.

Later projects are too many

to be listed but they included a scheme for settling young farmers during the depression, one of which schemes was at Kairangi, just southeast of Cambridge.

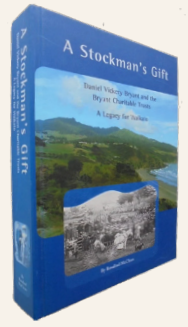
Also, Bryant Hall, the student residential complex at Waikato University and the Bryant Educational Centre at Waikato Hospital, to name a few.

Daniel's wife Mary Bryant also had her own trust which built the hall at St Andrews church and also founded retreats for babies and single mothers. The legacy of this amazing family continues to benefit the people of the Waikato.

This book is a detailed and meticulous historical record, almost a Who's Who and History of Hamilton and the rural Waikato. Readers will recognize many of the names recorded. In particular, our own Doug Arcus and his father Don who were connected with the Trust over many years.

Don Arcus married Clarice, one of DV Bryant's daughters, so he was his son-in-law, as well as being the longest serving Trust member. Doug has donated two copies of the book to our library for which we thank him.

Shared by Malcolm, Villa 5



Special Interest Groups contact persons:

Arnold Society - Malcolm Baigent 021 473 860

Bowls - Harley Bowler 07 827 4064

Craft Group - Shirley Giltrap 027 484 7499

Croquet - Helen Hicks 027 222 7491

Cards - Helen or Mary Collins 0272 884 925

Library - Heather Harvey

Mahjong - Diana Dunn 027 268 7840

Quiz - Valerie Speirs 021 176 6739

Walking Group - Doug Arcus

Morning has broken.... at Te Awa

Mornings have always been fun, getting up, showering, dressing and starting off on an exciting new day and wondering what is in store.

Things, however have changed. It's still exciting but it's the getting there that's the problem.. First it's the showering, not very successful with bed socks still on, drying goes quite well though I don't much like the smell of the body lotion but a second look at the label shows me that it's bathroom air freshener. Oh well, perhaps nobody will notice. Now for the dressing.

Strange really but two legs won't fit into one trouser leg. Shirt next. Very successful until I come to the buttons. There is definitely something wrong with the shirt. After ages of hard work and all buttons done up I find there is one extra button hole. Oh well, it will just have to do. It's only a bit lop-sided. Now for make up etc.

Hair sticks up in all directions and lipstick quite the wrong colour and I didn't realise that I had such a crooked mouth. One of the backs of my ear rings drops down the plug hole. Almost ready. I put on the only pair of shoes that fit my swollen feet....I wonder where the slim ankles went. Time for a quick breakfast then off to Monday morning tea. All ready and off down the passage and no one seems to be about.

Stupid woman.....It's only Sunday!... But....
The Blackbirds is
Singing

Paddy Davis



good sorts



Judy Grey for attending to the mail while Richard was away

Bryan Oliver for organising the racing sweepstake.

Grant and Barbara Edgecombe for organising the lunch at Vilagrads, and in particular Barbara for acting as our hostess and getting everyone seated and guided.

Malcolm for acting as oyster agent!

John Duggan for delivering papers while Grant was away

Doug Arcus for his gift to the village of a raupo wind wand (see story to left).

From Residents to Residents



A wise and practical book on Memory

Richard Restak, an 80 year old neuroscientist at George Washington University, has just released a book called 'The Complete Guide to Memory. The Science of Strengthening Your Mind'.

In it he declares that memory lapses are the single most common complaint of patients over 55 to their doctors. Alzheimer's disease seems more common, and fear of it is a common cause of anxiety in the elderly. He points out that minor lapses, e.g. walking into a room and forgetting why you are there are common and not a worry. But other glitches may be more serious, e.g. if you find yourself in the supermarket and can't remember whether you drove or got a lift. Or if an elite card player suddenly finds difficulty keeping track of the cards, it's worth looking into. He talks about 'Working memory' which is what you would rely on to multiply a 2 digit number in your head or to keep track of a large cast of characters in a lengthy novel. Hence fiction works better than non-fiction. Another tool is to use images or pictures in your mind's eye and link them to what you want to remember (it is easier to remember pictures than words). Other tools are based on the "Use it or lose it" theory, e.g. playing chess, bridge or other card games, following a cooking recipe, or playing 20 questions or any sort of quiz. Also crossword puzzles.

He also recommends a short afternoon nap of half an hour or so and looking after your sight and hearing, which are important for reading and socialising, both linked to better cognition. He maintains that memory makes us who we are "The more you can remember of your life, the more chance you have of making meaningful insights" he says. Which seems like a good reason to take more naps!

PS In recent news, Dr Richard Oakley, associate director of research at the Alzheimers Society, says that, for the first time, we have drugs that seem to slow progression of the disease by reducing the build-up of amyloid protein plaques in the brain which characterize the disease. The drug Donanemab slowed progression by 36% in 1000 patients.

The book is available at PaperPlus, on Kindle and as an Audio book. *Shared by Malcolm*

From Residents to Residents



Waikato's 1st Dairy Factory

When Waikato farming brothers Henry and Richard Reynolds decided to open a butter factory at Pukekura in 1886 Henry had hired the best butter-maker, bought the latest machinery and supplied himself with the best milk.

The only thing missing was a good brand. One of their early workers, an ex-seaman, rolled up his sleeve to reveal a tattoo of an anchor, saying 'that's what you need'.

And so the Anchor butter brand was born and is one of the most famous brands in the food world and an important contributor to NZ's multi-billion dollar dairy export trade.

There are 2 plaques on the side of the Maungatautari Road which tell the story of NZ's first butter factory.

Original material supplied by Ralph Dearlove

Raupo Wind Wand at the Lower Pond

Work has recently been completed to improve the access to and surrounds of the Pond below the Villas on the middle terrace of the Village.

In particular a concrete path has been laid from the main drive to the Pond enabling mobility access.

In addition, as part of those improvements, a Kinetic Sculpture in the form of a Raupo Wind Wand has been installed beside the Pond.

Where did that come from? Some years ago, Ruth & I biked the Great Taste Trail west of Nelson. While taking a breather at the Mapua Wharf and wandering along nearby Iwa St, we came across Graham Snook Originals Garden Gallery. Graham is a rather eccentric character who collects stuff & then makes garden installations from it.

His yard is littered with all sorts of old country items such as several old large sawmill blades as well as wagon wheels! It was wonderful!

We immediately fell for and bought the Raupo Wind Wand. The base is made from an old (very old!) Totara strainer post. The rods are 6mm corten steel which are not old but look old because of their ferric colouring and the seed heads are whittled from old Totara battens. The rods are different lengths, spread out in different directions, and are sufficiently flexible to allow the pods to move independently in any breeze.

So if you are sitting on the park bench seat also installed in the Pond area, it is highly likely that the "Raupo Pods" of the installation will be gently and independently swaying.

Enjoy!

Ruth & Doug Arcus



This reflection can be seen in the picture on the front cover.

From Residents to Residents



1



2

“Oh, the places you’ll go! You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know.”

Dr Seuss



3



4

1. Te Toko Gorge Lookout
2. R-crossing stream, Waiorongomai
3. Walter Scott Reserve
4. Maungatautari Canopy Platform

Te Awa Walking Group

The Te Awa Walking Group have been walking - all over the place!

At the beginning of the year, we got organised on WhatsApp. There are now 17 Te Awa Residents in the Group but the numbers on the walk each week are usually less than 10. In preparation for our weekly Tuesday morning walk, a message goes out on WhatsApp giving an outline of the proposed walk for the following Tuesday. Walkers respond on WhatsApp as to whether they will attend so the entire group knows from one source on Tuesday morning who’s going, where and how.

The TA Walkers have been taking advantage of the availability of the Te Awa Van to head out to a variety of Waikato walks:-

- Several Hamilton River Bank walks;
- Mangakara Nature Walk (Pirongia Forest Park);

- Walter Scott Reserve (Forest & Bird) (off Kawhia road);
- Mangaharekeke Link (Waikato/Hamilton City Te Awa River Ride link);
- Various other sections of the Te Awa River Ride;
- Lake Topehahae (Morrinsville water supply);
- Lake Ngaroto (Ohaupo) & the Tree Church;
- Maungatautari;
- Waiorongomai (Southern Slopes of Mt Te Aroha); and
- Voted by the TA Walkers thus far as the best, Ngarunui (Raglan Ocean Beach)

Very frequently, the journey home is via a suitable cafe for the purposes of course only of conducting an appropriately high level debrief! A couple of country cafes have been

excellent, a recent one included Cafe 77 @ Manawaru on the way home from Te Aroha. And then there was Fish and Chips on the Raglan Wharf to end the Raglan trip!

In addition we have gone on a number of local walks without the Van beginning from the Te Awa Car Park. Whilst the purpose of outings is physical exercise, there can be no doubt that it is also social. The Group is not only very chatty but wonderfully inclusive & empathetic. We all look forward each week to our next outing!

The TA Walkers really appreciate the availability of the Te Awa Van for use by Te Awa residents and recognise it is a benefit not afforded by most Retirement Villages in this region! It is a very generous arrangement.

From Residents to Residents



Black Dog Furniture Factory Trip

A group of us, led by Jed, recently visited the Black Dog Furniture factory in Peake Road, Tamahere.

Andy MacDonald started Black Dog Furniture in a small way, in Te Awamutu twenty-three years ago. After some years in Matangi, Andy and his wife Sandy, moved to their present site, previously a cheese factory, where they employ six men, office staff, plus an upholsterer and a steel worker off site. The CEO [Canine Executive Officer] is Black Dog or Huxley, a very attentive and affectionate black Labrador.



Huxley - full of biscuits!

The factory was originally built in 1914, destroyed by fire in 1960, and rebuilt in 1962. Andy has tried to retain the character of the building, which previously was supplied by twenty-two farms, and produced some award winning cheeses.

They use mostly macrocarpa and the range is amazing. From chunky outdoor furniture to beautifully finished dining furniture, bars and bar stools, kitchen butcher's blocks, chopping boards, wall hangings, crosses etc. They also make replica Sandow and Donalds woolpresses, two of which have gone to Antarctica. No wool to press down there but they make excellent bar leaners. They make to order and also run a furniture hire business.

CEO Huxley kept a close eye on us all and decided while we were elsewhere in the factory, that the plate of Anzac biscuits that Sandy had baked for our morning tea, he had found a much better use for. Some crumbs on the floor greeted us all and a mortified Sandy on our return!

Here at Te Awa, the woolpress in the reception foyer and the concierge desk in the café entrance, are both from Black Dog Furniture. We had a most interesting morning, and it is well worth a visit.

Supplied by Diana

6 | Te Awa Lifecare Partyline



Takapoto Estate Visit

22 Village residents, most of whom had not been there before, went out to visit the Takapoto Estate on 24th August.

On arrival we were given morning tea followed by a very informative talk on how the owners had developed three adjoining farms into what they describe now as an Eco-Sanctuary. We then had a look at the world class equestrian centre, before hopping back on the bus for a tour of the estate and the market gardens. After this informative tour we went back to the pavilion for lunch and wine tasting. We were impressed by the vision of the owners and what has been achieved at Takapoto. The paragraph below comes from their website and describes in more detail what Takapoto Estate has become.

“Takapoto has been lovingly restored with native trees and plants that now provide a thriving eco-sanctuary to the neighbouring Mangatautari Mountain - an initiative that saw the addition of over 800,000 native plantings. On this foundation, Takapoto Estate has built world-class equestrian facilities, function areas, boutique cottage accommodation, a horse breeding program, vineyards and wines, a market garden, and Angus bulls. Takapoto Estate encapsulates everything that is beautiful about its surroundings and provides a place for future generations to enjoy its bounty”

The photo above is of the group, having just enjoyed lunch and getting ready for the next glass of wine to taste.

Spotlight on the Village



Above: Dilly & Dally missing Uncle Grant **Below left:** A good crowd of Villagers enjoying lunch at Vilagrads **Below right:** Shirley with the Mosaic Choir.



Left: The walking group on their visit to the Tree Church Garden near Ohaupo.
Below: Lisa Lorrell



Introducing...Tracy Mellis

CONCEIRGE | ACTIVITIES

Greetings, I'm Tracy Mellis, and I joined the Te Awa Lifecare Village team five months ago. For the past 15 years, I've been a devoted mother to my two children, Harper and Olive. Now that they're a bit older, I've decided to re-enter the workforce. Our family relocated from Auckland's North Shore to Tamahere 17 years ago, and we've fallen in love with this area. My husband, Cam, hails from the Waikato, and we have a strong connection to the Hautapu Rugby Club in Cambridge.

Beyond my work, I thoroughly enjoy outdoor activities such as exploring the fantastic Waikato Cycle tracks and paddle-boarding along the Waikato River. If you're up for an adventure, you must visit Waipuke Park, just 15km from Cambridge, where you can paddle-board or kayak to stunning waterfalls. I highly recommend it!

At Te Awa Lifecare, my role is quite diverse. I coordinate a wide range of activities for our residents, including flower arranging, paper flower crafting, painting, tabloid sports, arts and crafts, and even chair dancing. Next month, we're gearing up for cookie-making sessions and

launching a drumming group.

I also serve as the village's beauty therapist, so if you're in need of some pampering, feel free to schedule an appointment at the reception. Personally, I particularly enjoy providing facials.

Additionally, I collaborate with Te Awa Lifecare to organize various village events, such as village dinners, Mexican nights, and high tea parties in the Arnold Cottage. One of my fondest memories involves organizing a trip to the Hamilton Zoo for our residents.

I want to express my heartfelt gratitude to all the residents and staff for their warm welcome and kindness. It's been a pleasure working in your home, and I genuinely cherish my role here at Te Awa Lifecare Village.



From our Care Centre

It's been a couple of busy months in our Care Centre

Our Care Residents have enjoyed a couple of busy months with activities as well as visitors.

Our Care Residents enjoy the weekly Country Drive - a case of the driver (one of the nursing team) flips a coin and the adventure begins as to whether they turn left or right out of the drive. It's a lovely way for our residents to spend an afternoon looking at a different view and sometime reminiscing or informing fellow adventurers of 'the time when I' - and there's been some fabulous stories.

'Monty' has been a hit with the residents the couple of times he's visited and brought huge smiles to faces - and thankfully he's well trained and hasn't left any little 'surprises'.

The Craft Afternoons with Tracy are also a hit with poi's being made (and used), as well as painting stars for Matariki and making flowers and daffodils for the tables in the dining area.

The new flower arrangements have been a hit in the Care Centre also, with people commenting in the gorgeous colours and the wafts of delicious scents.

Our Care Centre residents' scooters need their beauty sleep too! Every night it's a race against time to plug in these 'sleepy scooters' before our residents get charged up for another day of adventure! Who knew we'd have a scooter slumber party in our hallway every evening.

