



TE AWA
Lifecare Village

TE AWA July 2024 PARTYLINE



Message from Mandy

Welcoming July with warmth and wellness

As we move into July, the unusually warm June weather has been a welcome surprise. However, winter also brings a wave of bugs, making it the perfect time to get your flu vaccination and the latest COVID booster. Staying protected is important, and if you're feeling unwell, please take care and rest at home.

It's been a busy month around the village. Builders have recommenced work on the RD4 wing, and a new footpath is being laid by the driveway, making our community even more accessible. I've been back and forth between villages, and it's a tad warmer here in Cambridge, which has been a nice change. Meanwhile, Nikki is at home recovering from her back surgery. Though it's early days, she's already joking about giving the residents a run for their money with her new walking sticks. We're looking forward to her quick return to the team. Let's keep enjoying the warmer days while staying vigilant about our health. Here's to a healthy and happy July.



Hamilton Boys Jazz Band

The Woolshed hosts community dinners

At The Woolshed at Te Awa Lifecare, the past week was bustling with community events.

On Thursday night, we proudly hosted Rotary Cambridge's Changeover, where David Partis ceremoniously handed over the reins to incoming President Gary Smith. It was a memorable evening, filled with camaraderie and celebration. The excitement continued into Friday evening, as the Hamilton Boys High School Jazz Band entertained us during Happy Hour. Their lively performance set the perfect tone for the evening. Following the music, we enjoyed



Matariki Pot Luck Dinner

a Pot Luck dinner in honour of Matariki, the Māori New Year. The event was well attended by villagers, who brought an incredible array of delicious dishes to share. It was a beautiful night of connection, music, and delicious food, reflecting the vibrant community spirit at Te Awa Lifecare.



Rotary Changeover Dinner

INTRODUCING

Dani Sanders

Lead Housekeeper



Danielle, fondly known as Dani, serves as the lead housekeeper at Te Awa Lifecare in the Care Centre. With a passion for creating clean and welcoming environments, Dani finds immense personal satisfaction in her role, especially when she transforms spaces to look brand new.

In her personal life, Dani delights in comfort foods, particularly sushi and big bowls of homemade vegetable soup. Currently, she is immersed in the joyful task of planning her wedding, having recently gotten engaged to her long-term partner in March.

Dani lives by the motto, "Nothing changes if you change nothing," a quote that resonates deeply with her. Her work at the retirement village has also broadened her view on aging. She believes that life doesn't have to be boring as we grow older and enjoys seeing the residents actively participating in various activities. She is especially inspired by their oldest resident, who makes good use of the gym every morning, proving that age is just a number when it comes to staying active and engaged.

Sir Colin Giltrap

INTRODUCTION: A couple of months ago I saw an article about the amazing life, and the death of Sir Colin Giltrap. So I asked our Wilfred if he was any relation. "Oh yes" he said, "he was my first cousin". I suggested that he might write a word or two about Colin for our newsletter. The result is what follows, supplemented by a few facts from the net. *Malcolm*



Colin was a self-made man like his father, Jim Giltrap. Jim came from a large Irish family of seven brothers and two sisters.

He was very poor when he arrived as an immigrant into NZ and the Depression which followed did not help this state of affairs.

However after WW2, Jim and his brother, George, won a Government tender and bought 150 Army surplus jeeps, selling them on at a profit. The jeeps were quite new and had travelled less than 8000km.

Young Colin used to take time off school to test-drive the Jeeps in the New Plymouth sandhills. Jim ended up running a machinery business.

Colin's enthusiasm for cars was a lifetime obsession. At the age of six he could identify every car on the road and later could recall the specifications of many cars from memory.

After leaving school he began buying and supplying cars to order. Even while still at school he was buying and selling Morris Minors. He knew instinctively the value of second-hand cars. He once bought a car from one Wrightcars branch and on-sold it to another branch at a profit.

This fledgling business took a step forward when Colin and a partner set up Monaco Motors in Hamilton. He had a passion for high end cars and they soon became agents

for Rolls Royce, Bentley, Aston Martin as well as Toyota Audi and Volkswagen.

In the late 60s he bought Matamata Motors and then Coutts Cars in Great North Road who became distributors and retailers of Daimler, Triumph and Rover. There were many other dealerships acquired during the 80s and 90s including the rights to Porsche for NZ, Gates Ford agency in London and the Mercedes agency in London.

Coutts became NZ agents for Mercedes and BMW. More recently, in 2011, the Giltrap Group built a new showroom at 119 Great North Road, next door to the Company offices. It cost \$40m and won an award for its architects.

In recent years Colin passed over management of the Group to his two sons, Richard and Michael as he pursued his other great enthusiasm - motor racing. He supported NZ drivers like Scott Dixon, Shane Van Gisbergen, Mitch Evans, Brendan Hartley and Hayden Paddon. He and his wife, Jenny, also supported SPCA, Starship Foundation, Coastguard, and NZ Breast Cancer Foundation. Colin was Patron of the McLaren Trust and contributed \$250,000 towards the founding of the Bruce McLaren Centre at Auckland University.

He was knighted in 2012 for services to the motor industry and motor racing. *Wilfred Giltrap*



Kitchen Tip from Malcolm

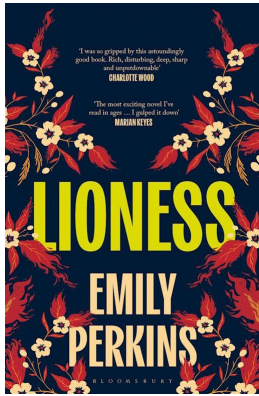
Boil a quarter of a plain cabbage, chopped into 2-3cm cubes, in water plus 1 tsp of salt for 10-15 minutes. The water only needs to be $\frac{3}{4}$ of the way up the cabbage, which will settle. Check a forked sample and drain when a thickish piece is still a little al dente.

Add 2 generous knobs of butter, the juice of half a lemon and 2-3 shakes of white pepper and put the lid back on for 5 minutes. Once the butter is melted stir well with a fork before serving. Yumm !!





Book Review



Lioness by Emily Perkins (NZ)

Published April, 2024

This novel is about Therese, a childless middle aged Kiwi woman who is married to Trevor, a wealthy businessman who is 20 years older than her.

When Trevor's latest venture, a waterfront hotel development in Wellington starts to go off the rails financially, Therese is forced to confront her own status and the opulent lifestyle she has become accustomed to. This is accentuated by her friendship with Claire, from the flat in the next floor down who seems to have developed a freedom and independence which she envies and begins to imitate.

The writing is often from Therese's reflections in a 'stream of consciousness' manner, but occasionally prurient, sometimes brutally so. Predictably, the story eventually ends in the emancipation of our heroine with consequent failure of the marriage. I was disappointed in this predictability- to me it smacked a little too much of slightly radical feminism. *Malcolm*

P.S. This novel won Emily Perkins the annual Jann Medlicott Acorn Prize for fiction worth \$60,000 as part of the NZ Ockham Book Awards. Jann was a Tauranga Radiologist whom I had known for over 50 years. Her generous bequest, indexed to inflation, was hugely appreciated by NZ female novelists. Sadly, she died of breast cancer in 2022.



Above is an image of the 9 stars of the Matariki cluster with their Maori and Greek names. The Greeks called the star cluster Pleiades, and also 'the seven sisters'. In Japan it was recognised as Subaru meaning 'to come together'. In China it was Mao meaning 'the hairy head of the white tiger'. In India - 'Kṛillika'. The Norse knew them as 'Freyja's hens' and in Hawaii they were 'Makali'i' or 'Eyes of Royalty'.

Matariki in Global Perspective

The cluster of stars is thought to have appeared relatively recently, about 100 million years ago in the time of the dinosaurs, formed from the same cloud of dust (therefore a cluster, not a constellation).

It is situated 400 light years away and within one degree of the earth-sun axis, which is why it vanishes for a month or so as we on earth pass behind the sun in the middle of winter, and reappears in July. In the northern hemisphere they appear upside-down.

In Greek legend the seven sisters were the daughters of Atlas, a Titan god and an ocean nymph called Pleione. During war among the gods, Atlas retaliated against Zeus (King of the gods) who condemned him to forever hold up the heavens on his shoulders. The sisters were so sad that Zeus relented and allowed them a place in the sky so they could be near their father.

The name Matariki is said to be a contracture of Nga mata o te Tawhirimata, meaning "the eyes of the god of the wind, Tawhirimata." According to Maori legend, he was so angry when his siblings separated their parents, Ranginui (the sky father) and Papatuanuku (the earth mother) that he tore out his eyes and threw them into the heavens. Each Maori star name has a different representation: Matariki - those who have passed in the previous year, Tupuanuku - food grown in the ground.

Tupuarangi - food from the sky eg. birds, Waiti - freshwater food eg tuna, Waipurangi - rain, Ururangi - wind, Hiwa-I te-rangi - dreams and desires for the future. Pohutokawa - recognition of the dead.

There are 3 principles to the Matariki celebration:

Past: Honour the past. **Present:** enjoy the present-company of friends and family. **Future:** look forward to the future. Plan for future food planting eg. kumara. So, a bit like Thanksgiving in the U.S.

Malcolm

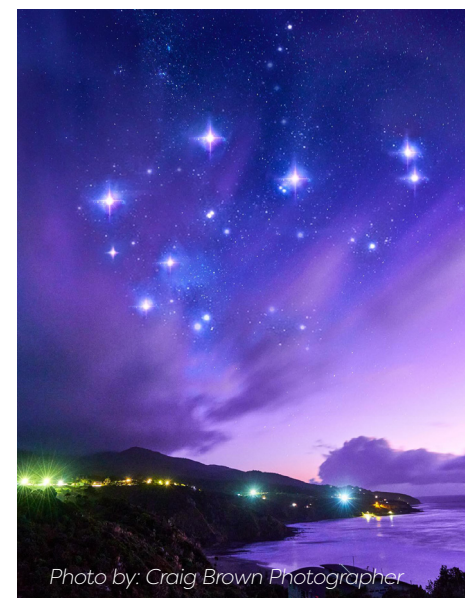
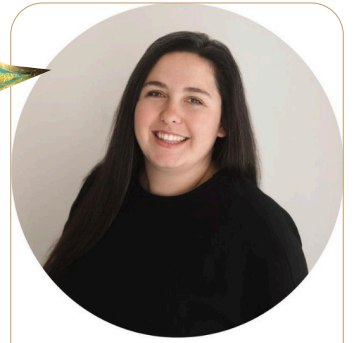


Photo by: Craig Brown Photographer

From our Care Centre



Mon 8th Jul 10:00am - 2:00pm
Massage Therapist
 Bailey Starting Monday
 8th of July 10am - 2pm



Mon 8th Jul 11:00am - 12:30pm
Soup Making in the
 main care dining room
 at 11am - 1pm



Tue 23rd Jul 11:30am - 12:30pm
Water Colour Painting



Sat 27th Jul
Olympic Games
 Opening Ceremony
 screening in the Main
 Care Lounge.



Mon 29th Jul 11:30am - 1:30pm
Massage Day - mini
 hand and arm
 massages in main care
 Lounge 11.30am -

Care Centre buzzing with activity

The Care Centre has been bustling over the past month, starting with a delightful King's Birthday afternoon tea. The Knitting Knatters group has been whipping up a storm with their creative skills, and we had a wonderfully creative afternoon with Matariki Arts and Crafts, decorating the Centre beautifully.

Our regular weekly events have been a hit, especially the Happy Hour and Sing Along with Jill every Tuesday afternoon. The songs from eras gone by are sung with gusto, creating a joyous atmosphere. The Jeopardy game sessions have also been thoroughly enjoyed by everyone.

Family members are more than welcome to join our movie afternoons on a Sunday, making it a wonderful time to bond.

As we move into the cooler months of winter, our focus is on keeping our

residents healthy and well. If you're visiting and have the sniffles, please consider delaying your visit for a few days or wear a mask. We need to err on the side of caution.

Looking ahead, we have an exciting month planned with watercolor painting, our regular knitting group, and Olympic-themed activities. We're also thrilled to welcome Bailey, our new massage therapist, who starts on Monday, the 8th. We're sure the residents will enjoy getting to know her and appreciate her services.