



**TE AWA**  
*Lifecare Village*

# TE AWA November 2024 PARTYLINE



## The power of music at Te Awa



### A word from Nikki

This month at Te Awa Lifecare has been alive with creativity, music, and festive cheer!

Residents proudly displayed their talents in the Arnold Cottage art exhibition, which featured stunning watercolours, pastels, knitting, crochet, clothing, hand-stitching, quilting, and even handcrafted furniture. The event was a tremendous success, with glowing feedback from all who attended.

Adding to the excitement, The Woolshed is launching its new menu this December. Highlights include delicious burgers, indulgent waffles, and a special Christmas Toastie to get everyone into the holiday spirit. As December marches on, excitement builds with festive decorations brightening The Woolshed and Care Centre, the Christmas Tree lighting up the season, and a calendar brimming with Christmas lunches and special events. The festivities will culminate in our much-anticipated residents Christmas Party on 20th December—a wonderful way to celebrate together.

Thank you to everyone who has contributed to making this month so memorable. With so much creativity, joy, and community spirit, it's clear the holiday season is well and truly in full swing at Te Awa. Here's to wrapping up the year in style and looking forward to an exciting 2025!



*Stephanie Giltrap's Piano Recital*



*St Peter's School Performing Arts*

**Music holds a special place in the hearts of our villagers and care residents, enriching their lives in ways both joyous and profound. This month at Te Awa has been a true celebration of that power, as our community came together to enjoy a wide array of musical events.**

We're fortunate to have the Cambridge community generously reaching out to host events for our residents. This month, the fortnightly singalong in The Woolshed brought smiles and laughter to all who attended, while Jill's lively singalong sessions in the Care Centre uplifted spirits. Alan Sayers kept toes tapping and air guitars strumming with his nostalgic renditions of 50s, 60s, and 70s hits—always a favourite with residents.

A particular highlight was Stephanie Giltrap's Piano Recital, where her talented students showcased their skills on the grand piano in The Woolshed, much to the delight of our audience.

We were also charmed by the St Peter's School Performing Arts group, who shared the magic of Christmas with their beautiful carol singing.

Music not only entertains but offers numerous benefits, including boosting memory, lifting moods, and fostering social connections. It's a joy not only for our residents but also for those who share their talents. These moments create a sense of community, bridging generations and spreading happiness through shared experiences.

We're grateful for the gift of music and the bonds it creates at Te Awa—it truly is the soundtrack to our vibrant village life.



## Sunday Christmas Family Lunches

In the month of December, residents and their families can enjoy a Traditional Christmas Lunch with their loved ones.

### Menu:

Apricot And Honey Glazed Ham On The Bone

Apple And Cranberry Stuffed Turkey

Steamed Gourmet Potatoes With Butter And Parsley

Hot Crusty Steamed Bread Rolls

Fresh Rainbow Seasonal Salad With Balsamic Dressing

Broccoli Salad Seasoned With Homemade Aioli, Cranberries, Pickled Onions And Shaved Almonds

Mustard, Butter, And Cranberry Sauce To Accompany Your Meal

Pavlova Choice: Classic, Chocolate, Passionfruit.

**\$65 per person | \$45 - 5-12 yrs, Under -s - free.**

**Filling up fast - don't delay - book your lunch today at Reception or phone 07 827 6103**



## Dates to mark on your Calendar

December is full of activities - from performances through to book reviews. Check out the calendar online at:



Care Centre



Village



## Will it be a white Christmas?

### No, it's just the annual seeding of the aspens—or are they cottonwoods?

Curiosity got the better of me, so I Googled poplars, aspens, and cottonwoods. I quickly regretted it! The Populus genus (named because the Romans planted them in public places) includes 57 species across seven groups.

If you search "aspen," Google leads you to the Populus Populus group, particularly Populus tremula, or "trembling aspen," which is common in Europe and Asia. Meanwhile, "cottonwood" points to the Populus Aigeiros group, especially Populus deltoides, the Eastern cottonwood, one of the most widespread trees in North America.

Both tremula and deltoides are dioecious, meaning only female trees produce seeds, dispersed in fluffy, cotton-like tufts (possibly the origin of "a bit of fluff"). Tremula has smooth grey bark and spreads via suckers, often sprouting far from the parent tree. In contrast, deltoides has deeply fissured bark and spreads solely by seed.

For these reasons, I believe our "aspens" are actually American Eastern cottonwoods.

P.S. The terms "aspen" and "cottonwood" are often used interchangeably, adding to the confusion.

Cheers, Malcolm



## RD4 construction update

**The construction of RD4 is progressing well, with exterior painting currently underway, giving the building a fresh new look.**

Interior painting is also underway for the first six units, while Gib stopping is in progress for the remaining eight units. The project remains on schedule, with all work proceeding smoothly as planned.

### 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

**Library -** Heather Harvey

**Cards -**  
Helen or Mary Collins 0272 884 925

**Mahjong -**  
Diana Dunn 027 268 7840

**Quiz -** Valerie Speirs 021 176 6739

**Walking Group -** Doug Arcus

# Melbourne Cup Day at Te Awa



On November 5th at 4 PM, a lively crowd of villagers, many dressed in their finest, gathered in the Woolshed for Melbourne Cup Day. Guests were welcomed with a complimentary glass of sparkling wine before settling in to watch the big race on the screen.

The sweepstake draw, expertly organised by our "Clerk of the Course," Bryan Oliver, with assistance from Mary and Richard Seabrook, added an extra layer of excitement. A big thank you to them for their efforts!

After the highs and lows of race-day luck, everyone enjoyed a delicious Village dinner. A wonderful day was had by all!

#### Best Dressed Awards:

- **Best Couple:** Jan and Bob Grange
- **Best Male:** Lawrie Goldsmith
- **Best Female:** Lorraine McChesney



## Havana Bananas

from Malcolm

Do you throw out your bananas when they turn almost black? Well, here is an alternative. Recipe for 2. Halve it for 1.

#### You need:

- 2 over-ripe bananas
- 2 Tsp butter
- 2 Tsp brown sugar
- 2-3 Tsp brown rum

**Method:** Put the butter and sugar in a non-stick pan over low-medium heat until it starts to caramelize. Meanwhile skin the bananas, cut them in half lengthwise and add to the pan turning so as to coat each side with the caramel mix.

**Option 1:** Remove the pan from the heat, add the rum and light with a match. The alcohol will burn off and the heat will add to the flavour.

**Option 2:** Leave pan on stove and just add the rum. Simmer for a couple of minutes- the alcohol will evaporate.

**Serve:** on 2 dessert plates with 2-3 scoops of Vanilla or French Vanilla ice-cream on top (this will start to melt on the warm banana mix). Yum!!



INTRODUCING

# Mathew Shorter

Te Awa Lifecare's Site Manager



**Mathew, Gemco's site manager at Te Awa, has been a cornerstone of the community since joining the team four years ago—helping shape it into what it is today.**

Over the years, Mathew has become an integral part of the management team and the villagers' daily lives. Known for his warm smile and can-do attitude, Mathew is always ready to lend a hand with just about anything. His knack for problem-solving and willingness to go the extra mile have made him a beloved figure at Te Awa.

In fact, his helpfulness extends far beyond construction. Over the years, Mathew has been spotted performing some unusual rescues, including saving ducks stuck in drains—a feat that's earned him quite the reputation as Te Awa's unofficial wildlife hero!

Outside of work, Mathew values nothing more than spending quality time with his wife and kids. Whether it's enjoying beach outings, camping trips, or simply being outdoors, he makes the most of family moments. He's also an avid runner and is passionate about upskilling in the building industry, keeping his knowledge sharp with resources like MBIE Building Performance updates, BRANZ guidelines, and trade journals such as Architecture NZ and Building Today. What drives Mathew at work is the satisfaction of seeing tasks and projects through to completion. From small sundry repairs to large-scale developments like new villas and care facilities, every job he ticks off the list is a win. The variety keeps him busy and motivated, whether he's tackling maintenance, refurbishments, or greenfield infrastructure projects.

Mathew's dedication and positivity are what keep Te Awa moving forward. And with his mix of expertise and heart, it's no wonder he's such a valued part of the community.



## From our Care Centre



## A month of activity and festive cheer

**What a busy and exciting month it has been for our residents at the Te Awa Care Centre!**

November kicked off with Melbourne Cup Day, where residents crafted their own stylish headbands, enjoyed a visit from our beloved canine friends, and cheered enthusiastically for their chosen horses during the big race—all in one fun-filled afternoon.

We've also started Seated Boxing Classes, which have been a hit with everyone, providing a great workout with plenty of energy and smiles. Our regular exercises with Shani continue to be a favourite, always set to lively music that keeps spirits high.

Music has played a central role this month as well. Jill delighted us with a piano singalong, Alan Sayers brought

back memories with his renditions of 50s, 60s, and 70s hits, and the end of November featured incredible performances by Stephanie Giltrap's piano students and the talented St Peter's School Performing Arts group.

Craft activities have been in full swing, with residents creating beautiful Christmas cards and wreaths in preparation for the festive season. The Care Lounge and hallways are now decked out with Christmas decorations, setting the scene for the holiday cheer to come. And while the decorations are up, we're patiently holding off until 1 December to begin the much-loved Christmas carols!

It's been a month full of creativity, activity, and joy—a wonderful lead-up to the festive season ahead.

**Te Awa Lifecare Village | 1866 Cambridge Road | 07 827 6103 | [admin@teawalifecare.nz](mailto:admin@teawalifecare.nz)**