



TE AWA

Lifecare Village

TE AWA PARTYLINE



October-December 2023



Message from the GM - Jed Rowlands

As the year draws quickly to a close and we all look ahead to celebrating Christmas and the New Year with family and friends, it is important to think about those we see on a daily basis, and to spare a thought and a prayer for those less fortunate or who are no longer with us.

I would like to take this opportunity to thank all of you that contribute to the smooth running of our wonderful village, whether that be as a volunteer, as an elected member of a committee or a staff member, you are all Good Sorts.

Enjoy the events that are planned for the month of December and the beautiful summer that we are supposed to be getting.

Tis looking to be a bit like Christmas

The installation of the Christmas tree in The Woolshed has led to a constant stream of opening and closing front doors in the foyer due to ongoing Christmas deliveries. As we navigate through the swiftly passing months of November and December, the increased activity is evident.

Please take note of the roadworks in front of the village, and exercise caution when leaving the premises as the road layout undergoes regular changes.

Exciting news: the new phase for Te Awa (RD4) is officially underway, featuring a new wing of care cottages. The eastern side of RD3 will experience heightened activity, impacting those passing Te Awa on Cambridge Road by foot, bike, scooter, or car. Grazing of livestock in the paddock between RD3 and the construction site of RD4 will continue.

The village has witnessed a flurry of activities in the past couple of months, including events like the Rugby World Cup, the election of a new Government, and the Melbourne Cup Fashion Parade. Special congratulations to Terry Stretton and Gay Kibby for earning the 'Best Dressed' title. Gratitude is extended to everyone involved in organising these events. We are thrilled to



announce the restart of our fortnightly Friday night BBQ nights, join us for these lively gatherings, adding to the vibrant atmosphere of the village.

Our dedicated chefs are currently crafting the Christmas Day menu for Care Residents and their families. If you wish to join your family member for lunch, please make a reservation with our concierge team. Your support and involvement are truly appreciated.





good sorts

Brain Worth and Bryan Oliver for digging and distributing Spuds

John & Jenny Duggan, Terry & Meryl Stretton, and Lawrie & Margaret Goldsmith for managing the smooth delivery of the newspapers.

Ralph Dearlove for refurbishing old, donated tools, that will be hung on the walls in Care, refurbishing a bench seat that will be placed around the village, and for helping Mat with the planting of plants around walkways and pathways.

John Crabb and John Duggan for the mowing of the Croquet Lawn each week.

Follow us on Facebook

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



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

Spotlight on the Village



About Halloween

Its origins go back 2000 years to the Celtic celebration of Samhain (pronounced Sow-Win) which marked the end of the harvest season and ushered in a new year.

During this time it was thought the veil between the worlds of the living and the dead were especially thin, enabling communication.

Christianity replaced such 'pagan' celebrations, so by 1000 AD this became All Saints Day or All Hallows- a time for the living to pray for the souls of the dead, traditionally on November 1st. That made October 31st All Hallows Eve, hence, Hallowe'en. It was the Irish and Scottish immigrants who brought the tradition to the United States.

Above right: A particularly scary family visitation to Villa 5 at Halloween! Malcolm



So we meat again!

Each fortnight during the summer, Te Awa hosts a BBQ meal on a Friday evening, following Happy Hour (In winter the equivalent meal is fish and chips).

The BBQ meat is pre-roasted beef or pork with lamb sausages, (usually made from Te Awa's own stock) accompanied by potatoes and salads.

We often have music provided by our regular visiting musician, Kevin McNeil with his pleasant mix of folk, ballads and gentle rock. Often, enthusiasts will dance to the music. It's always an enjoyable night and a nice break from cooking.

Thanks to chef Lorenzo, who undertakes the cooking of the sausages each week - your barbecuing skills are appreciated.



Significant milestone reached

On their walk from the Leamington Town Belt to The Karapiro Domain (6kms), the Te Awa Walkers reached a significant milestone!

Over 12 separate walks through the year, they have walked the length of the Te Awa River Ride from Ngaruawahia to the start line of the Karapiro Rowing Course. (A total of 70kms).

Because The River Ride is accessible from so many locations, and with the use of the Te Awa Van, it has been possible to plan a series of Tuesday morning walks of suitable length for the Walkers.

After completing the walk Tuesday, nine walkers celebrated the occasion at the Podium Cafe in the Karapiro Domain.



Te Awa Music Lovers



Recognising that there are a number of residents at Te Awa who appreciate classical music and who may have an interest in attending live classical concerts in the Region, the Te Awa Music Lovers Group was formed mid-year this year.

There are currently some 29 residents in the group including some in the Te Awa Cottages.

To organise the group we got set up on WhatsApp. One of our number then compiled a schedule of likely concerts within the Waikato for the remainder of the year including by:

- New Zealand Symphony Orchestra (NZSO)
- New Zealand String Quartet (NZSQ)
- Opus Chamber Orchestra (Regional Waikato/BoP Orchestra)(Opus)
- Chamber Music New Zealand (CMNZ)

Approximately a month before each individual concert, we invite interest from the Group for that particular concert following which we make a block booking for however many wish to attend (max 10 for the Van). Then on concert night, we take the Te Awa Van to the venue.

Te Awa Music Lovers really appreciate the availability of the Te Awa Van for use by Te Awa Residents and recognise it is a



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benefit not afforded by most retirement villages in this region! It is a very generous arrangement.

Just in the last six months of this year, members of the group have attended six concerts in Hamilton. Most of the concerts have been really enjoyable even uplifting, creating excited chatter in the van on the way home. **Outstanding were:**

- In the Academy Concert Chamber at Waikato University, acoustically, we have one of the best small auditoria in New Zealand;
- The collaboration between the NZSQ and Taonga Pouro (Māori traditional instruments) produced some hauntingly beautiful music enhanced by the helpful Q&A afterwards;

- The Opus concert with NZ Pianist Somi Kim playing the Mozart Piano Concerto #20 was a top performance by this Regional Orchestra;
 - The year finished with a crescendo with two NZSO concerts on successive nights. Not only was the music wonderful but both occasions were hugely significant in a New Zealand context;
 - Both concerts opened with a work by an NZ composer;
 - On the second night the composer for that evening's composition was present;
 - The conductor for both concerts was a young (36) kiwi woman, Gemma New, and a highly competent one at that! visit: www.gemmanew.com
- NZ is coming of age musically!**



Sticky Ginger Beef Noodles *By Malcolm*

Ingredients:

- 400 gm beef mince
- 2 cloves minced garlic
- 2 Tsp grated fresh ginger
- 1 Tsp sesame oil
- 1 Tsp white vinegar
- 2 Tsp soy sauce
- 2 Tsp sweet chilli sauce
- 400 gm Hokkein noodles

Method:

1. Bring a drizzle of oil to a medium heat in a large frypan or wok.
2. Cook mince and garlic for 5-6 minutes or until browned, breaking up with woodspoon
3. Add ginger, sesame, soy, sweet chilli and Hokkein noodles and cook another 5-10 minutes. Serve and top with chopped spring onions, fresh coriander +/- chilli flakes.

Very quick, easy and tasty. The noodles come in 2x 200gm packs and I only use 1x 200gm pack. Similarly you can use more beef and more sweet chilli instead of chilli flakes. I buy ordinary (cheaper) mince which has a bit more fat (flavour) than the premium mince.

From our Care Centre



INTRODUCING

Nikki Belfield

Hello, I'm Nikki Belfield, a registered nurse at the Care Suites in Te Awa Lifecare. I reside on a

5-acre property nestled between Te Awamutu and Pirongia, where my husband Bruce and I raise cows and calves to keep our freezer stocked.

Proudly, I'm a mother to two adult sons, Jake and Nathan, who might think they've outgrown their need for their mother, but every son always needs their Mama! I'm also the delighted Glammy to my fur-grandchildren, Honey (Boston Terrier), and Jax (Cat).

Bruce, my husband, is an engineer at Fonterra Litchfield. His skills encompass flying, building, repairing, and developing helicopters.

One of my passions is travel; I've explored America and Canada multiple times. Norway holds a special place in my heart, especially after a winter visit to ski and stay with friends. Dreaming of a year-long stay there to experience all seasons! Looking forward, in 2025, we plan to venture to Greece and Italy for a six-week adventure—I can hardly wait!

My current role at Te Awa brings immense joy. While my previous position with a Primary Health Organisation was fulfilling, I missed the hands-on nursing aspect. Working with the residents here is a delight; their stories and quick-witted personalities make each day unique. I've always been drawn to older people and palliative care, believing that making a difference in their lives, and their families', brings true job satisfaction.

Recently, my parents relocated to Te Awa, residing in one of the service cottages. Having them closer and within the Te Awa family is truly awesome. They've settled in well and are enjoying the community.



A busy month for our residents

October and November brought a flurry of activities to our Care Centre residents. Craft afternoons were filled with creativity, featuring the making of fascinators for the Melbourne Cup, rock painting, and engaging in a beach/sea theme sand painting.

Two standout highlights were the Residents High Tea Family Lunch, which provided a delightful opportunity for a quiet get-together with family members. Secondly, the visit from St Peter's School students during lunchtime offered a fantastic chance for intergenerational interaction, creating memorable moments. Our residents recently showcased their moves moves on the dance floor, adding joy to the atmosphere.

The Care Centre remains a buzz with constant activity, from lively games of bingo and sing-alongs with Gill, Men's Chat with Jed to spirited rounds of Jeopardy with Shirley. Residents also enjoy observing road construction workers, ensuring a variety of entertainment options.

As we gear up for the festive season, Tracy has curated activities to keep nimble fingers active, fostering a festive spirit among our residents.



TE AWA

Lifecare Village

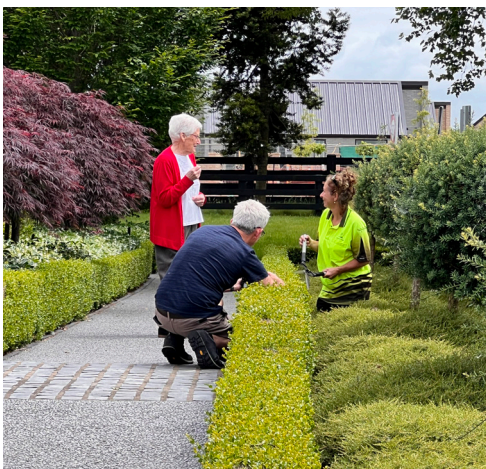
Christmas PARTY

«Eat, Drink and be Merry»

Featuring THE MODS

DOOR OPENS 5PM | THE WOOLSHED

22 DEC



And that's a wrap!

You might have noticed a bit of 'flurry' around the village over the last couple of weeks.

We are having new photos taken by Craig Brown of the Care Centre and Village to showcase the 'life within the village'.

These photos will be used for marketing collateral - Facebook, Website and Brochures.

Thanks for all of the residents who gave of their time to 'model' for us - we hope you enjoyed the experience.