



**TE AWA**  
*Lifecare Village*

# TE AWA PARTYLINE

January 2024



## Message from Mandy

I am enjoying spending more time at Te Awa. Te Awa has been very calm and peaceful, with many residents taking time away to enjoy the summer. Now approaching February, we are certainly returning to business as usual with many activities that are postponed for summer recommencing.

I acknowledge the loss of our friends Grant Edgecombe and David Benjamin and am reminded of how important it is to celebrate and enjoy life, and to appreciate how lucky we are to have each other and share this village.

Two weeks ago, we had an unannounced audit related to our certification as an aged care facility – one of the requirements we must meet for Te Whatu Ora. While we are waiting receipt of the finalised audit results, we were very pleased with the progress we have made since our last planned audit, and the feedback we received from the auditors.

The auditors specifically mentioned that they loved

**Continued over page>>**



## Te Awa walkers enjoyed many walks in the Waikato in 2023

For the Te Awa Walkers, 2023 provided a wide variety of walks in the Waikato made possible by the generous provision by Te Awa of its 10 seat Van. Unsurprisingly the walks were focused on the region's very attractive mountains, lakes, and river.

In the previous Te Awa News-letter, we recorded that, over 12 separate walks through the year, we have walked the length of the Te Awa Great River Ride from Ngaruawahia to the start line of the Karapiro rowing course.

The Waikato is known for its Maunga. The four major ones are Karioi, Pirongia, Te Aroha and Maungatautari. The Walkers visited three - all but Karioi but we did view Karioi from its lower slopes on our Ngarunui (Raglan Ocean Beach) Walk. Although it is not quite a Maunga, the Walkers on a separate occasion also climbed Pukemoremore (near Tauhei).

Typical of the Waikato Region is its many peat lakes. Most of them are no more than a depression in the contour of the surface peat so that the natural peat groundwater table appears above the ground. Most have visible neither in-flows nor out-flows. Rather, the entire peat layer is the aquifer with groundwater moving freely within it. Local Councils

along with conservation groups have now provided tracks around four of these lakes and in separate walks the Walkers have walked around all four – Kainui, Ngaroto, Rotopiko and Rotoroa. In addition, the Walkers went around Lake Topehahae (Morrinsville water supply) to the east of Te Miro.

In addition to Ngarunui, one other walk needs mention because it is Hamilton's regeneration success story – Waiwhakareke Natural Heritage Park opposite the Hamilton Zoo. (See <https://hamilton.govt.nz/parks-recreation-and-community-spaces/finding-walkways-and/detail/waiwhakareke-natural-heritage-park-walkway>). It started 20 years ago as voluntary regeneration project around the peat lake there, Waiwhakareke (Horseshoe Lake), and gradually enlarged to an area of 60ha that has now been completely replanted with appropriate native vegetation and has been set out with paths, viewing points and educational facilities. Some of the plantings are

**>>Continued over page**

## Message from Mandy

Continued from page 1>>

the environment and the atmosphere at Te Awa and that they recognised genuine care and mutual respect between staff and residents. We are truly blessed to have such a fantastic team of staff who contributed to this positive audit result while helping our people make the most of every day. It goes without saying that we appreciate our residents – it is because of you that we have purpose.

We have also been working hard towards refreshing our website. Thank you to all of you who have opened your homes or modelled for the village. We can't wait to share the finished project with you. This is only one of the improvements we are working on during 2024. We are looking forward to the year ahead.



## good sorts

**Te Awa staff would like to take this opportunity to express our appreciation of the goodwill shown to us over the festive season.**

We received all kinds of treats - in the form of baking, chocolate, flowers, cheese, hand cream, candles. We got lots of hugs. We received beautifully worded cards from families and residents, some of which reduced us to tears, made us feel very humble and appreciated.

Thank you, thank you, thank you – it is a privilege and we are grateful for the recognition we received.

## Follow us on Facebook

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



## Spotlight on the Village



## Goodwill prevailed

**In the village, right before Christmas, a peculiar scene unfolded next door to Liz and Tony in Villa 4. Speculations buzzed through the air. Were the developers trying to turn Uluru into Mont Blanc? No. Were they dreaming of a white Christmas? Not quite.**

It turned out there was a bit of a 'dust-up' between the developers and Liz and Tony. The cause? Dust. The constant blowing of dust over the fence had coated Villa 4's windows and terraces. The developers decided to be the unexpected heroes of the story.

Armed with plastic sheets, they waged war against the dusty invasion, creating a makeshift barrier. Not stopping there, they dispatched a crew to wash down Villa 4, turning a grumble into an unexpected act of Christmas spirit. In the village of Te Awa, dust settled, and goodwill prevailed.

## Busy Bees

**Di Worth and Judy Grey, assisted by Shirley Giltrap, Joy Crawshaw, Chris Sinton, Paddy Davis and Beryl Jarvis have been very busy creating all these Xmas decorations which you can see in the Craft Room.**

All of the Xmas figures are made with fabric, painstakingly stitched together, and full of colour. Well done to the whole team!

Residents, if you'd like to join the Craft team, give Shirley a call on 027 484 7499.



## 25 walks and not one repeated!

>>Continued from previous page

now encouragingly mature. The area has recently been designated a Natural Heritage Reserve and is well on its way to becoming a self-sustaining sanctuary representing the original ecosystem diversity of the Hamilton Basin. Despite a rather biting cold southerly, it was a very interesting walk there followed by coffee in the new Zoo Café!

In all in 2023, we undertook some 25 walks away from Cambridge without any one walk repeated. It was an enjoyable year for the Te Awa Walkers.



# Tesla Tattle

Doug Arcus

Of the approximately 80 resident cars at Te Awa (my estimate), for about 6 months, my Tesla was the only fully electric one in the Village (not counting the golf carts!) In mid 2023, Ron Johns purchased a Kia EV6 AWD. I understand another resident earlier arrived with a fully electric vehicle but then disposed of it.

I took delivery of my Tesla in November 2022 so I have owned for just over a year. It is a Standard Model Y (rear wheel drive). My Tesla has continued to attract interest. Here are few of the most commonly asked questions.

### How far will it go on one charge?

It is rated by Tesla at 455kms but that is now moderated to my driving at 424kms

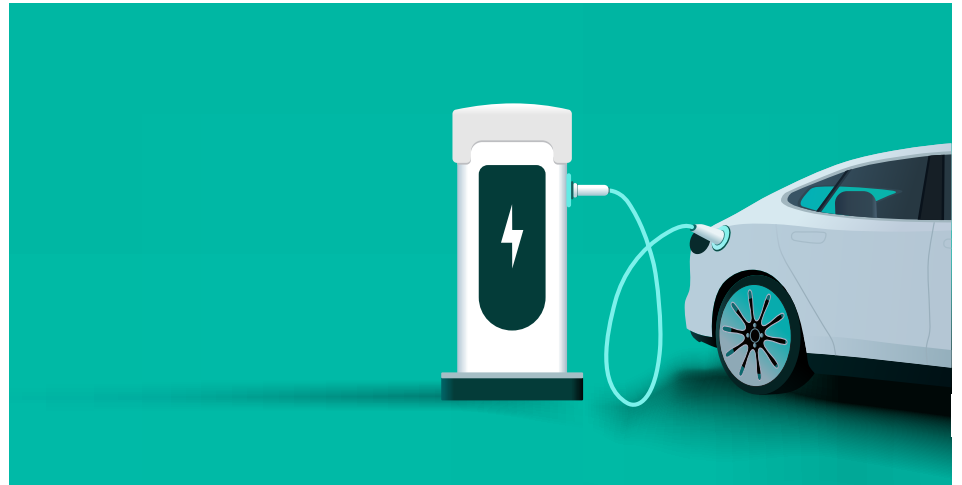
### Is the often cited “range anxiety” an issue?

No, not at all. Certainly no more than keeping an eye on the fuel gage in an ICE (Internal Combustion Engine) vehicle.

**Where/how do you charge it?** My charging cable plugs straight into one of the standard 3 pin plugs in my Villa garage. That is normally 10A. I could upgrade the 3 pin plug to 15A or 32A or I could install a full Power Wall. Each of those increases the rate of charge but to date all I have done is upgrade the double 10A outlet to a single 15A outlet. (I could do that without re-wiring because with each of the 3 pin outlets in a standard double plug is rated at 10A - total 20A, it was already wired for that load). So I am currently charging at the rate of 22km of range per hour of charging. That is adequate for my needs

### What is the cost of charging?

I have changed my domestic electricity supply plan to a day/night rate. The night rate is between 9pm and 7am @ \$0.17c/W/h. I can schedule (on my phone) charging to take place only during those hours. Those 10 hours will get me a further 220kms of range which is adequate to top up for local travel. I may have to schedule longer if either



I have just been on a long trip or I am expecting to head out on a longer trip. There is real incentive to charge off-peak because peak rates are double!

I have just turned over 17,000km of which ~15,000 Kms were in the last 12 months. That 12 month period has cost me a total of \$510 in electric power so far (from all charging points), compared with an estimated \$2950 for fossil fuel (saving of \$2540 or \$212 per month).

**What about Road User Charges (RUCs)?** EV Owners will be charged \$76 per 1000Km in RUCs from 1st April 2024. Like most other EV Owners, as a matter of fairness (we should all contribute to the roads we all use), I am happy to pay RUCs but at the rate currently proposed, we will be paying roughly double what fuel efficient petrol car owners pay in fuel excise duty (petrol tax). I hope that imbalance is addressed sooner rather than later. RUCs at their present proposed rate notwithstanding, the fuel cost for the Tesla will still be in the order of 10c per Km!

On the topic of charging, the Tesla is fitted with “Regenerative Braking”. The extent to which this may apply can be adjusted on the vehicle’s computer settings. I have mine on “Max”. That means that when the accelerator is no longer depressed, the momentum of the vehicle (2 tons) turns against

the motor reversing its direction and therefore its current, thereby generating energy which then goes back into the battery. This leads to “single pedal” driving where, except for emergency breaking, the accelerator can be used as the brake as well. I now vary rarely use the foot brake.. Rather, I have learned to sensitively feather the accelerator to stop in any given distance

**Where is the motor?** Not in the front! Under the bonnet is the “Frunk” which is quite a significant extra cargo space.

**Where is/are the battery/s?** The whole flat floor between the front and rear wheels of the vehicle is the battery bank. It is built as an integral structural component of the chassis.

**Where is the Tesla Dealership in the Waikato?** There isn’t one! All transactions are done directly with Tesla NZ and are done on line (I completed my order, payment & delivery arrangements all on my phone!). Tesla NZ does have modest premises in Auckland for the whole of NZ but that is more for administration rather than sales. I took delivery of my Tesla from a warehouse yard in Otahuhu.

**Are you enjoying the Tesla?** You bet! An excellent vehicle for our current requirements. As well, there is the satisfaction of saving the planet!

## Warmer months can be tough on our care residents

As the warmer days persist, we remain conscientious about the well-being of our care residents in coping with the heat. We diligently ensure that their rooms are kept cool, and they stay adequately hydrated.

Christmas proved to be a special time for our residents. Some were taken out for the day by their families, while others chose to stay and relish a delectable Christmas lunch. The day was filled with joy as residents and staff engaged in various activities such as playing games, listening to Christmas carols, and tuning into King Charles' Christmas Speech before retiring for the day.

To keep our residents active, a plethora of activities has been organised. Notable events include the Te Awa Colouring competition (won by David Natusch, 2nd place: Olive Lamb and 3rd place: Ann Gallagher), water sports at Arnold Cottage, and the delightful Lavender Salt Scrub Making, enjoyed by all who participated.

The weekly Country Drive remains a favourite among our residents, offering them the chance to appreciate the ever-changing landscape around Cambridge.

Shirley's weekly game of Jeopardy on Friday afternoons can get quite spirited. The Happy Hour every Wednesday with Gill, featuring a lively sing-along, consistently draws a large and enthusiastic crowd with some truly remarkable voices. Bingo, scheduled to commence in late January in the Main Care Dining room, is anticipated to be another spirited event.

Our resident celebrity, Gerry Wakes, made headlines in the local newspaper. However, we wish to clarify that the allegations of Mandy speeding in the golf cart are entirely unfounded and refuted. 😊



Gerry Wake in his favourite position outside Te Awa Lifecare Village in Cambridge. Photo: Mary Anne Gill.



INTRODUCING

## Lorenzo Pugi

Te Awa Lifecare's  
Esteemed Head Chef



**Born in Florence, I spent the first 18 years of my life in a secluded mountain town where my family continues to produce the finest chestnut flour in Italy. Ironically, despite this legacy, I can't stand chestnuts.**

My journey has taken me across the globe, from exploring Europe to witnessing wonders like the pyramids in Egypt, the Coral Reef, The Grand Canyon, and the Empire State Building. Recently, I immersed myself in the beauty of New Zealand, but no destination compares to the joy I find in the home my partner and I have created in Cambridge.

One of the highlights of my time at Te Awa was my first interaction with Colleen, a lovely lady who is no longer with us. During my second week, I encountered her struggling to put on her earrings due to tremors. I stepped in to help, and from that day forward, she never failed to brighten my kitchen with her visits, always exchanging a smile for a freshly baked cookie.

Despite being a chef, I'm the least picky person you'll ever meet. My favorite meal? The one I didn't have to cook! Burnt, soggy, or raw – if I didn't prepare it, I'm the happiest man alive.

I cherish the opportunity to interact with the Te Awa residents and look forward to creating memorable culinary experiences for everyone.