



**TE AWA**  
*Lifecare Village*

# TE AWA

October 2025

# PARTYLINE



## A word from Nikki

**It was a blustery but joyful Friday afternoon when we finally celebrated the opening of the new gate on Arikura Lane.**

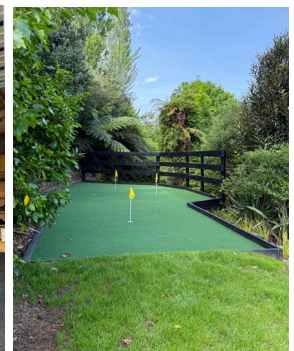
The journey to get here has certainly been a long one, but we can now see the light at the end of the tunnel—quite literally! Instead of popping champagne, we marked the occasion with a symbolic throwing of rice—though with all the recent rain, we're hoping it doesn't turn into a rice paddy and upset our gardeners!

The old driveway has now been lifted and will soon return to paddock space for our farm animals to enjoy. Meanwhile, we're thrilled to welcome our newest residents Heidi and Richard Wehrle (Villa 82), who have moved into Stage 3 of the village. It's all happening down there—four more villas are currently under construction, with two already purchased and two still available.

There's also been some fantastic progress in RD4, with more residents settling in and adding to the vibrancy of our community. To complement all this growth, we've opened a new vegetable garden near the maintenance shed, giving residents the opportunity to get their hands dirty and enjoy some homegrown produce. For those with a competitive streak, there's now a golf chipping net and putting green—though the walk back up the hill might be the toughest part of the round!

Looking ahead, we've got plenty to look forward to: Melbourne Cup celebrations, Christmas lunches for families in the café, and of course, our very own Te Awa Christmas Party.

**Take care, Nikki**



## Embracing change – the village keeps growing

**Life at Te Awa continues to change, and it's all a good thing. Progress is happening on many levels, and with each new development, our village grows not just in size, but in spirit.**

The most visible change is the opening of our new entranceway on Arikura Lane. This quieter, safer access means our residents no longer have to turn onto the busy main road, a welcome relief for many! Along with the new entrance comes a new address, too. We've officially moved from Hamilton Road to Arikura Lane (number still to be confirmed). The name Arikura was gifted by local iwi, Ngāti Koroki Kahukura and Ngāti Hauā, honouring the deep history and connection this land holds.

Closer to home, our latest vegetable garden is flourishing. Rows of potatoes promise new spuds for Christmas lunch, alongside corn, peas, and beans – a real feast in the making. The new maintenance shed is open, and the team couldn't be happier with their



upgraded space (and yes, they're already planning what new "toys" might fill it).

And for those partial to a bit of golf, the putting green and driving net boast breathtaking views over the maungas – just try not to send your ball into the bush, or it might be lost to nature forever!

As the last of the road cones disappear and the cycleway and median strip take shape along Hamilton Road, it's clear that change is not just constant – it's positive. Te Awa is growing, thriving, and looking to the future with pride.

**Te Awa Lifecare Village | 1866 Cambridge Road**  
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## The Tui are back!

**There's a joyful sound echoing through the village once more – the tui are back!**

Their melodic calls and playful flights bring a wonderful sense of life and energy to our surroundings. They seem especially fond of the harakeke (flax), which is now in full bloom, providing the perfect nectar feast. Watching them dart among the blossoms, wings glinting in the sunlight, is a daily delight. The return of the tui is a gentle reminder of how beautifully nature thrives around us – and how lucky we are to share our village with such lively, feathered neighbours.

*Photographer: Nikki Belfield*



## Richard Johnstone – the Mailman

**For many residents of Te Awa Lifecare, the sight of Richard Johnstone strolling through the village with a basket of letters has become a familiar and much-loved part of community life. Known affectionately as “The Mailman,” Richard has been quietly keeping the wheels of communication turning for the past five years – ever since he and his wife, Kerry, moved into the Villas on the 1st of December.**

When they first arrived, it was the late Grant Edgecumbe who was delivering the papers around the village. One day, Richard casually offered to take on the mail deliveries – and from that small gesture, a village tradition was born. Back then, Te Awa was home to only about 25 villas, six to eight cottages, and the Care Centre. It was a tidy little route, manageable and friendly. But as the village grew, so too did Richard's daily rounds.

Originally, mail delivery days were Tuesday, Thursday, and Saturday – though the Saturday run was always something of a gamble, depending on when the mail actually arrived at the village! Still, come rain or shine, Richard was there – basket in hand and a ready smile for anyone he met along the way.

When Richard and Kerry headed off on holidays, two trusty stand-ins made sure the tradition carried on – a heartfelt thanks to Judy Gray and Marie Brown for keeping the mail moving. Their support meant residents never went long without their letters, parcels, and the occasional surprise envelope.

Sorting the mail became a well-

honed ritual for Richard. Up at the reception area, he'd lay everything out in the meeting room, dividing it into six categories: the Care Centre, the Cottages, and the three different Villa roads. Then, with precision and a touch of humour, he'd set off on his walk, delivering to each mailbox in turn. The route wasn't long, but on days when the monthly magazines arrived, the basket could get heavy! Still, Richard took it all in stride.

Over the years, he's seen just about every kind of envelope pass through his hands – from the ever-popular Te Whatu Ora letters to the occasional police infringement notice (no names mentioned, of course!). But more than the mail itself, it was the people that made the job special. Delivering letters meant Richard came to know everyone in the village – who lived where, who had newly moved in, and, sadly, who had passed on. His role was more than practical; it connected him deeply to the life and rhythm of the village.

Now, after five years of service, Richard has hung up his mailbag – but not his energy. These days, he's discovered a new passion for Pickleball and has found extra time to hit the tennis court too. His dedication, warmth, and good humour have left an indelible mark on the community.

So, to Richard – thank you. For every envelope sorted, every heavy basket carried, and every friendly chat along the way. You've delivered more than just the mail – you've delivered connection, care, and community.

***Here's to you, Richard – our Mailman, our neighbour, and our friend.***





Top: Taste testing in full swing. Above left: Lorenzo, Rachel and Sue discussing the wines chosen. Above right: Sue Arthur of Over the Moon Cheese and right, Rachel Dennis of Mission Vineyard.

## Mission Over the Moon

At 3pm on Thursday, 2nd October, Te Awa's wine and cheese enthusiasts were treated to a delightful afternoon of sampling Over the Moon cheeses (based in Putāruru) paired with selected wines from the Mission Vineyard (based in Napier).

Around ten years ago, Sue Arthur founded the Over the Moon Dairy, which quickly rose to prominence, winning an impressive 150 prizes at the New Zealand Cheese Awards. Representing Mission was Rachel Dennis, from New Zealand's oldest winery, established in Hawke's Bay in 1851 by French missionaries.

The pairings of wine and cheese were cleverly curated, guided by the principle that you don't match a strong cheese with a light wine. Both Sue and Rachel's introductions were informative, engaging, and entertaining. Popular matches included Truffle Camembert with Mission Merlot, Sheep Cheese with Pinot Noir, and Creamy Blue with Gewürztraminer.

Sue also outlined a proposal to supply monthly cheese orders for Te Awa residents – further details will be available soon from Tracy.

It was an enjoyable and well-presented session, and everyone left a little wiser (and perhaps a little fuller!). A big thank you to Tracy, Lorenzo, and Tucky from our staff, who helped ensure the event ran smoothly. — Malcolm

**There's a lot on this month at Te Awa - don't miss out!**

Check our activities calendar online

Village



Homestead



INTRODUCING

# Beena Kirshnan

Registered Nurse



When Registered Nurse Beena Krishnan joined the Te Awa Care Centre team in May 2023, she brought with her not only professional experience but also a deep sense of compassion and resilience shaped by her journey from Kerala, India to Cambridge, New Zealand.

Beena began her nursing career in India, working in a hospital before immigrating to New Zealand in 2021. Upon arrival, she undertook and successfully completed the Competency Assessment Programme, marking the start of her New Zealand nursing career. Her first placement in Auckland provided valuable exposure to the country's healthcare system, but it was the move to Cambridge that truly felt like home.

In 2023, Beena's husband, Ajith and their 10-year-old son, Aarush, joined her in New Zealand, and they settled in Leamington. Beena found her calling in aged care, an area she describes as warm, fulfilling, and family-like. She loves the sense of connection with residents and colleagues, and the supportive culture that allows her to maintain a healthy work-life balance. Her PM shifts fit perfectly around family life – she drops her son off at school in the morning while her husband handles the afternoon pick-up.

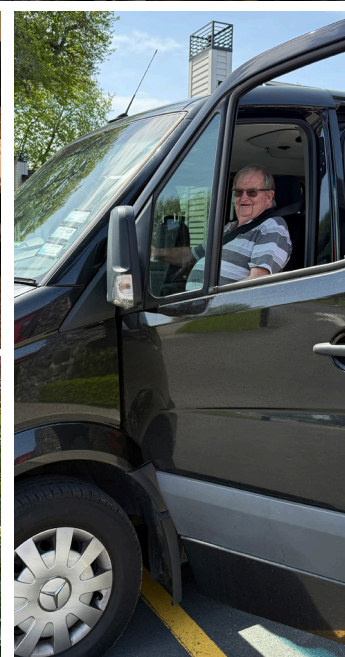
The year 2023 was momentous for Beena: she became a New Zealand resident, earned her full driver's licence, and joined the Te Awa team. Despite her busy schedule, she continues to pursue professional growth, currently enrolled in a Postgraduate course at Waikato University, with one paper nearly complete.

At home, Beena enjoys shopping, family time, and jokingly admits she's not the best cook—her husband, an excellent cook, takes the lead in the kitchen. Reflecting on her work, Beena shares a simple but profound lesson learned through nursing:

*"Enjoy your life—you never know what tomorrow will bring."*



## From our Care Centre



## October – a month of movement and fun

**October has been full of energy at Te Awa Lifecare Care Centre – a true month of movement! With the promise of summer ahead, everyone's been stretching, strengthening, and shaking off the last of winter's "hibernation."**

Residents have been enjoying a wonderful mix of exercise activities – from friendly Boccia games and boxing lessons to Tai Chi with Helen, table tennis, and seated exercise sessions, which continue to be a crowd favourite. It's been fantastic to see so many smiles, laughs, and even a little friendly competition along the way!

We've also had some adorable visitors – Charlie and Josh, two lovable dogs, who brought joy (and plenty of cuddles) to residents and staff alike. There's something special about the

happiness that only a wagging tail can bring.

Our country drives have been popular too, with the latest outing taking us on a scenic drive to Morrinsville – a perfect chance to admire the rolling countryside and enjoy the changing spring landscape.

Adding some healthy competition to the mix is the "Big Red" tomato challenge – each wing has its own plant and watering regime, with a taste test planned for January to crown the top grower.

Creativity has also been flowing with craft sessions and Halloween cookie decorating, and next week residents will be making headbands for the Melbourne Cup celebrations – rumour has it there may even be a glass of wine and a friendly flutter!

With warmer weather on its way, we're looking forward to more outdoor fun, movies, and a special visit from the Mosaic Choir. There's truly never a dull moment here at Te Awa Lifecare Village!



Scan the QR code for Care Centre calendar

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