



Issue 223 - August 2021

From Jason's Desk

Dear Residents,

It's good to put pen to paper again and let you know what's happening around the village for the month. Firstly, welcome to our new resident Marie Abbot in unit 73 who has moved in this month.

I heard that the Debbie Dorday concert was a huge success. We as management are thrilled that you all enjoyed attending.

The AGM went well, as expected, and of course the refund and the morning tea, just topped it off. I believe the Minutes have been circulated with little feedback, so thank you for reading them and well done Katrina on accurate Minutes.

We are having some new developments in the Community Centre these coming months. The work will commence on the 13th of September. We are renovating the men's and ladies ablutions. We will be working on one bathroom at a time. This will mean that if we decide to renovate the ladies bathroom first, that the men's bathroom will then become unisex for this short period of time and vice-versa. I understand that this may keep things interesting. However, I am sure that we can all work through this and look forward to modern updated bathrooms as the end result. If you have any concerns, please don't hesitate to contact Lisa or myself. There will be a notice that will be circulated to you, closer to the time.

We have just completed our 3 yearly Audit from the Retirement Village Association and are waiting for the results. I would like to thank those residents who participated in the interview with the auditor. We appreciate the time you gave. The overall feeling from Jen was that our systems in place were excellent, especially our policies and procedures, so a big shout out to Katrina for all the additional work you have done putting these into place and for making the Audit go so smoothly.

I hope you have enjoyed the Olympics at the moment (at the time of writing). Isn't New Zealand doing so well for the size of our country? I would have to say that the men's and woman's rowing have been the highlight for me, especially the 8s. However, congratulations to all our NZ athletes for even getting there. What an achievement. Jack, my son, had a friend from School running in the 1500m, Sam Tanner from Tauranga, who did really well for his first Olympics at 19 years old. We had a very successful South Island trip with the boys. We had to fly in by Chopper as the bridges were out. That meant having to fly four short trips each way. We flew 10 dogs in. I am not sure that they enjoyed the trip as they couldn't see much, whilst locked in the boot. We got plenty of pigs with no injuries to dogs or man. For that, we are very thankful.

I would just like to say thank you, to all of you for your continued support here at Carmel. For all that you do around the village for each other. I see so much good here. I continually receive feedback on those good deeds that are being done, both seen and unseen. Remember we are all getting older. Continue to give time to each other, put up with our funny little quirks and don't sweat the small stuff.

All the best.

Management

• **POETRY: *from The Woman's Labour.*
An Epistle to Mr Stephen Duck**

BY MARY COLLIER

[The Washerwoman]

When bright Orion glitters in the skies
In winter nights, then early we must
rise;
The weather ne'er so bad, wind, rain
or snow,
Our work appointed, we must rise and
go,
While you on easy beds may lie and
sleep,
Till light does through your chamber-
windows peep.
When to the house we come where
we should go,
How to get in, alas! We do not know:
The maid quite tired with work the day
before,
O'ercome with sleep; we standing at
the door,
Oppressed with cold, and often call in
vain,
Ere to our work we can admittance
gain.
But when from wind and weather we
get in,
Briskly with courage we our work
begin;
Heaps of fine linen we before us view,
Whereon to lay our strength and
patience too;
Cambrics and muslins, which our ladies
wear,
Laces and edgings, costly, fine and
rare,
Which must be washed with utmost skill
and care;
With holland shirts, ruffles and fringes
too,
Fashions which our forefathers never
knew.
For several hours here we work and
slave,
Before we can one glimpse of daylight
have;
We labour hard before the morning's
past,
Because we fear the time runs on too
fast.

At length bright Sol illuminates the
skies,
And summons drowsy mortals to arise;
Then comes our mistress to us without
fail,
And in her hand, perhaps, a mug of
ale,
To cheer our hearts, and also to inform
herself what work is done that very
morn;
Lays her commands upon us, that we
mind,
Her linen well, nor leave the dirt
behind. Not this alone, but also to take
care. We don't her cambrics nor her
ruffles tear;
And these most strictly does of us
require, to save her soap and sparing
be of fire; Tells us her charge is great,
nay furthermore,
Her clothes are fewer than the time
before. Now we drive on, resolved our
strength to try,
And what we can we do most
willingly; until with heat and work, 'tis
often known.
Not only sweat but blood runs trickling
down.
Our wrists and fingers: still our work
demands, the constant action of our
labouring hands. Now night comes on,
from whence you have relief, but that,
alas! Does not increase our grief. With
heavy hearts we often view the sun,
fearing he'll set before our work is
done; for, either in the morning or at
night, we piece the summer's day with
candlelight. Though we all day with
care our work attend, such is our fate,
we know not when 'twill end. - When
evening's come, you homeward take
your way;
We, till our work is done, are forced to
stay, - And, after all our toil and labour
past,
Sixpence or eight pence pays us off at
last; -
For all our pains no prospect can we
see - Attend us, but old age and
poverty.

Health

And Safety Reminders:

- ✓ Eat healthy.
- ✓ Focus on prevention.
- ✓ Get information on medication management.
- ✓ Get some sleep.
- ✓ Remember mental health.
- ✓ Screen for vision changes.
- ✓ Socialize.
- ✓ Stay physically active.
- ✓ Take your supplements.



Rate Rebate Application:

We will be having the Council come out in September.

In the meantime, please note that Council have sent out application forms. If you are eligible and require a form, please collect the form and also the signed off owners declaration accompanying form, from the office. Any questions, please just phone the office on 07 544 5553.

MOTHER TERESA - If you are kind, people may accuse you of selfish, ulterior motives: Be kind anyway. If you are successful you will win some false friends and true enemies: Succeed anyway. If you are honest and frank people will try to cheat you: Be honest anyway. What you spend years building,

someone could destroy overnight: Build anyway. If you find serenity and happiness, they may be jealous of you: Be happy anyway. The good you do today, will often be forgotten by tomorrow: Do good anyway. Give the world the best you have, and it may never be enough: Give your best anyway.



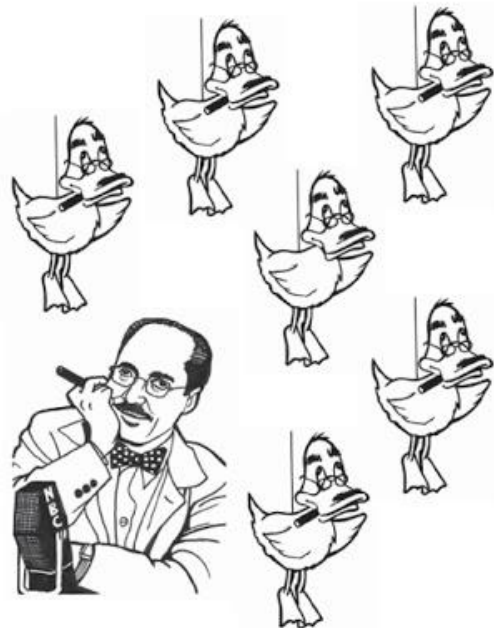
Vegetable Garden

Plot:

Spring is just around the corner. If you want a vegetable plot to grow some vegetables, please contact Eddie Perrett at Unit 27 on telephone 0274 372 378.

SENIOR SMART PUZZLES

Find the duck that is different from the others.



www.seniorsmartpuzzles.com

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Use a magnifying glass if necessary.



HAPPY BIRTHDAY in August
to: **Jacqui Kerrigan,**
Ann Raine, Dawn Goile,
Trevor Crane, Ann Andrews,
Doris King, Shirley Street,
Margaret Dale, Sharlene
Rowling, Raywyn Nicholson,
Carol Urry, Lyn Hayson, Bob
Smith, Tony Aplin, Donald
Taylor and John Simunek.

Volunteer Weekend Hosts:

Remember new volunteers are always welcome (there is a criteria). Our next meeting is to be held in the Library on Tuesday **21st September 2021** at 10.00 am. Any questions, please just phone Katrina at the office on 07 544 5553.



Carmel Movies:
By Sue Whitworth
Phone: 021 543544
(Unit 15)



19th September, "Rabbit Proof fence", It's the 1930's in the outback of Australia. 3 young Aboriginal girls are snatched from their Mother's arms in Jigalong, Western Australia and sent to a remote settlement at Moore River (1500 miles away) from home, and forced to adapt to a strange new world. The girls attempt to escape. Their one big hope, find the rabbit proof fence that might just guide them home. (Approximately 94 minutes)

Recipe - Beef Ragu Crockpot Style - Ingredients:

- 1kg beef mince
- Tinned tomatoes
- Chopped onions
- Carrots
- Garlic
- Celery
- Red pepper
- 2 tbsp. tomato purée
- 450g large pasta shapes (such as paccheri, rigate or rigatoni)
- Basil leaves

Some meals are so much easier to cook when it's for more than one or two people and certainly when you're older you want something simple, and cheap, yet is still tasty and nutritious.

Slow cookers meals are perfect for the Winter as they require very little effort but retain all of those essential nutrients. Plus, you can buy slow cookers in a variety of different sizes, which gives you the option of making one meal at a time or buying a slightly larger one and batch making meals to keep in the freezer.

Try this simple slow cooker meal, made with beef mince, tinned tomatoes, chopped onions, carrots, garlic, celery and red pepper. Simply bung it all in the pot in the morning, switch on and leave for the day and it will be all ready to be spooned over some pasta come dinner time. This Ragu can also be used as a base for a shepherd's pie, chilli, lasagne, meatballs and if the meat is left out it can also be blended down as a soup or sauce."

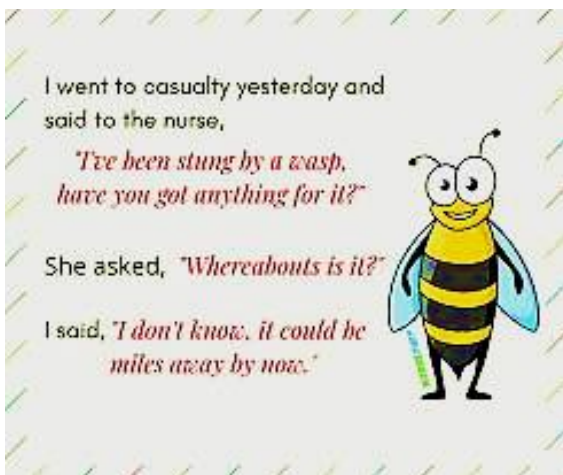


Red Hats Outing to Bethlehem Shores Centre in July



GARDENING NEWS: Garden Lovers met in the Carmel sunroom on Tuesday 27th July at 10am. After morning tea, members were shown a potted anthurium which had hosted monarch butterfly cocoons. Another member brought broccoli leaves peppered with rust caused by the winter rains. Ten questions were presented relating to gardening and flowers. This ended the hour which all enjoyed. Happy gardening.

Noeline Gardner (Unit 136).



THANK YOU TO SOPHIE

Thank you for keeping us on our feet. Sadly, we say "Farewell".



During the month of July, we were saddened to hear that our lovely instructor, Sophie, has decided she needs to finish up some of her classes (including her Carmel Class) to spend more time with her one year old son. We have been so fortunate to have her now as our exercise Instructor for two years and will really miss her smiling face and expertise. Sports BOP are on the lookout for another instructor. However, in the meantime, I will keep the class going. As I don't have eftpos, payment will be by cash (\$4 or \$5 cash suggested) we are hoping Sophie may be able to return sometime in the future. Here she is, in the photos, with her two children on the 21st July when she popped in to say "Goodbye". It was great that we had a near full attendance to farewell her that day" **(Frances Hadfield - Unit 127)**

PUTTING ON THE RITZ:

What a perfect nights entertainment. It's a long time since I've seen every member singing along one minute, then all laughing vigorously.

All Acts by Debbie Dorday and Jim Joll were as good as you would see anywhere, with about 20 changes of costumes between them, during the 90 minute show. Special thanks to Jason for shouting the Bar. Also, thanks to the residents committee, for supplying complimentary finger food.

This made it a perfect night out at a reasonable cost.

It was such a good night. It makes it a hard act to follow. Perhaps, if you have any suggestions, let the committee know.

Eddie Perrett
Chairperson Residents Committee.



Safety first! -



By Peg Cummins.

“There is nothing scarier than that split second when you lose your balance in the shower and you think “THEY ARE GOING TO FIND ME NAKED.” Joke spied on an attachment.

Well, I beg your pardon, but there is something even scarier and that is when you know they are not going to find you alive. And that is a real possibility for anyone who does not wear their St John's alarm all the time, even in the shower. I had a lightbulb moment recently when I started to slip. (*I have*

since bought a shower mat.) I thought that if I wasn't able to summon help, I would lie there under the hot water for a little while. Then the water would turn cold and I would be heading for hypothermia.

I am troubled by the number of folk in the village who leave their alarms hanging on a doorknob or another place inaccessible to them when they are elsewhere. The trouble with falls is that we never know when they are going to happen. Our homes are so well soundproofed that we might not be easily heard even if we shouted at the tops of our voices. Our alarms are there to protect us but they are no use unless they accompany us wherever we go in our homes and, for a small space outside them. So please rethink if you don't already keep your alarm with you all the time. Your life may depend on it.

Another safety concern I have is that the 15km speed limit in the village is being all too often ignored by contractors, carers, visitors and even residents. I know that 15km is hard to maintain and someone suggested to me that the limit should be raised to 20km. However, once you put it to 20km, people might go even faster. There are no footpaths in the village and most residents walk on the road, hopefully well to the side but they should be able to walk safely and just think about how you would feel if you struck someone or even gave them a fright. So, please alert your visitors to the 15km signs and wave down those who seem to be exceeding it. Once again it could be a matter of life and death.

RESIDENTS COMMITTEE BLOG:

Your present Residents' Committee August 2020/2021 will be having their final meeting on Thursday 12th August 2021.

We have enjoyed working together and with all the Residents who have contributed in so many ways.

Jason, management and staff have been generous in their support also.

The list of nominations for the new committee is posted on the notice board in the Library. The list of our new committee will be in September's Newsletter and also posted in the Library, once finalised.

REMINDER: The CARMEL RESIDENTS' AGM IS THIS FRIDAY 13TH at 3pm, to be followed by Happy Hour. See you there.

Your yearly subscriptions can be paid following the AGM. Details will follow.

Jan Garrett (Unit 39)
Residents Committee
Past Chairperson



THANK YOU FROM DORIS KING

I would like to extend my thanks to all residents for your kindness, birthday cards and treats for my 90th Birthday. I am extremely grateful to you all. Thanks for celebrating this milestone with me.

MANAGEMENT CONTACTS

Office and Community Centre
 Katrina Goldie/Lisa Wales 07 544 5553
office@carmel.co.nz

Jason and Sharlene Rowling
 027 472 7658 (Jason)

REGULAR CARMEL EVENTS

Every Monday	10am	Carmel Singers
Monday	1.00 pm	Indoor Bowls (names in 12.50pm) & Rummikub
Monday	7 pm	Cards (500)
1 st & 3 rd Monday in month	10am	Bible Discussion in the Library
1 st , 3 rd , 5 th Monday in the month	1.30 pm	Carmel Knitters and Craft
Every Tuesday	9.00–12 noon	Physiotherapy Clinic
Tuesday	1.00pm	Bolivia - Cards
Tuesday	1.30pm	Petanque
Tuesday	2pm	Men's Croquet
2 nd Tuesday in the month	10am	Residents' Morning Tea
3 rd Tuesday in the month	1.30pm	Bingo
4 th Tuesday in the month	10am	Garden Lovers
Every Wednesday	8.45am	Village Bus Departs for Bayfair (2 trips)
Wednesday	9.00am	Keep Your Feet Strength and Balance
Wednesday	9.00am	Outdoor Bowls - names in 8.50am
Wednesday	9.30am	Golf Croquet
Wednesday	1.30pm	Mah-jong
Wednesday	1.30pm	Cards
Wednesday	1.30pm	Table Tennis
Wednesday	4.00pm	Men's Social Hour
Every Thursday	10am	Health Clinic in Doctors Room
Thursday	1.00pm	Scrabble
Thursday	1.00pm	Rummikub
Thursday	1.00pm	Adult Colouring In
Thursday	1.00pm	Indoor Bowls - names in 12.50pm
Thursday	1.30pm	Petanque
1 st Thursday in the month	6.45pm	Quiz Night
1 st & 4 th Thursday in the month	9.00am	Tauranga Organ and Keyboard club
3 rd Thursday in the month	9.45am	Red Hat Dames
Every Friday	9.00am	Outdoor Bowls - names in 8.40am.
Friday	9.30am	Golf Croquet
Friday	1.00pm	Hobby Group
Friday	4.30pm	Happy Hour
Last Friday in the month	8.45am	Village bus departs for The Lakes
Every Saturday in the month	9.30am	Exercise Class
Saturday	1.00pm	Bolivia
Every Sunday	11.00am	Carmel Community Church Service
1 st Sunday in the month	1.30pm	Tauranga Organ and Keyboard Club
3 rd Sunday in the month	4pm	Movies in the Centre
Every Thursday	8.30am	Hair Salon – Glenys ring Carmel office
Every Wednesday	8.30am	Hair Salon – Robyn ring Carmel office



Carmel Radio Station Daily 107.3