



Issue 226 - November 2021

From Jason's Desk

Dear Residents,

Everything is starting to ramp up around the Village with only 6 weeks until Christmas. Units to be completed, new residents moving in, trimming to be done, our ramp to be completed, lawns to be sprayed. The list goes on. So, we welcome Greg Evans to our gardening team. He brings experience, a hard working ethos and a friendly smile. When you are out and about, please make yourself known to him.

Like I said, our Gardner's are at present trimming and have started at the top end of the Village (*Poike Road end*) and will be working their way back down through the Village. If you have any trimming requests, please just note that we will be there in due course. You do not have to ring and put your request in the gardening book as we will be at your Unit very soon. Thank you for your patience regarding this.

The amazing ramp of Carmel is nearing completion. We have had the all-weather carpet strip measured and that will be laid soon. Fingers crossed, our railing will be completed before Christmas. The old plants have been pulled out alongside the back of the Community Centre and replaced with matching box hedging and additional plants in between. It looks very smart. Do pop up and have a look, next time you are up at the Centre.

We welcome new residents, George and Alison Stirling, from Unit 125 to the village. Please make yourself known to them when you are out and about. We look forward to having you as part of the Carmel family. We also have 4 other couples moving in before Christmas (*Units 66, 72, 124 and 131*). So, there will be new faces around in the New Year. We look forward to welcoming them also.

We continue to monitor the Governments protocols with COVID-19. The RVA are sending through new measures that will be put in place in due course. Nothing alarming, however requirements that will help protect us going forward with traffic flow in and out of the Village. I am not sure where we will be as a nation by Christmas regarding the alert levels. However, I do hope levels will be at a point where family and friends can travel over this holiday season. Once again, thank you to all residents for the part you are playing, ensuring family and friends still sign in prior to visiting you. Also, the signing into the Centre when enjoying all the activities. It's been nice to see the Choir and Church services back on again. At this time, our gates are now open. We trust that this all helps in getting us back to a sense of normality again.

Just a piece of advice for you all. Go out and get your Christmas shopping done before the end of November. It will be bedlam out there throughout December. In the meantime, keep safe, be kind and if we can help in anyway, we are only a phone call away.

All the best - Carmel Management

MELBOURNE CUP FUN



Volunteer Weekend Hosts:

Great to be up and running again. We are looking to add to our volunteer team. WE NEED YOU! Think about taking up the challenge. Some of our valued volunteers will be away holidaying. There is a criteria, however please don't hesitate to enquire. Our next meeting is to be held in the Library on Tuesday 7th December at 10.00 am. (Christmas Break Up) Any questions, please just phone Katrina at the office on

07 544 5553.



VINTAGE CAR VISIT TO CARMEL:

Wednesday 15th December at 11.15 am.

The local Vintage Car Club are coming in to park and display their fleet of cars. Short rides will be offered for those that are keen.

They will be here for approximately 40 minutes.



Walking through the Village:

Almost every day I walk through some part of the village, usually quite early in the morning. These days I try to walk quickly because I watched a documentary about how to dodge dementia. Yes, really. They said don't just go for a stroll; walk fast. Not so fast however, that I miss all the sights, sounds and scents of this lovely place. And if I'm headed for a meeting or catching a bus I try to leave early because there is always a chance that I'll meet someone who wants to stop for a chat.

At this time of year, it's especially good because the sun is often out and the birds are doing their wake-up calls. There is one particular blackbird that likes to sit on the highest point of a roof

and it gives a recital to rival the best music in the world.

But it's the gardens that impress me most. Each one is special and each tells a story of the care it gets. I can't recite all the fancy names of the plants because I'm not what you'd call a real gardener. My husband was, and every place we lived in was a tribute to his talent. However, if ever I wandered out to offer help, he'd point to the house and said "Go back inside. This is my garden." (He was a lovely man and not usually bossy). After he died, I was left with a huge garden and no know-how.

My parents had a large vegetable garden and each winter they raised a crop of blue lupins. This year, Ray gave me some blue lupin seed and a few weeks back I dug the lupins in and waited until they rotted down and then I planted some seedlings which I'm happy to say are flourishing. And I'm also happy to relate that all the bushes that I have planted around the house have survived and thrived. Out right now is a very showy snowball shrub planted by Gwen Walker who lived here before me.

There are some spectacular rhodos out at present. Betty Miller has one nestled in the corner of the house near her garage. And I guess it won't be long before Betty King's yesterday, today and tomorrow's will be in flower. It's always entertaining going past Don Taylor's place especially when he's out there to tell you about some of his plants.

A walk through Don and Jan Gibson's garden is rewarding too with special touches which make it a work of art. The residents of Camellia Place have made a lovely job of planting the

circular garden there. It is always a riot of colour with different touches added from time to time. Goodness, I'm rambling on and I've only gone a couple of hundred metres. To make sure I am being fair to everyone, perhaps you could invite me to your neck of the woods so I can let the rest of the village know about your special place. We are so privileged to live here. **Peg Cummins**



Red Hats out and About again.

First Aid Kit - Kitchen

A friendly reminder to you all that there is a Kitchen cupboard/First Aid kit in the alcove where the plates are kept. It is well named and stocked. We also have the defibrillator in the Billiards room, in case of emergency.

✓ If using the Centre BBQ's please let Ces Steele (U30) or Ray Hayward (U122) know.



Garden Lovers by Noeline Gardner (Unit 136)

Garden Lovers convened on Tuesday 26th October. After morning tea, members exchanged helpful hints on the care of tomatoes and roses. The use of thin copper wire inserted through the stem at ground level provides constant copper source to the plant. Crushed eggshells (not boiled)

steeped in water promotes "zing" to maidenhair ferns. Many more hints exchanged, filled a very interesting and enjoyable hour. Happy Gardening to you all.

Saturday Morning Exercise Group:

Due to the falling off of class numbers lately, a decision has been made to close classes for the year as from November 27th and recommence early next year, 2022. Please bring a plate of food to share for morning tea which will be held after the final session on Saturday 27th November.

Calling new residents' to the village, to come and try out our exercises in 2022. They are very good for wellbeing, mindfulness and physical enjoyment.

If you need further information, please contact **Jan Gibson (Unit 29), Telephone 07 544 9354.**

Residents Committee Blog:

The Committee Meeting was held on Thursday 11th November. The Christmas raffles will be drawn at both the Lunch and Dinner. Catered dinner preparation has been planned.

Matters arising from the Minutes 14th October 2021 regarding progress on Amendments to the Constitution were discussed, mainly regarding the Bar. The updated Constitution will be addressed early 2022. Carol Condor and team report the vegetable gardens are up and running. There will be a major revamp to the front garden next year. Letters were sent to the Gardeners involved.

Thank you to Gary Park and Don Gibson for helping make Melbourne Cup day such a success. The December Village Happenings will be circulated late November. A full copy of the Minutes will be posted in the Library.

Jan Garrett - Secretary - Unit 39.



**HAPPY
BIRTHDAY in
November to:**

Jan Stone,
Jesse Rowling, Kel Raine,
Noeline Gardner, Pauline
Harvey, Gloria Park, Ces
Jacobsen, Bill Hancock, Carole
Condor, Patricia Aplin, Jacqui
Struik, and George Edlin.

**Stewed Fruit
Great for the Summer season
Ingredients**

- 500 g seasonal fruit, such as rhubarb, plums, apricots, strawberries or pears
- 2.5 cm piece of ginger , optional, if using rhubarb
- caster sugar , to taste

Method

1. Chop up all the fruit, discarding any stones.
2. Place the fruit in a pan. If using rhubarb, peel the ginger and finely grate it into the pan. Add the sugar – I usually add 3 heaped teaspoons to rhubarb and 2 heaped teaspoons to any other fruit, but just taste as you go along and add more if you think it needs it (please be careful when tasting as it gets really hot). Add 2 tablespoons of water and cook on a medium heat with the lid on.

3. Once the fruit has softened, remove the lid and let the liquid reduce – you want to end up with a fairly thick consistency. Mash the pulp if needed.
4. Serve over cereal, yoghurt, pancakes, granola, muesli or even with roast pork!

HEALTH AND SAFETY: Let's get exercising.

Start by Stretching: The most important step you can take, especially as you age, is to start all exercise with a gentle stretching regimen. If you are planning to do any walking or running, remember to stretch your feet, including toes, arches, ankles and Achilles' tendons. Your calves and hamstrings are also important. Wear Shoes

It is much better for your feet to wear some type of shoe—even a flat or slightly arched flip-flop—than to walk around barefoot or wearing only socks. No matter how meticulously you clean your floors, there are always tiny objects that can puncture the skin. This particularly applies to diabetics.

Every few decades, barefoot-style footwear will trend or there will be a movement to promote barefoot running. The fact is, barefoot running on soft grass or beaches is different from running on surfaces like concrete or asphalt. **Even walking around on hard, indoor surfaces like tile or hardwood floors can cause stress and strain on muscles and ligaments, resulting in foot pain or injury.**

✓ **Please remember to shut the Poike Rd pedestrian gate when using. Thank you.**

A Mystery from the Past - the Nazca Lines.

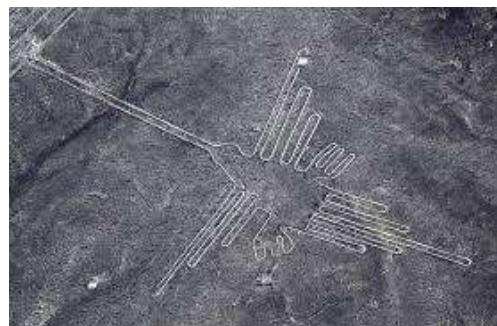
About 1,500 years ago the NACZA Indians began to draw a series of geometric shapes over the dry plains where they lived, between the Pacific Coast of southern Peru and the Andean Foothills, creating an historical record of their lifestyle. This comprised a series of straight lines and geometrical shapes, flowers, and plants and even animals, such as running monkeys, a llama, and a spider! Some even seem to be imaginary creatures.

These lines, engraved over their lands, have amazingly survived, and were rediscovered in 1926 by a Peruvian archaeologist. After the 1930s, when commercial planes began to fly over the area, the general public became aware of them. They were easier to view from the elevated aspect. However, there has been some uncertainty about their interpretation.

Many people think that they were part of a ritual to "the gods" to pray for much-needed rain. Others think it is a giant astronomical calendar, with animals representing clusters of stars. It could even be a landing site for aliens! Whatever the meaning, they were designated "a UNESCO World Heritage Site" in 1994.

These lines carry a message, because the Nazca people took such care in constructing this amazing record of their lifestyle

and farming activities... so what do you think the reason could be?



Contributed by Tony Little (Unit 8)

**"Keep on your Feet
Strength & Balance
Class'- At the
Centre Wednesday
9.15am.**

On the 10th November, we are very pleased to have welcomed back Sophie from the YMCA to take our class. For those who have enjoyed her classes before, you will remember that payment is by Eftpos and only \$7 per session.

Classes for the year will finish on Wednesday 1st December 2021.

Carmel Physiotherapy:

As I am in the process of retiring, it would be good to get an indication of how many people would still require and support having the clinic availability continue here at the village. Please phone myself on 021 894419 or 07 9259330 or Katrina at the office on 07 544 5553 before Monday 23rd November. We can then liaise with Body in Motion accordingly.

Frances Hadfield (Unit 127)



Residents Christmas End of Year Lunch and Dinner:

CATERERS - Daniels in the Park.

Cost for Current Members of the Carmel Residents' Association will be \$25.00 pp, Non-members \$35.00 pp.

LUNCH is on Friday 10th December. Bar opens at 12 noon. Serving from 12:45pm.

DINNER is on Tuesday 14th December. Bar opens at 5pm. Serving starts 6pm.

The menu will be posted in the Library for both events. There will be separate lists. One name per line please. Then your choice of meat and dessert e.g.: A, B, C, D, or indicate Diabetic dessert.

The cut-off date for lunch is 5pm Friday 3rd December to put your name down.

The cut-off date for Dinner is 5pm Wednesday 8th December to put your name down.

Payments for both Lunch & Dinner as follows: Internet Payments: Monday 6th December to account # 38 90200125119000. Please indicate your UNIT Number. Cash Payments to Sylvia Steele Unit 30. By Tuesday 7th December at 4pm. Sylvia has requested that Cash Payments be placed in her letterbox at Unit 30. **MAKE SURE THE MONEY IS IN AN ENVELOPE WITH YOUR NAME and UNIT NUMBER ON.** The meals are plated and will be served to

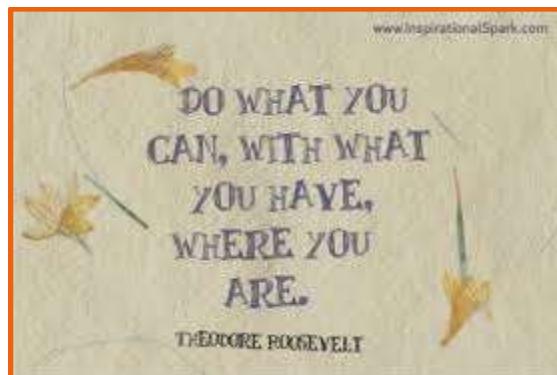
your table. All Daniels gravies and sauces are Gluten Free. Daniels staff are all Covid 19 compliant.

NB: Information will be repeated in the December Village Happenings.

Jan Garrett - Secretary

Unit 39 - Phone Mobile: 021 2942934
Email: jangarrett9@gmail.com

We extend a warm Carmel welcome to George and Alison Stirling in Unit 125.



Carmel Snippet:

Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble.

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 8.50am.
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