



Issue 233 - June 2022



## From Jason's desk

It looks like the wintery blast has hit us - well, the wind and rain has and I'm sure the snowy temperatures from down South will follow in due course.

**CONTRACTS** Our contractors are still looking for a window of opportunity to continue their moss control throughout the village and then will start on the roofs. They will be back as soon as the weather permits. So thank you for your patience, especially with there being a little moss build up around some units. This is on the back of various complications which, hopefully we have sorted. I was out and about within some other villages during the last week and they seem to be facing the same difficulties as we are experiencing. So, yes, we have not missed you and look forward to getting this sorted as soon as possible.

**BUDGETS** We are just preparing this coming year's budgets for our AGM which will hopefully be held late July. There looks to be a significant jump in this year's rates and insurances, which was to be expected with inflation in the economy being around the 7% mark. Be assured, we continue to do our best in keeping costs as low as possible.

**COVID UPDATE** I'm pleased to announce that, at present our COVID levels are very low throughout the village. What seems to be more disturbing is this year's flu that is out and about in the community. It was good that we were able to get our flu shots early at the village. If you missed your flu shot and would like one, I would encourage you to contact your GP to make an appointment.

**GENTLE REMINDER** Traffic Speed. Please continue to watch your speed throughout the village. If you see anyone speeding, including contractors (but not myself) please report to the front desk.

Apart from the above, it's a skinny newsletter this month. Just remember, if you have any queries or need some sort of assistance, please don't hesitate to call the front desk. I have had a few residents dropping in to see me lately at the office and I enjoy the opportunity to catch up having a cup of coffee...so keep it up.

Have a great rest of the week.

Stay safe and keep looking out for each other

*Jason*

## PODIATRIST:

Our valued podiatrist, **Michael Chambers** is here on Wednesdays and Fridays in June, July, September, October and December. He has been here for many years. As well as his regular base Michael welcomes new clients. For an appointment phone him on 07 575 3302 or 021 0227 8951.

*True friends are like stars*

*We don't always see them*

*But we know they're there*

## IMPORTANT

**PLEASE KEEP THE FIRE DOOR  
BY THE WORKSHOP CLOSED  
AT ALL TIMES - *Thank you***

### **ENGLISHMAN THOMAS STEVENS**

rode a large wheeled ordinary bicycle more commonly known as a penny farthing, around the world leaving San Francisco in April 1884 and completing his journey in December 1886 to become the first person known to have accomplished this feat of endurance.

The recent Residents' buffet dinner on 11<sup>th</sup> June catered by Tasty Thymes was enjoyed by many who are looking forward to the next one on Saturday 16<sup>th</sup> July

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Management requests that if you are using the gym as access to the outside area, please be considerate of people using the treadmill so as not to distract them.

**The Carmel Singers are giving a Concert here on Sunday 10th July.**

**WELCOME!** We extend a very warm Carmel welcome to new residents.

**Tony Martin (Unit 17) and Paul & Susanne Barnard (Unit 116) Do make yourself known.**

## GARDEN LOVERS

Garden Lovers would have met on Tuesday 24<sup>th</sup> May but were unable to do so due to Carmel shut down of group meetings. But mention should be made of the vegetable gardens having been upgraded. A recent inspection of the garden plots was a delightful sight to me. On behalf of Garden Lovers I congratulate Management on this project. Happy gardening.

**Noeline Gardner (U136)**

## **Carmel Residents' Committee Secretary's Notes: Jan Garrett (U39)**

**Corrections** made to minutes dated 12<sup>th</sup> May    **Financial Report** End of Financial Year

**Correspondence:** Re Notice Board - Revised Constitution - Future speakers for Residents' morning teas - Guidelines suggested for managing notice board.

**Jason joined meeting:** Request for umbrella stand by ranch slider entrance - Electrician to check outside lights are all working - Accounts for Carmel hopefully done in July

**Vegetable Plots:** Committee are responsible with Carol Condor as contact person. Rules/Guidelines have been issued and must be followed.

Full Minutes of this June Meeting will be posted in the Library.

**PLEASE CHECK YOUR HAPPENINGS**

**Any questions, please phone Jan Garrett on Mobile 021 294 293**

## **RESIDENT SPOTLIGHT....**

### **ROZ PERCY**

#### **India - Part Two**

In an advertising free for all, the choked streets bristled with signs, some of them hilarious in their phrasing. I jotted some down. 'Thumbs Up' was a popular soft drink and was seen everywhere. 'Dollops Ice Cream' was another big seller, and 'Ray Mandala's Going Blind Academy' intrigued me. I especiaslly loved 'Computers Without Proper Softwares'. The 'Nursery School For Litte Angels' was another, and in a particularly tired and depressed little town I saw the 'Swim and Smile Motel'. I was ready to smile and swim at once. But most prevalent was 'Rupa Bum-Chums and Designers' Shorts'. Hoardings everywhere showed men in their undies proclaiming 'Rupa! Frontline Macro Man'.

Rural areas captured the timelessness of India. Rising with the sun as the call went out for prayer, villages came to life. Cooking fires were lit and cattle taken out of flimsy enclosures where they had been corralled for the night. Immaculate children emerged from huts and left for school. Women in bright saris clambered onto tractors and headed off for a hard day's stoop labour in the fields. At the end of another white-hot cloudless day as the red sun sunk through a misty haze, I saw them coming home, some on tractors and many walking. Bundles of sticks or brass water pots on their heads, or else dried cow pats for the fire in flat tin bowls. Once again smoke drifted up from pungent fires, mingling with hovering vultures coming home to roost in the trees. Mixed odours of latrines, dust, spices and dhal filled the air. Plangent wails of Indian music ceased as darkness fell and I sensed the very essence of India. In the cities there was never that feeling of shutting down for the day as

evening approached. The overwhelming clamour of car horns, shouts, bells, bangs and clangs and the ubiquitous music never stopped. Radios competed among neighbours and a jangled atmosphere of noisy frenzy prevailed. Above all this chaos, tangled cats cradles of illegally connected wires sparked and crackled.

We were in India before the surge of industrialisation took off and pollution was not the huge problem it is now. We stayed in ancient Maharajas palaces, now converted to hotels. These were showcases of their original treasures. Sometimes in old havelis and forts too, and in the courtyard of one fort, there were large iron rings embedded in the stone floor. These had been used to tether elephants who were required to stamp on the heads of criminals when punishment was required, or heavy wooden doors to palaces or forts could be studded with vicious iron spikes jutting outwards to deter elephants being used to break in. Cows, which are sacred in India roamed everywhere and often beautiful old buildings were surrounded by large slums. They might seem a teeming jungle of squalor, but for many they are an organised haven with their own heirarchy, and for many the only homes they will ever know.

All through India, I found the unquenchable spirit of the people both uplifting and humbling, and as I said in the beginning, I loved it all.

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## **MATARIKI:**

As you are aware, we have a public holiday Friday June 24<sup>th</sup> 2022 to acknowledge and celebrate for the first time, Matariki – Maori New Year.

### **Special Morning Tea**

**Tuesday 21<sup>st</sup> June at 10 am**

New Zealand Astronomer, Professor Dr Rangi Matamua's informative Matariki video Presentation. Morning tea will be provided. List in the Library for catering numbers.

**Residents' Catered Dinner - Saturday 16<sup>th</sup> July**

**Celebrating Matariki - Details on Village Happenings**

## **RED HATS**



The next outing for Red Hats is on Thursday 23<sup>rd</sup> June when a trip to Papamoa is planned. See details on the passenger list in the Library. **Ideas for future activities are encouraged.** Put them on a piece of paper and give them to Anita Baker Unit 59.

Phone 022 3426057

## **RECIPE**

*If you have a sweet tooth we thought you might enjoy this.*

### **WEETBIX SLICE**

#### **Ingredients**

150g butter  
4 Weetbix (crushed)  
½ cup sugar  
1 cup standard Grade Flour  
1 Tbsp cocoa powder  
1 Tsp Edmonds baking powder  
1 drop vanilla Essence

#### **Icing**

1½ cups icing sugar  
½ cup dessicated coconut  
1 Tsp cocoa powder  
25g butter  
Hot water to mix

#### **Method**

Preheat oven to 180 degrees C.

Mix all dry ingredientss in a bowl and make a well in the centre. Add the melted butter and vanilla essence. Mix together, then press into a slice tin.

Bake for 10 minutes. Ice while hot and cut into squares.

#### **Icing**

Put first three ingredients into a bowl, add the butter. Gradually add enough hot water to melt the butter, blending to form a smooth, spreadable icing. Spread over slice while hot then cut into squares once cooled a little.

## **CARMEL VILLAGE MOVIE AFTERNOONS (In TV room)**

3<sup>rd</sup> Sunday of each month from 4 pm

### **19<sup>th</sup> June - The Extraordinary tale of William Buckley**

The remarkable true story of the escaped convict who lived in Wathaurong, an Aboriginal tribe in South East Australia. Choosing to risk the unknown of the hostile Australian wilderness, rather than surrender his freedom. From a humble Cheshire bricklayer, to a soldier fighting in the army against Napoleon, to a convict forced to travel to the other side of the world, Buckley's famous account of joining the Wathaurong people, who he lived alongside for 32 years, is one of the greatest Australian survival stories.

**NORWAY (This is the final contribution from Roz Percy. We are very grateful to Roz for her interesting stories. If you would like to share some of your life experiences please get in touch with the front desk. We are sure there are some interesting anecdotes out there.)**

It was the flush of the spring thaw when we travelled through Norway in our camper van one year. All the waterfalls and rivers were in full spate and looked spectacular. Time to pull in for the evening, we found a place where a waterfall crashed down on one side of us, continued under the road and roared out the other side. Dennis went around to the back of the van to fiddle with something and I called out, "I'm just making a Milo and I'll give you a yell." I looked outside but he was gone. No sign of him anywhere. Crashing waterfalls on both sides and a frantic race up the road in both directions but no Dennis...I imagined he'd gone too close to the edge and had slipped in. It was an isolated part up the West coast among many fjords and no towns. At 10pm and getting dark, there wasn't a lot I could do. No cell phones in those days, and heaven knows where the nearest police station was where I could report his disappearance. No traffic either so I decided I may as well go to bed. It crossed my mind it would look suspicious if I waited until the next day to report a missing husband. Needless to say I didn't go to sleep. At 3.30am there was a loud banging on the back door and a slurred voice shouting, "le' me in". I'm shouting back, "Who is it?" but the crashing water noises muffled our voices. By now I had a feeling it would only be Dennis and it was freezing outside so I let him suffer for a bit before letting him in. Apparently a few bends down the road, where Dennis had walked earlier, there was a quiet pool where a Norwegian seaman took his annual holiday, away from civilisation. Set up with a tent, fishing rods and a few crates of vodka, he was happy. Happy also to drink vodka and yarn away all night with a New Zealand man who unexpectedly dropped in on him. But typical male. It hadn't occurred to Dennis that I might be worried by his disappearance.

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**The Carmel shopping bus will not be going to The Crossing on Friday 24<sup>th</sup> June due to it being the Matariki Public Holiday.**

**Please note it will now be going on Friday 1<sup>st</sup> July**



## YOUR GOOD HEALTH

### Heart Attacks in Women

At least two Kiwi women die from a heart attack every day. Do you know the risks and the warning signs? And are women's heart attack symptoms different to those experienced by men? Heart disease more generally remains the single biggest killer of New Zealand women.

**The causes of heart attack in women is the same as it is in men.**

Unfortunately, people tend to wait longer than they should to call an ambulance after experiencing heart attack warning signs. The sooner you get treatment, the less damage to your heart.

**If you think you are experiencing any symptoms of a heart attack activate your St John alarm, or call 111 immediately.**

As with men, the heart attack symptoms you may experience as a woman may not be the crushing chest pain you might expect. Women are more likely than men to experience a heart attack without chest pain or discomfort.

**You may experience...**

Heaviness

Tightness

Pressure

Discomfort/pain

**In any of these areas...**

Chest

Shoulder

Jaw

Arm

Neck

Upper back

Abdominal

**You may also experience...**

Sweating

Shortness of breath

Nausea, vomiting or indigestion

Unusual fatigue

Light-headedness or dizziness

Pain that comes and goes

**EVERYONE - Any symptoms, activate your St John Alarm or call 111 immediately**



### **HAPPY BIRTHDAY IN JUNE TO:**

Barry Lee, Gloria Le Comte, Tony Martin, Jim Wilson, Brenda Gaylard, Dorothy Hancock, Alison Kehely, Colin Inglis, Eva Wilson, Gary Park, Bev McDonald, Peg Cummins, Dulcie Walker, Phillip Maddren, Jenny Chapman, Jason Rowling, Julie Nyhoff, Tony Little

### **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 28<sup>th</sup> June at 10.30 am**. Any questions, please just phone the office on 07 544 5553. Thank you to you all.

### **OHAUTI FOUR SQUARE DELIVERIES:**

Ohauti Four Square ARE UNABLE TO MAKE DELIVERIES AT THE MOMENT. This is due to a shortage of staff.

They will resume services when they are able. Please phone them directly on 07 544 4077 if you have any queries.

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**It is important to remember that everyone (male or female) experiences different heart attack symptoms and those of a subsequent heart attack may be different from the first.**

## MANAGEMENT CONTACTS

Office and Community Centre  
Lisa Wales or Marion Morrice 07 544 5553

[office@carmel.co.nz](mailto:office@carmel.co.nz)

Jason and Sharlene Rowling  
027 472 7658 (Jason)

## REGULAR CARMEL EVENTS

<b>Every Monday</b>	10.00am	Carmel Singers
Monday	1.00 pm	Indoor Bowls (names in by 12.50 pm)
Monday	1.00 pm	Rummikub
Monday	7.00 pm	Cards (500)
1 <sup>st</sup> & 3 <sup>rd</sup> Monday in month	10.00am	Bible Discussion in the Library
1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Monday in the month	1.30 pm	Carmel Knitters and Craft
<b>Every Tuesday</b>	1.00pm	Bolivia – Cards
Tuesday	1.30pm	Petanque
Tuesday	2.00pm	Men's Croquet
2 <sup>nd</sup> Tuesday in the month	10.00am	Residents' Morning Tea
3 <sup>rd</sup> Tuesday in the month	1.00pm	Bingo
4 <sup>th</sup> Tuesday in the month	10.00am	Garden Lovers
<b>Every Wednesday</b>	8.30am	Village Bus Departs for Bayfair (2 trips)
Wednesday	9.00am	Keep Your Feet Strength and Balance
Wednesday	9.00am	Outdoor Bowls (names in by 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
<b>Every Thursday</b>	10.00am	Health Clinic in Doctors Room
Thursday	1.00pm	Rummikub and Scrabble
Thursday	1.00pm	Adult Colouring In
Thursday	1.15pm	Indoor Bowls (names in by 12.50pm)
Thursday	1.30pm	Petanque
1 <sup>st</sup> Thursday in the month	6.45pm	Quiz night
3 <sup>rd</sup> Thursday in the month	9.45am	Red Hat Dames
<b>Every Friday</b>	9.00am	Outdoor Bowls (names in by 8.50am)
Friday	9.30am	Golf Croquet
Friday	1.00pm	Hobby Group
Friday	4.30 pm	Mix and Mingle
Last Friday in the month	8.45am	Village bus departs for The Lakes
<b>Every Saturday in the month</b>	9.30am	Exercise Class
Saturday	1.00pm	Bolivia
<b>Every Sunday</b>	11.00am	Carmel Community Church
1 <sup>st</sup> Sunday in the month	1.30pm	Tauranga Organ and Keyboard Club
3 <sup>rd</sup> Sunday in the month	4.00pm	Movies in the Centre
Every Thursday	8.30am	Hair Salon – Glenys ring Carmel office
Every Wednesday	8.30am	Hair Salon – Debi ring Carmel office



Carmel Radio Continuous FM 107.3



