

Village Times

KERIKERI
RETIREMENT
Village

SEPTEMBER 2012 | ISSUE 10



Betty Petrie - Village Manager

The sun is shining at last, (well mostly), and can you believe it's nearly Christmas again?

We have such an exciting programme ahead for the weeks leading up to Christmas, I'm sure you will find something to entertain you. Have a look at the diary dates to make sure you don't miss out on all the fun.

Welcome... TO OUR NEWSLETTER

It's been a pretty hectic few months, with Board members Judy Horrell and Helen Norman leaving us to enjoy their retirement and the arrival of some beautiful babies born to our staff. Nicole White had a little girl, Brooke, Frances Shaw had a son, Riley and we're expecting Samantha Green's baby to put in an appearance any day now too.

We've got some neat stories for you this month as well. Helen Norman has told us a bit about how it all got started here at the Village. Helen was involved from the very beginning.

This year's Christmas concert promises to be bigger and better than the inaugural one. There'll be more Christmas Carols at the concert this year and all the usual refreshments. So pop along straight after cheering for our fantastic float in the Christmas Parade and get yourself a prime spot on the Wendywood Green to watch the action on stage.

On behalf of the Board, Management and Staff of Kerikeri Retirement Village, I wish you all a very Merry Christmas and a Happy New Year.

Christmas Concert

— FREE ENTRY —

7 December from 7pm – after the Kerikeri Christmas Parade

- LIVE MUSIC
- SAUSAGE SIZZLE
- ICE CREAMS
- GET YOUR PHOTO TAKEN WITH SANTA

Kerikeri Retirement Village, Kerikeri Road entrance

For details see www.kerikerivillage.co.nz



Introducing Board Member – STEVE DE RUITER

I am originally from Holland but have lived in New Zealand since 1986 and am proud to call New Zealand home.

I've been self-employed since I was 17 and have a wide range of business experience. I have worked in commercial cleaning, investment, promotions and marketing, and now work in real estate.

I am the co-owner and licensee in Real Kerikeri Ltd and real estate is by far the most fulfilling business I have been involved in. My passion is not just the homes I sell but the people I meet, the friends I make, and the relationships I build along the way.

I am a property investor myself and walk the talk by buying and holding real estate for the long term while looking for opportunities to add value.

I sometimes facilitate small property seminars to keep clients up to date with what's happening in the market.

I have been married to Brenda for 25 years and have two teenage children. I love living in Kerikeri and enjoy the great outdoors like fishing, water-skiing, diving and tramping.

The last couple of years I have been involved in ocean swimming, competing in Auckland, Mount



Maungonui, Akaroa and the Russell to Paihia race. Most afternoons you can find me practicing my swimming in Opito Bay.

I am really looking forward to be part of the board and adding value to the people that live and work in the village.

Tripping Around

A bus trip north to 'Matthew's Vintage Collection' in Taipa brought back fond memories for our 16 travellers.

We were entertained with waltz music from the Pianola, (one or two were seen to do a bit of a twirl), whilst wandering around all the old household appliances, linens, clocks, horse drawn carriage, a cane baby's pram and much more.

The hand wringer was a favourite and it was mentioned that it would be very useful today when doing the handwashing.

However the Vintage Cars and Tractors were the main event.

Mac McClellan gave the museum owner a model Farmall F20 tractor made in 1938, left over from the days when he

sold parts for the International Harvester Company.

Most of the team had their photos taken beside, or in, the car they liked the best. Mac of course chose the Farmall F12 being a slightly smaller model of the F20.

From there we headed over to Mangonui for fish and chips which was most enjoyable.





The Household Team at Kerikeri Retirement Village

The Household Department handles the kitchen and cleaning services for Kerikeri Retirement Village as well as 'Meals on Wheels' for the Kerikeri area.

The kitchen is a fun place to work but it can also be stressful getting the timing right so that everything is prepared, cooked and delivered on time.

We serve close to 60 breakfasts and about the same number of evening meals.

At lunch, which is our residents' main meal, we prepare up to 100 meals. Around 30 of these go to 'Meals on Wheels' and are delivered to people within the community by Red Cross volunteers. We also supply some of our Cottage and Wendywood residents with this service.

The kitchen Team includes:

Day Cook **Joy Dann** travels from Towai each day to work so has an early start to be at work by 5.30am. Joy's interests include spending time with her family, walking and gardening.

Kura Collins our other Day Cook, lives in Kerikeri. Kura is a crossword and suduko whiz and loves reading, fishing and gathering oysters.

Assisting the Day Cooks is Kitchen Hand **Helen Wilding** who lives in Waipapa. She's into writing and music. Past jobs include working for the NZ Herald and as a Dental Assistant for her father when he was a local dentist.

Evening meals are handled by Dinner Cooks **Lilly Anderson** and **Kalala Bailey**. Lilly lives at Matauri Bay and likes fishing, gardening and camping down at the beach. Kalala loves spending time with her family, is a keen gardener and breeds budgies.

Another important part of the team is Kitchen Hand and Relief Dinner Cook **Michelle Ruatoto**. Michelle leads a busy family life and over winter can usually be found supporting her son's rugby team.

Linda Bayley juggles family life with three days a week here serving meals and doing the dishes for our Day Centre Programme.

Another important division within Household is the Cleaning Department. They're a happy bunch and they take pride in keeping things shipshape and pleasant for our residents.

Janice Kendall starts her day at 4.30am in her other role managing

the mail for Kerikeri before working here as a Cleaner – one busy lady!

As is **Frances Brosnan** who likes reading, watching television and working on her computer.

Sophie Bennenbroek is one of the younger Team Members and brings a sense of fun to the team. She enjoys hanging out with friends and family and going to the beach.

And we can't forget the girls who supervise the laundry and make sure all the clothes are returned to their rightful owners.

Dawn Cheeseman works in the laundry, helps with cleaning and is also training to be a Diversional Therapist. She has two children and when time allows likes fishing and cooking.

Ellie Bennenbroek is still at school and has just sat her NCEA level one exams. She has been working in our laundry after school and on weekends for over a year. Her interests are music, animals and friends.

The entire Household Team is managed by **Margaret Gamble**, a woman not easily ruffled. Something of a dare devil Margaret has travelled Spain on foot and leapt out of a plane at 16,500 feet.

Sing Along ...



It's proven that music can have a calming effect on the mind, can help bring back memories, lift the mood and provide a diversion from worries or illness.

Our residents love the many concerts, performances from singers, musicians and local school children, as well as the many sing alongs and exercise sessions to music.

Meet Alice Rowe



Most of the time you will find me in the front office, welcoming guests, answering phones and helping the Administration Team.

I was born and raised in Kerikeri but went off to University in Wellington when I turned 18. After two years I moved to Auckland for a further year of study. My love of the ocean and the tourism industry saw me take a position at Kelly Tarlton's Underwater World.

In 2007, in search of adventure, I headed to Michigan in the USA where I worked as the Waterfront Director in a children's camp.

After the US I spent 6 months living in Australia before returning to New Zealand. I worked as an Account Executive in Auckland for a large Airline for 3 years before coming home to Kerikeri in 2010 where I now live with my husband Matt and our furry friend Neko – the SPCA Dog. Neko likes hot dinners, long walks on the beach and toys that squeak.

I have always had a passion for photography and pursued this through school and university so when we moved back home to Kerikeri I decided to turn the passion into a business. I am proud to say my business is a success and I enjoy photography outside of my Kerikeri Retirement Village life.

Working at the Village affords me a great opportunity to be more involved with people and make new friends. I have met a lot of the residents and staff within the village but definitely look forward to meeting more in the months to come. If I haven't met you yet, stop in and say hello!



Village Babies

We are so pleased to have been able to congratulate several of our young mums on the recent birth of their babies.

One mum, well known to residents is Frances Shaw, Village Manager, who is currently still on maternity leave. Here is a photo of her beautiful son Riley Lewis Shaw.

Welcome to ...



Hildegard Merkle



Ngaire Chappell

Remember When ... JOAN NICHOLS RECALLS HER EARLY DAYS FLYING.

During the war, while in the Fleet Air Arm in Ceylon, Joan learned to fly an old Tiger Moth as a hobby. This proved quite expensive so the next best thing was to become an Air Hostess; however in 1947 they were a rare breed as most cabin staff were male.

Joan longed to visit Canada, South Africa and New Zealand but settled in a mining town just outside Johannesburg in South Africa where she got a job as an Air Hostess with a charter airline running DC3 planes. They were 24 seaters with a single row down the port side and a double row on the starboard, a cramped galley down the back and a primitive loo.

There was minimal training and looking back Joan thinks it was a pretty tin-pot outfit!

Depending on the weather they flew at anywhere between 5 and 10,000 feet at approximately 200mph.

It was a great thrill for the passengers to fly low and see the wild game - herds of wildebeests, zebra, gazelles and sometimes elephants.

With the African heat there was always plenty of turbulence and

it was always bumpy when dishing out 'meals'. The meals were a far cry from what is served today... a lunch box with curly sandwiches, a hard boiled egg, biscuits, a lump of cheese and an apple. A big urn from the galley provided tea which was served in plastic cups.

In those days there was no night flying so around dusk they would land on some out of the way airstrip and stay the night at the local hotel in places like Juba, Tabora and Ndola in the middle of Africa. Two interesting night stops were Khartoum and Wadi Halfa in the Sudan. In Khartoum when the hotel was full they slept in cabins or a house boat on the Nile.

The passenger terminals were primitive huts and the local natives would come and stare at the great silver bird that had swooped down from the sky.

The next morning at first light they were on their way again.

A flight from Johannesburg to London could take anything up to five days.

These were exciting days and pro-



vided a great opportunity to see the world.

After a spell in Nairobi running a small Airline Hotel Joan returned to England and joined 'Airwork', a larger charter airline, where she spent the next few years flying to and from the Far East.

During this time Joan met her husband, a Captain with BOAC and a New Zealander to boot! And that's how she came to live in New Zealand.



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Senior's Expo 17TH OCTOBER 2012



Recently we held our inaugural Senior's Expo.

It was great to see so many seniors from outside the village taking advantage of all free information.

The chapel was used as the lecture theatre for the day. Mini-seminars covering a variety of subjects were well attended and there was particular interest in those pertaining to legal matters.

Lots of visitors were also looking for ways to keep the brain healthy and we will seek to provide more information on this when we hold our second Senior's Expo next year.

Just Add Water!



A very sad plant 2nd Nov. 2012



A very happy plant 5th Nov. 2012

Humans, like plants, need water and nutrition to survive.

The body is held up straight by hydrostatic pressure through fascia. Fascia is made up primarily of collagen fibres that create a full body system of sheets and bags that wrap, divide and permeate every one of your muscles, bones, nerves, blood vessels and organs. Fascia webs its way through your insides like spider webs - every bit of you is encased in it!

Through activity, the water within your body can be stored in the thin layers of cells of the fascia. Think of it as being similar to when you pump up an inflatable mattress and it develops structure and shape.

When the fascial tissues of your body are "well soaked" they function as a support system holding your body up and taking pressure off your joints, organs and other tissues.

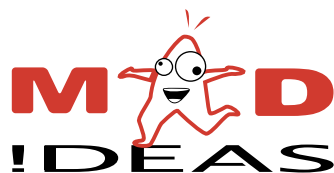
A shortage of water and/or activity means less hydrostatic pressure within your support system... it becomes an effort for your body to hold itself up... and may lead to aches, pains and disease.

JUST ADD WATER and MOVE IT OR LOSE IT!

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Barbara Howard was amongst the residents that enjoyed a trip to Roland's Wood to admire the bluebells.

In Appreciation OF JUDY HORRELL AND HELEN NORMAN

Recently two of our well known board members retired from the Board of Management of the Kerikeri Village Trust. We would like to take a moment to offer them our heartfelt appreciation for their years of selfless contribution.

Judy Horrell had previously worked at the Kerikeri Medical Centre as a Practice Nurse and later on as a Counsellor.

When she retired from the practice, Judy gave many years to the Kerikeri Retirement Village, mostly in the role of Resident Liaison.

While Judy is no longer here in a formal capacity, you will still see her about as she continues to help us with outings and other events.



From left to right: Helen Norman, Betty Petrie and Judy Horrell

Helen Norman was an inaugural member of the Village Trust in her capacity as Board Secretary.

During her career Helen was a Legal Secretary and subsequently kept the minutes for the Board since its inception until September this year.

Helen played a pivotal part in the founding of the village and her knowledge of our origins and the changes that have occurred along the way is legendary. Her contribution to the village over more than 26 years cannot be measured.

History and What Might Have Been HELEN AND BRUCE NORMAN – 2012

Since 1968 when Bruce and I became residents in Kerikeri, we have had an annual visit from a representative from the Presbyterian Church's Social Services.

He would tour the North on a fundraising expedition seeking monies for PSSN' orphanages and old people's homes and other social activities of the Church. Over the years Mr de Ruiter, came to know us very well. He knew we were living on a 13 acre block of mainly bare land on Hone Heke Road which was zoned Residential in 1969 by the Bay of Islands County Council.

One year, in the early 1980's, Mr de Ruiter and a Property Officer from the Presbyterian Church came to

visit us to say that they were very interested in negotiating to buy our property for development as a retirement village. Together we walked all over our property and as we passed the boundary of the bare land which now comprises the Kerikeri Retirement Village I pointed over the fence to the land covered in weeds and old rundown orchards and said to our two visitors "now that's a better area for development. It's got a flatter contour than our land and is available for sale."

I also knew of the dreams and plans of the Jock Graveson and Herb Murray Trusts so I suggested they talk to Ian Knox and Gollon Baker Hewson who were involved with these Trusts. And that's how the Presbyterian



Church came to be involved in the establishment of the Kerikeri Retirement Village.

What if I hadn't pointed out a different way forward for those two men? What if Bruce and I had sold them our land to allow them to develop their retirement village? What if? We will never know. That is history – the road forks and we follow one of the ways.

Cottages available now!

TO VIEW call Adona on▶ 09 407 0136

Cottage 53 - Stella Drive

Large two bedroom, two bathroom house with own garden. Large kitchen/dining area with parquet style floor. Extra room for office, carport, freshly painted with new carpet and drapes throughout.



Wendywood Apartment 3

The refurbishment of Wendywood Apartment 3 is complete. The apartment is ready for a new owner freshly painted and with a new kitchen, fridge and carpet. This is the only apartment available at present.



Open Sesame

For years residents have struggled to open the heavy Wendywood doors when they wanted to go out.

This was particularly difficult for those on mobility scooters.

We have made endless funding applications to various charities for automatic doors and this year we have finally been successful!

Thanks to the BA Lewis Charitable Trust, who donated $\frac{3}{4}$ of the funds, and also to Bay Aluminium and Laser Electrical Northland who installed the doors in the first week of November.



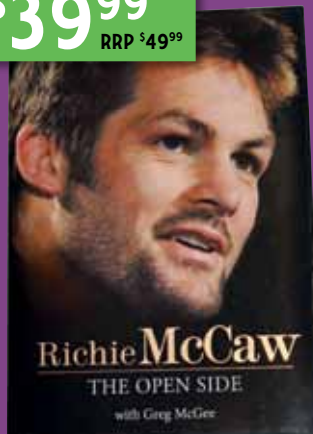
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Gordon Bell

Recently we farewelled long time resident, Mr. Gordon Bell.

Mr Bell was the first resident to move into the village when it opened in 1986 and was an active village member for the past 26 years.

Mr Bell used to regale us with amusing stories of his life as a dentist in Kerikeri and his early days in the village.

When Gordon came to live here it was a very different village to the one you see today. There were no proper gardens and cows that had escaped from neighbouring paddocks wandered freely amongst the houses. There was a telephone box at the end of The Close and no onsite office or staff.

Gordon was a gentleman, with a very good sense of humour and fun. He could always be relied upon for



good advice and undertook a lot of behind the scenes work for the village such as delivering rubbish bags to all the residents and he did this until shortly before his death. We shall miss Gordon very much.

Bible Study Group

A while ago some of the residents asked if we could start a Bible Study Group. It just so happened that our Chaplain, Jan Gough, knew of Union Church members who were already meeting for this purpose.

The church group was happy to have the village residents join them.

There is now a group of about 15 members, half of whom are from the Union Church and the rest are residents of the village.

Meetings are non-denominational and the group meets every Monday in the Village Chapel between 2.30 and 4pm. The meeting starts with a cuppa and a chat.

The group, led by Reverend Dr. Robyn McPhail, studies the lectionary readings for the next Sunday's service.

The Bible Study Group would be happy to welcome new members, so if you are interested you can contact the Chaplain Jan Gough by leaving a message at reception.

Esmé's Handiwork

In response to growing demand, we are extending our Dementia Unit, known as the Tui Wing, and will shortly be adding three rooms.

Bill Harford was a resident in the unit from 2008 to 2009. After he passed

away his wife Esmé commissioned some interactive ceramic panels in his memory for the residents in the unit to admire and touch.

Esmé continues to support the work in the unit and has generously

donated some of her much sought after table runners and placemats for us to raffle.

Tickets are onsale at reception and at the Christmas Concert with the prize draw taking place that night.



Fish Tank

Recently we have had a number of new residents to the village. However they're a bit different to the usual type of resident and are small, slimy and love to blow bubbles... they are fish!

The new fish tank in our rest home area provides residents with something peaceful to watch and enjoy. Geran from Maintenance has spent hours getting the tank and the

setting "just right" and has really appreciated the help of Mark from 'The Parrot Place' in Kerikeri who has helped with supplies including providing the fish.

Staff were given the opportunity to donate money for the purchase of the fish for the tank and we have all had great fun naming and keep track of the growth of our favourites.



Waimate Show

This years 170th Pastoral Show at Waimate North Show Grounds was crammed with people, food, coffee, crafts, vehicles and plants stalls to name but a few.

It was the first time the Village has had a presence and the gardeners spent months propagating a wide variety of plants to sell.

Adona Cox baked a large Christmas Cake and for \$2 visitors had a chance to guess the weight and take the cake.

The winners were Peter Berg and his partner Glenda who guessed

4.44kgs - just 03gm short of the exact weight.

All the money raised is going towards the extension of the dementia wing. A big thank you to all who took part in the setting up, selling and clearing up afterwards.



▼ Cake winner Peter Berg with grandson Lucas.



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Gardening or Landscaping?

We have our own nursery onsite and propagate a huge variety of natives, bedding plants and vegetables at very competitive prices. Money from the sales of our plants go towards extensions on the Dementia Unit.

Call 09 407 0070 for more information or see Reception and we'll find a gardener to assist you.

Calendars

YES THEY'RE BACK!

The photos are great and our models - simply fantastic!

The Kerikeri Retirement Village 2013 Calendar is out NOW and available for purchase from reception at just \$12.00 each.

Both practical and decorative, our calendars make great presents for family and friends and are already selling fast.

Make sure you don't miss out, get your copies today!

Diary Dates

Shopping Trip

Friday 30th Nov. | 10am
Cottage & Wendywood Warehouse Shopping Trip.

AGM

Tuesday 4th Dec. | 1pm
Residents AGM.

Christmas Parade

Friday 7th Dec. | 6pm

KKRV Christmas Concert

Friday 7th Dec. | 7pm

Shopping Trip

Monday 10th Dec. | 10am
Cottage & Wendywood Warehouse Shopping Trip.

Movie

Wednesday 12th Dec. | 2.30pm
Cottage & Wendywood Movie Afternoon.

BBQ

Friday 14th Dec. | 6pm Social Centre
Cottage & Wendywood Residents BBQ

Christmas Party

Saturday 15th Dec. | 2pm – 4pm Social Centre
Care Facility Residents & Families Christmas Party

Christmas Party

Tuesday 18th Dec.
Tuesday Group final day combined with Thursday group Christmas party

Alzheimer's Club Final Day

Wednesday 19th Dec.

Quiz Nite

Friday 21st Dec. | 4pm

