

The Weekly Settler

Newsletter of Settlers Lifestyle Village



18th March 2021

Village Manager's Weekly Update

Saint Patricks Night and America's Cup

Wow what an absolutely fabulous night! We started off by successfully defending the 'Auld Mug' with Emirates Team New Zealand beating Luna Rossa Prada Pirelli by 7 – 3. The last couple of days have really been exciting viewing with lead changes throughout the racing, the excitement in the Lodge last night was palpable as we witnessed Team New Zealand win the cup for the fourth time!

We would like to thank Joan Pivac who managed to get us 'kitted out' in Americas Cup paraphernalia through a family contact. The Lodge was dressed perfectly for all the races and of course our win!

Early Wednesday evening we moved from red socks to green attire as the Guinness started to flow! I do want to thank Ruth and her kitchen team for all their efforts in producing the 'pub grub' in such a timely manner. Also, John Bruce for putting his hand up as usual to help out in the kitchen, it is most appreciated. All we could hear all night was laughing and singing such a lovely sound to behold.

Regarding the Kitchen, we welcomed Susanna 'Santie' Olivier to the team this week and she will be working alongside the team for the next couple of weeks as we prepare to expand our opening hours.

Darcy our Gardener extraordinaire this week was officially presented with his NZQF certificate level 3 In Horticulture (Sports Turf). Not content with this achievement to date he is moving into his level 4 this year. Good luck and well-done Darcy!

Washco will be continuing the building wash next week and will be working through Lucas, Massey and Ingham as per the below schedule.

22nd March	Ingham	
23rd March	Lodge & Hellyers	Lodge & Hellyers
24th March	Lodge & Hellyers	Lodge & Hellyers
25th March	Bush	Lodge & Hellyers
26th March	Bush	Greenfield

If you have any questions about the process further to the previous newsletter advise on the building wash, then please contact reception.

Fire Evacuation Training – this was completed on Tuesday and the reports back from Fire Evacuation Services was on the whole good. With all training and practice comes the opportunity to learn and develop and this is no exception so a couple of pertinent points that were identified are as follows.

- A number of the building and deputy wardens were absent at the time and this is obviously possible at any time. So as a reminder if you exit the building and the folder and high viz vest are still there anyone can collect these and complete the duties at the evacuation point. The duties are simple - it is just a case of ticking off those present and recording anyone that has not evacuated due to mobility reasons and their location. This is then handed over to the Chief Fire Warden (Nurse on duty generally) who would report to the fire service.
- If you are using any areas in the community centre at the time of the alarm whether it is the gym, pool, café or library you should evacuate immediately. Our staff, if on duty at the time, will check these common areas and advise you of this please make sure you listen and adhere to the instructions provided.
- Once you have left the building you should not re-enter until you are advised it is safe to do so.
- For those that have mobility issues you should be recorded as having a 'buddy' in the fire evacuation folder, dependant on your situation, this buddy will confirm with the building warden your location.
- Make sure you know where your assembly point is, this where you evacuate to and not just outside your building.

Speeding in the Village – once again concerns have been raised with me about the speed that vehicles are moving around the village, this includes the slip road in between A, C and B which apparently some people are using as a cut through. The speeding vehicles are a mixture of residents, contractors, visitors and maybe even staff. Please remember that the limit within the Village is 15kmh and must be adhered to.

Smoking – another concern that has been raised with me is in regard to smoking on balconies and the disturbance that this has on neighbours. Please observe the village 'no smoking policy' and only smoke within your unit, this of course applies to all visitors as well.

Gary Jarvis
Village Manager

Hello from the Nurses Niche

Hi everyone, there was a bit of the wet stuff as I came to work this morning. It was dark too which I am not liking but my newly planted flower pots will be very happy for the rain.

As I work my way around the body looking at fun facts to share, I find myself still in the head region. This week's focus is the mouth.

Your mouth is a fascinating part of your body that keeps you alive in more ways than one!. Our mouth allows us eat, breathe, communicate and smile. It is the centre of many aspects that defines us as individuals and as a species.

Did you know:

- You will spend over two months of your life brushing your teeth? If you brush for two minutes, twice a day, every day, for most of your life, you'll be brushing for between 70 and 80 days!
- Tooth enamel is the hardest substance in your body. It is made up of mineralised tissue which is harder than nails. This enamel is designed to help us chew and tear our food. It still has weaknesses however and when not cared for, enamel can chip under pressure or decay due to plaque and bacteria.
- Your smile is unique. Dental records are used by detectives to identify bodies because every persons teeth rest in their mouths differently – even identical twins. Evidently your tongue print is unique to you too. No two tongues are the same!

- There are about 300 different kinds of bacteria in your mouth. Together you are likely to have millions of individual bacteria in your mouth at any given moment!. Of the hundreds of strains, the Streptococcus variants are the ones known to convert carbohydrates and sugars into acids which can then cause tooth decay.
- Everyone has (pretty much) the same number of teeth. Babies will have 20 baby teeth that will eventually fall out and make way for their permanent adult teeth of which we have 32. Wisdom teeth and third molars can change this number but not everyone has these and scientists believe that over time humans will evolve to stop developing these altogether.
- You can only see about two thirds of your teeth. A third of your tooth known as the root is hidden beneath your gums. Because there is so much more tooth than meets the eye it is really important to keep your gums healthy to promote your overall oral health.
- Endocarditis – an infection of the inner lining of the heart chambers or valves and typically occurs when bacteria or other germs from another part of your body such as your mouth, spreads through your blood stream and attaches to certain areas of the heart.
- Diabetes – gum disease appears to be more frequent and severe among people who have diabetes.



To protect your oral health it is recommended you brush twice daily with a soft -bristled brush. Floss daily and consider using a mouthwash. Eat a healthy diet and limit food with added sugars. Schedule regular dental check ups, cleans and avoid smoking.

On another note I have had a few people enquiring about the annual flu vaccination. We will be working with Phil Tait and his team from Northcross Pharmacy again this year to administer the flu vaccination. He has informed me that these will be available mid April so we will be looking at a date sometime after this. I will give you plenty of notice and have consent forms ready as well. I have not had any information about the COVID-19 vaccination but it will not be given with the annual flu vaccination. As soon as we hear something about this we will inform you.

Take care

**Sue, Lyn, Alana, Chris, Christine & Lucy
Nursing Team**



We hope you enjoyed the Pub Night on Wednesday. We could hear all the festivities from the café and have had so many positive comments. It was a great evening and the team enjoyed serving you. Special thankyou to John Bruce who was here helping out from beginning to end!



Come and join your friends at Tui Café for a delicious hot lunch on Tuesdays or Thursdays from 12 midday. Next week's lunch menu is:

Tuesday 23rd March

Jacket Potato filled with Chorizo, Bacon, Onion, Parsley and Cream Cheese and a Green Salad **\$12.00**



Thursday 18th March

Beef Koftas Served with Tabbouleh Cous Cous Topped with Greek Yoghurt **\$12.00**

(Cous cous contains: Grated Carrot, Currants, Baby Spinach, Tomato, Flaked Almonds)

(Beef Koftas: Beef Mince, Spice Blend, Onions, Breadcrumbs)

**Ruth, Danielle, Jucimara & Santie
Tui Cafe**

What's on this coming week



Men's Group

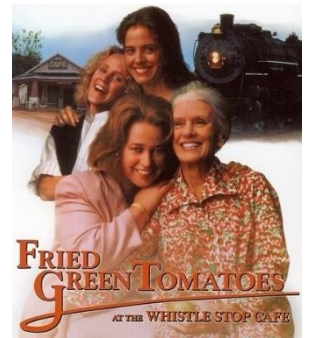
Time & Venue: Friday 19th March 11am Avenues Lounge
Join us for this interesting morning as a Settlers resident shares pictures taken on safari in Botswana.



Weekend Movie – Fried Green Tomatoes

Time & venue: Saturday 20th & Sunday 21st March @ 1pm in the cinema

A housewife who is unhappy with her life befriends an old lady in a nursing home and is enthralled by the tales she tells of people she used to know. Starring Kathy Bates, Jessica Tandy and more. PG 124 mins



BINGO

Time & venue: Saturday 20th March @ 7pm Lodge Dining Room

Come and join us in the Lodge for BINGO. Usual time of 6.30pm for ticket sales, ready for a 7pm start. All welcome including family and friends.

Bruce, Joy, Jenny and Rae



Wednesday Shopper

Time & venue: Wednesday 24th March Leaving Reception @ 9.45am

This trip Tara will take you to West City (Henderson Mall) Leaving Settlers 9.45am and leaving Henderson @ 12 noon. Please add your name on the list on the noticeboard besides Reception.



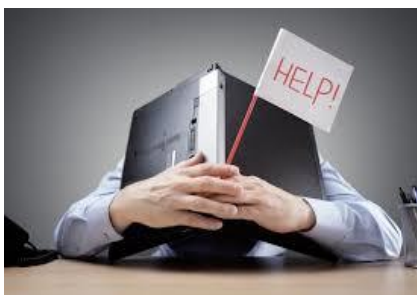
Sharing Books and Stories

Time & Venue: Thursday 25th March @ 10am Library

The next meeting of this group will be on **Thursday 25 March at 10 am in the Library.**

The short story, which everyone needs to have read, is a chapter from a book and a copy is available from the Blue Folder on the computer desk in the Library. It will be sure to arouse interesting discussion. Please also bring a

brief outline of a book you have recently read and which you can share with us all. New residents are especially welcome to join us.



Your Computer and I.T. problems.

The two young ladies from Kristin High School will come to Settlers again between **3.45 - 5.15 pm on Thursday 25 March.** They will be able to help you with any problems you may have with your laptop, computer, or handheld devices. You can have 30 minutes of their time, so please be in touch with me if you need some assistance, and I can give you a timeslot. I look forward to hearing from you.

Angela van Winden L-177 Ph. 412 8225 or m.e.winden@xtra.co.nz

Special Notices

'Settle Inn' – Friday Night Lucky Apartment Jackpot.

The lucky apartment jackpot prize of \$20.00 was unclaimed last Friday 12th March when apartment 159 was drawn. This Friday 19th March the prize will increase to \$40.00.

Remember to be eligible to win you must be in the bar when the lucky apartment number is drawn, and you **must** be wearing your Settlers Name Badge – **No name badge /no prize/no excuses.** The lucky apartment number will be drawn at sometime between 5 and 6pm.

Murray Peck, Executive Bar Committee M214

Apartment Draw Result For Wednesday 17th March 2021.

The first apartment number drawn **83** was not claimed. A redraw then commenced with apartment number **168** winning **\$50**. Apartments drawn missing out on a prize: **1, 17, 42, 52, 80, 85, 123, 129, 171, 181, 230, 246.**

Apartment Draw next on Wednesday 24th March 2021

We will have a first number drawn prize and a minor prize of at least **\$50** which must be won on the night if the first number Drawn is not claimed. Buy a drink and pay your \$2 for a stamp, the draw starts between 5.30pm and 5.45pm. The Winning Resident must claim their prize in 30 seconds wearing their own name badge and validation stamp. There will be no exceptions made on this policy.



FRIENDS AND NEIGHBOURS

The whole country was in party mode yesterday and here at Settlers we joined in the celebrations. A mixture of the Irish green and the yachting white and blue, adorned the Lodge. Pub Night had an earlier start as we gathered to watch that final race. Fortunately there were no 'off the foils' moments, so not as nerve wracking as some earlier races! With 'The Cup' secure, St Patrick's Day celebrations could begin.

Once again a big thank you to the workers who make these evenings possible. We should also acknowledge how our wonderful management team go the 'extra mile' on these occasions. They go above and beyond their collective job descriptions. *Neighbourly Group*



Volunteer Drivers

Our team of willing drivers are available to take you to your medical appointments. We are here to help. Just phone one of the following co-ordinators. Margaret Larsen 214 7116 or 021 129 8807, Meg McCartie 0272 869018 or 971 2739 or Pat Plimmer 021 782 870.



Croquet Lawn Closed for Maintenance

Usual days:- Tuesday, Thursday & Saturdays

The croquet lawn is still closed for Autumn Maintenance



Settlers Singers:

The singers were pleased to be able to at last stretch their vocal cords last Monday evening. The next singing night is Monday 29th March. There will be no singing this coming Monday (22nd). New singers welcome – for information please contact John Wakelin (415 7383) or Ross Miller (443 1511).



Sunday @ Seven - Music with a Message

Time & Venue: Sunday 28th March @ 7pm in the Cinema

Introduction by Bear Grylls survival specialist .

An evening to listen to some talented musicians who sing their own songs about Easter on video. Followed by the world-renowned speaker J-John ,sharing some thoughts about the events at the first Easter. Duration is for an hour.

PINC & STEEL

**CANCER
REHABILITATION
FOUNDATION**
NEW ZEALAND



LUCY'S CHOCOLATE BINGO FUNDRAISER – Tickets available from Reception NOW

Saturday 10th April 6pm – 9pm (Bar opening at 5.30pm)

Settlers Lodge Lounge Tickets only \$10.00

What to bring:- Chocolate bar in exchange for your 5 games of Bingo Nibbles for your table, Money for Raffles and the bar, Gold coins for Interval games, a pen to mark your sheet. Buy your tickets from Settlers Reception

Thursday 25th March 2021 Business North Harbour

SHOWCASE NORTH HARBOUR

NATIONAL HOCKEY CENTRE, 159 BUSH ROAD, ROSEDALE

B2B exhibition & networking event
10AM-4PM | FREE ENTRY & CARPARKING

businessnh.org.nz/showcasenorthharbour

This event provides businesses from across North Harbour to showcase their products, services and solutions to members of the public. Showcase North Harbour will be another huge event with over 50 exhibitors, free entry and carparking plus door prizes, giveaways and one day only expo specials. Come and be inspired. Free tastings will be on offer.

Enjoy this day on our doorstep here in North Harbour.



Our fabulous resident baker Joy Anslow was on to a winning thing with her 'lucky sox' shortbread which so many of us enjoyed! Thank goodness we took the cup as we've cleaned her out of baking supplies!



Settlers Albany Lifestyle Village Resident's Association Incorporated

550 Albany Highway Albany Auckland 0632

TO ALL RESIDENTS FROM YOUR COMMITTEE

The committee is currently updating its email data base. We would like all those new residents and those residents who are not on the current list if you would like to receive the minutes and information from the committee to follow these easy instructions:-

- *Send an email to the residents committee on the following e-mail address and simply say: Yes please.*

E-Mail address : settersrescommittee@gmail.com

- *You will get a reply saying : done.*

The committee looks forward to your early responses.



A few of our Settlers enjoyed the soaking up the atmosphere in the viaduct this past week during their 12km walk.

Poets Corner

Within our Village we have a very humble poet who's hidden his light
under a bushel for far too long. Now he's been discovered. This is
Bruce's corner...



WELCOME, FREEDOM - ARE YOU HERE TO STAY?

By the time you are sitting reading this, we're back to COVID-1,
And believe me, my having to rewrite 3 times, should please everyone.
It's only a matter of weeks, of course, since we'd earlier said hooray,
To the freedoms of the life we live, on a normal Settlers' day

Did you notice how some weeks ago, those restrictions were received?
How the moans and groans of freedoms lost, were actually perceived.
How they were accepted by the majority, even though they meant a loss.
For those whose income inevitably, meant quite a substantial loss.

Already we've seen the "Beehive group", easing the lifestyle gaps
And I doubt there would be any here, would disapprove of that.
Really and truly, you and I, living in our Settlers homes,
Have been suffering, generally, to a limited degree, compared to the worker's woes.

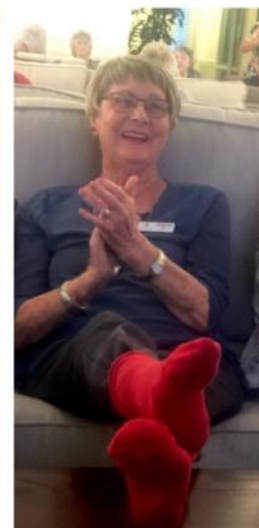
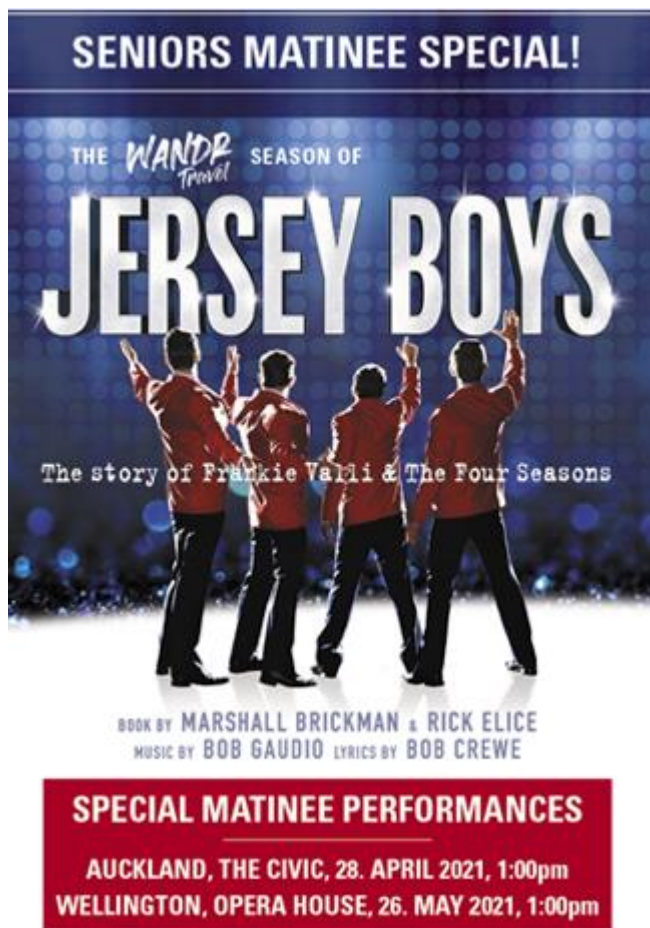
Did it really matter, we couldn't live it up for a while,
While hundreds of others - some your friends - were forgetting how to smile.
The guys and girls, whose lives are spent, striving towards future goals,
Can now re-new those future steps, after the negative gap, poor souls.

A positive, has broken through today. The vaccine has arrived!
We're told its effect overseas, has helped the majority survive..
It may take time before it's offered to you, the front-line workers first
And there wouldn't be many argue with that, their danger must be worse.

Our hats are off to these teams who work through hail or shine.
To test and advise of current trends and help us keep in line.
COVID appears to have no rules, nor select a special set.
Still sanitise, continue the rules. We'll beat this bug (- - -) yet!!!

By Resident Bruce Seaton - March 2021





*We've
done
it!*

Emirates Team New Zealand
36th America's Cup Winners

Heat Pump and Air Conditioner covers

We have recently approved 'Heat Pump Covers' as our preferred supplier to supply and install heat pump covers. Residents are now able to order a cover, which will be at the resident's cost and all orders are to come through Settlers, see below on how to order.

An exert from the company's website.

Designed and manufactured in New Zealand, Heat pump covers specialises in custom made covers to hide the outdoor heat pump unit. Our covers are specifically performance tested and approved by leading heat pump and air conditioning manufacturers such as Mitsubishi Electric to look their best without interfering with the efficiency you brought that heat pump for.

Their website is <http://www.heatpumpcovers.com/products>



**Standard top \$1131.85
includes installation and gst**



**Premium top \$1331.85
(top hardwood composite)
includes installation and gst**

How to order - email reception@settlersalbany.co.nz with 'heat pump/air conditioner covers in the subject box. Include your name, apartment number and if you wish to order the **standard** top **or premium** top or go to reception to place your order in person.

For these prices we are required to have a minimum of ten orders before we lodge the order. You will then be contacted to arrange a time to visit and confirm the measurements of your unit. Once the cover has been installed, you will be invoiced directly from Heat Pump Covers.

To view a cover – If you would like to view a cover before ordering, then please meet at reception this Sunday or Monday at 2.00pm and either Wendy Auger or Rosalie can show you.

For questions - other than to make an order, please contact Rosalie on 027 7880 155 or email rosalie@settlersalbany.co.nz

**THIS EVENT IS NEW TO THE VILLAGE AND
HAS BEEN NAMED**

SETTLE INN

**AWARDS & RECOGNITION EVENING
TUESDAY 13TH APRIL**



**THE BASIS OF THE NIGHT IS LOOK BACK OVER THE YEARS
AND RECOGNISE RESIDENTS WHO HAVE CONTRIBUTED IN A
WAY THAT MAKES SETTLERS THE GREAT HAPPY, VIBRANT
VILLAGE THAT IT IS TODAY. THIS AREA WILL BE
RECOGNIZED ON THE NIGHT WITH THE PRESENTATION OF A
SPECIAL SCROLL.**

**THE AWARDS SECTION OF THE NIGHT WILL RECOGNISE
INDIVIDUALS WHO HAVE DONE SOMETHING OR ONE THING
THAT DESERVES SOME SORT OF RECOGNITION.**

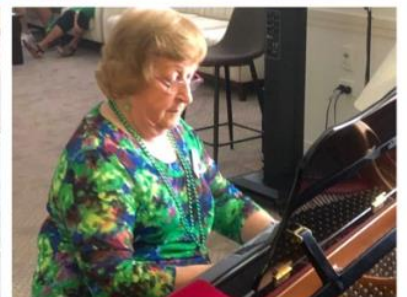
**THERE WILL BE FINGER FOOD SERVED PLUS OTHER THINGS
TO ENJOY OVER THE COURSE OF THE EVENING. ONE OF THE
THINGS YOU WILL ALL WANT TO KNOW IS THE COST:
AFTER MUCH THOUGHT WE HAVE DECIDED ON \$10 A TICKET.
TICKETS WILL GO ON SALE ON MARCH 29TH. DETAILS IN
NEXT WEEK'S NEWSLETTER.**

**JOHN CARSON
CHAIRMAN OF THE ORGANISING GROUP**





ST. PADDY'S DAY 2021
Oh so lucky to
have you join us...





Menu

Wednesday 24th March

Roast Pork with Gravy and Apple Sauce \$17

Served with Roast Potatoes, Cauliflower & Broccoli Mornay , Honey Roasted Carrots

Cantonese Chicken Stir Fry Served with Broccoli , Carrot Batons & Egg Noodles \$15

Friday 26th March

Battered Market Fish Served with Beer Battered Fries

And a Choice of Three Salads \$17

Creamy Beef & Mushroom Rigatoni \$15

(Beef Strips, Swiss Mushrooms Served in a Creamy Sauce with Pasta Tubes)

Desserts for March

Homemade Tiramisu Cake \$7

Homemade Molton Peanut and Chocolate Fondant Cake \$7

Served with Kapiti Vanilla Bean Ice-cream

COFFEE AVAILABLE before 7.15pm each evening

***Please make sure you book with Reception by midday the day prior to you dining.
Dinner bookings can also be made in the weekend for the following week.***

Fri 19th Mar	Walk n Talk Group	8.50am	Reception
	Painting with Joy	9.30am	Kell Lounge
	Shopping Bus	9.45am	Albany Mall
	Men's Group	11.00am	Avenues Lounge
	Xer/Sit Class	1.00pm	Avenues Lounge
	Table Tennis	2.00pm	Kell Lounge
	Happy Hour	4.45pm	Main Lounge
Sat 20 th Mar	Petanque	9.15am and 10.45am	Petanque Court
	Outdoor Bowls	9.45am	Bowling Green
	Ukulele	10.00am	Avenues Lounge
	Weekend Movie	1.00pm	Movie Theatre
	Croquet Organised	1.00pm	Croquet Green
	Line Dancing	1.30pm	Kell Lounge
	BINGO	7.00pm	Lodge Lounge
Sun 21 st Mar	Chess Group	10.00am	Chess Nook
	Weekend Movie	1.00pm	Movie Theatre
	Coffee, Games, Chat	1.00pm	Avenues Lounge
Mon 22 nd Mar	Keep Fit	8.30am	Kell Lounge
	Discussion Group	2pm	Cinema
	Shopping Bus	9.45am, 10.15am & 11am	Albany Mall
	Painting Group (No Tutor)	9.30am	Kell Lounge
	Outdoor Bowls	9.45am	Bowling Green
	Tai Chi with Sherie	1.30pm	Kell Lounge
	Darts	4.00pm	Avenues Lounge
Tue 23 rd Mar	Petanque	9.15am and 10.45am	Petanque Court
	Line Dancing	10.00am	Kell Lounge
	Blokes Shed (Assistance Available)	10.00am	Blokes Shed
	Croquet Organised – Closed for Autumn	1.00pm	Croquet Green
	Mahjong	1.30pm	Avenues Lounge
	Therapeutics @ 3	3.00pm	Lodge Lounge
Wed 24 th Mar	Discover Albany Walkers	8.50am	Reception
	Settlers Hair Salon	8.30am	Hair Salon
	Diversity in Art	9.30am	Kell Lounge
	Outdoor Bowls	9.45am	Bowling Green
	Wednesday Shopper with Tara	9.45am	Leaving Reception
	Aqua size	9.25am Barbara's class	Swimming Pool
	Aqua size	10.10am Joan's class	Swimming Pool
	New Generation 500 Club	3.00pm	Avenues Lounge
	Happy Hour	4.45pm	Main Lounge
	Rummikub	7.00 pm	Avenues Lounge
Thu 25th	Keep Fit	8.30am	Kell Lounge
	Settlers Hair Salon	8.30am	Hair Salon
	Table Tennis	9.30am	Kell Lounge
	Craft Group	10.00am	Link Lounge
	Sharing Books	10.00am	Library
	Croquet Organised - Closed for Autumn	1.00pm	Croquet Green
	Petanque	1.00pm	Petanque Court
	Sharing Books & Stories	10.00am	Library
	Chess Group	2.00pm	Chess Nook
	Darts	4.00pm	Avenues Lounge
	Indoor Bowls	6.50pm	Kell Lounge
	Computer & IT Help	3.45pm	Lodge Lounge