

The Weekly Settler

Newsletter of Settlers Lifestyle Village



4th March 2021

Village Manager's Weekly Update

COVID – 19 Update

Whilst we are currently at Alert Level 3, we should be informed by the government tomorrow if this will be changed.

If we move to Alert level 2 the key changes within the village to be aware of are:

- The community centre is only open to residents no visitors allowed.
- The café will reopen but dinners will be capped at 100.
- You can have visitors to your units.
- Activities can recommence and the village shopping bus will be operational.

If we stay at Alert level 3, the current restrictions advised via letter on the 28th of February will remain in place.

Due to the uncertainty around the alert levels we have presented the food options in two formats for next week. One is based on a daily pick up (between 2.00 pm and 3.00 pm Mon- Fri) as per below, the other is our normal service provision which you will see later in the newsletter. Suzie will be working the weekend this week so you can order as required from Saturday morning. If we stay at Alert Level 3 you will need to order the complete weeks food by Sunday at 4.00pm.

Food option at Alert level 3 – Pickup between 2.00 pm and 3.00 pm Mon- Fri

Monday 8th March	\$12.00	Homemade Bacon & Egg Pie Served with Caesar Side Salad
Tuesday 9th March	\$12.00	Seafood Chowder with a Buttered Roll
Wednesday 10th March	\$17.00	Roast Beef and Yorkshire Pudding Served with Roasted Potatoes, Carrot & Parsnip Wedges and Cauliflower Florets
Thursday 11th March	\$12.00	Braised Sausages in a Smokey Bacon and Cider Sauce Served with Creamed Potato and Buttered Peas
Friday 12th March	\$17.00	Pork Belly & Gravy Served with Potato Gratin, Sautéed Savoy Cabbage and Roasted Pumpkin Wedges

Please observe the usual health considerations:-

- Washing hands
- Maintain a 2-metre social distance in public.
- Cough into your elbow
- Keep a contact register and use the QR scanner when available.

Additional points to note:-

- You are required to wear a mask whilst using public transport.

General

Reception – Now that Suzie has started with us and settling into her new role we request that all communication, regarding newsletter inserts, general reception business or maintenance requests are sent to reception@settlersalbany.co.nz and not to Glenda's email. This will allow both Glenda and Suzie to monitor and respond as required.

Wascho – Building wash.

Subject to the Alert level moving back to level 2 before next Monday we will recommence with the building wash at that time. We have only put in next week's itinerary at this stage as these coming weeks are all subject to change.

Date **Building Wash, Roof Wash & Window Wash**

8th March	Orchard	Joseph
9th March	Orchard	Joseph
10th March	Nautilus	Joseph
11th March	Nautilus	Lucas
12th March	Lucas	Lucas

Rates Rebates

Auckland council have sent a reminder to advise that the rates rebate applications close on the 30 June 2021. If you haven't already applied for the 2020/21 rebate, then now is the time to do so. If you have any queries about the rates rebate then you can contact Karen Coles, Rates Analyst directly at Karen.Coles@aucklandcouncil.govt.nz or on 09 975 5486.

Gary Jarvis
Village Manager

From the Sales Desk

I do hope you are all managing well during this rather unexpected return to level 3. This is becoming our new normal I feel.

I am pleased to advise that an application was taken for Eskdale townhouse 40 last week to a lovely couple. I will advise more when I know of their expected occupation date.

You may have noticed the moving of furniture last week out of the Kaipatiki building. This is due to us now moving all of our excess show home staging furniture off site and into storage units. We can then access these items to stage any future resales units as required. The completion has been slightly delayed due our current alert level and we hope to have completed within the next few weeks.

Let's hope we all return to level 2 on Sunday!

Rosalie Keegan
Sales & Marketing

Hello from the Nurses Niche

Hi everyone,

Gosh it's amazing how quickly things change. I am sure you were as shocked as I was when the Emergency Alert came though loudly on Saturday night. I have given up watching the news lately as it doesn't do me any good so I had no idea of the PMs press conference. Luckily I had done all I wanted to on the previous two days so I wasn't too put out but my hubbie had put something off thinking he would do it on Sunday. It brought to mind Benjamin Franklin's quote "Don't put off until tomorrow what you can do today".

In this crazy time we really do need to live for the moment and take each day as it comes but that can be challenging for us organised planners!

In this week's fun facts series I thought I would investigate fingernails. Did you know?....

- Fingernails separate primates from mammals.
- Human nails are made of keratin. This is the same protective protein that also makes up our hair. Due to the different arrangement of these keratin molecules nails are much tougher than hair.
- Nails are designed to protect our finger tips and toe tips as well as the surrounding tissue from external injuries.
- Men's fingernails grow faster than women's nails with an exception of when a woman is pregnant then they grow faster than men's. Your thumbnail grows the slowest and your middle fingernail faster than the other fingers, and the nails grow quicker on your dominant hand.
- Fingernails grow an average of 3.5mm/month compared to toenails which grow an average of 1.6mm/month. They grow faster in summer than in the winter.
- You may have heard that fingernails keep growing after death. This is myth. What is actually happening is an optical illusion caused by the retraction of the skin around the base of the nail as there is no fluids going into the tissues which makes the nail look like it has grown.
- Nail biting has a name ; Onychophagia. It is estimated that 20-30% of people bite their nails and nobody seems to know why! Biters can expose themselves to harmful bacteria that collects under the nails. Good reason to try to stop!
- Increasing your water intake can improve your nails. Another reason to stay well hydrated.
- Fingernails can reveal lung, heart and liver diseases , so if you notice any changes best to get these checked out with your GP.



Remember that the nursing service is running as usual at alert level 3 . Please ring before you come to the clinic I for nonurgent enquires.

Take care

Sue, Lyn, Chris, Christine, Lucy & Tina
Nursing Team



Bereavement

Ian Mills – We are sending our love and thoughts to Glennis and her family with the sad passing of Ian, on Tuesday 2nd March.

Ian's funeral is next Wednesday 10th March at 12.30pm at Dils Funerals, 185 Snapper Rock Road.

For any residents wishing to attend, please note the following:

- Covid alert level 3 – numbers limited to 10 people
- Covid alert level 2 – numbers limited to 100 people

Please note the funeral will also be live streamed and you can access this via your computer by sending an email to info@dils.co.nz asking for the link to the livestream for the Late Ian Mills.



Come and join your friends at Tui Café for a delicious hot lunch on Tuesdays or Thursdays from 12 midday
ONLY UNDER LEVEL 2 WILL CAFÉ BE OPEN

Next week's lunch menu is:

Tuesday 9th March \$12.00

Seafood Chowder with a Buttered Roll

Thursday 11th March \$12.00

Braised Sausages in a Smokey Bacon and Cider Sauce Served with Creamed Potato and Buttered Peas

Ruth, Danielle, & Jucimara
Tui's Café

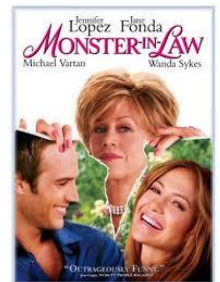
What's on this coming week



Weekend Movie – Monster In Law COVID LEVEL DEPENDANT

Time & venue: Saturday 6th & Sunday 7th March @ 1pm in the cinema

Charlotte finally finds the man of her dreams and decides to settle down with him. However, things get interesting when his mother decides to interfere!



TWILIGHT SUMMER STROLLS

No Summer Stroll this Sat 6th March due to being on Alert Level 3.



THE SETTLERS SINGERS.....are an optimistic lot !

Time & venue: Monday 8th March @ 7pm Lodge Lounge

We shall recommence ONLY if on ALERT LEVEL ONE at 7pm Mon 8th March

Note: Subject to approval that Auckland returns to LEVEL ONE by this date, of course. ***Please get this message to Jacinda and Ashley!***



Ninety Plus Trip – COVID Level dependant

Time & venue: Tuesday 9th March leaving reception at 10.30am

Come venturing with us to West Lynn Butterfly House then on to Swanson RSA for lunch next Tuesday. Buffet Lunch \$21 Entry to Butterfly House \$3.00. This trip is for the Ninety Plus group however add your name to the list on the noticeboard and if there are spaces we will let you know. *Doreen Woodward 414-2088*

Special Notices

'Settle Inn' - Friday Night Apartment Jackpot.

The lucky apartment Jackpot draw prize of \$120.00 drawn on Friday 26th February was claimed when apartment number 197 – Joy Anslow – was drawn.

The next lucky apartment jackpot prize (will be drawn on the first Friday the bar is open after Covid) and will return to \$20.00.

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 sometime between 5 and 6.00pm.

Murray Peck, Exec Bar Committee M214.



Sporting Legend Precious and his Digital and You Tube Debut

Precious' episode of Scratched: Aotearoa's Lost Sporting Legends.

Why Precious McKenzie wanted to lift for New Zealand From being barred from competing in apartheid-era South Africa to being embraced by his adopted home country, Precious McKenzie's is a story of perseverance and the importance of knowing your value.

The link is available via YouTube. It will also be made available on Facebook, The Spinoff website and TVNZ On Demand in a month or so. Below is the link to view the incredibly heart-warming story of Precious's journey. <https://youtu.be/Fapiy9xWpUI>



Rebecca Nelson Live at Settlers

Time and Venue Sunday 14th March @ 2pm Lodge Lounge

"There's more to Stunning Classical Crossover singer Rebecca Nelson than meets the eye. In 2014 the talented young kiwi musician enlisted as a reservist in The Royal New Zealand Navy to serve her country in voice as the official singer for the RNZN. Rebecca holds the rank of Able Musician and has had the honour and privilege of singing at centenary commemorations in Gallipoli, The Somme and Passchendaele. Earlier in 2018, she was invited to perform for His Royal Highness The Prince of Wales, Prince Charles and guests from across The Royal Navy for a shipmate's reunion at Highgrove House.

Outside of the Navy, Rebecca is a professional singer and has experienced success both at home in New Zealand and abroad.

In 2016 she signed to Sony Music NZ and released her album titled "Poppies & Pohutukawa" which featured prominently in the New Zealand music charts.

Rebecca is a regular performer at All Blacks matches, her most recent appearance was 10th November 2018 at the historic test match against England at Twickenham on the eve of the Armistice centenary where she sung the New Zealand national anthem in front of 82,000.

Rebecca's recent album "Reverence" was released in November 2019 with the seal of approval from His Royal Highness The Prince of Wales. The band that features on the album is none other than "the band of the Welsh Guards".



FRIENDS AND NEIGHBOURS

Well Saturday definitely gave us something to cheer about, that was until mobile phone alarms went off and our bubble was deflated just a little! However we can be thankful that at least the alarm wasn't raised on Friday evening. The organisers of the ABBA Show would have been more than entitled to be seriously miffed!! Understatement!

What a great effort the ABBA Show was. The stage lights, and background screen presentations which accompanied each song, were truly professional. So it was third time lucky for 'Show Time' and well worth the wait. Thank you to all who helped put on such a great evening. *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.



Discussion Group – Support Meeting

Time and Venue: Monday 15th March @ 2pm Cinema

Our next get together will be a chat about the continual subject that affects us all – **STRESS**

Do you lie awake most of the night worrying about a huge problem, only to find it was not a problem at all in the morning. It could be a daily stress we live with every day – COVID, caring for a partner, losing our license, physical pain or other medical

problems, perhaps just getting older. Come along and tell us what works for you to release stress and worry. Are there ways we can help each other more? Sue Smith (our Nurse) will be guiding us through the discussion. See you there!



Aquasize (pending movement to Level 2)

Time & venue Wednesdays – Settlers swimming pool.

Due to the popularity of this class there will now be two sessions running each Wednesday morning

9.25am Barbara Morris

10.10am Joan Hewlett

Working out in the water is one of the most therapeutic activities that you can do – just add a little H₂O and you're good to go.



Photography Group (pending movement to Level 2)

These photos are the result of an exercise to demonstrate that you don't have to go far afield to find a subject for your image. By looking carefully you can always find something to enable you to create your own work of art. Everyone found something different to record. *Anyone interested in joining our Settlers Photography group, we meet on the 3rd Thursday of each month. One month, a field trip, the next month to share and evaluate our photos. Judy Hodge E-43*

Perhaps after visiting our exhibition you could see if you can locate the items in the images around the village.



E-WASTE COLLECTION

The E-Waste collection that was scheduled for this weekend at the Massey University Albany Campus has been cancelled. The next closest collection will be held at:-

Westgate Baptist Church (West Harbour) 67 Hobsonville Rd, West Harbour about 12km away on Saturday 27th March from 9am – 3pm.

If you can wait a little longer there is another scheduled for Saturday 15th May @ Massey University Albany Campus again.

Recycle anything with a cord (charges for certain items may apply).



Operatunity – 20th Anniversary Royal Variety Show

You are invited to our birthday party to celebrate the best musical, comic, and memorable moments of our past 20 years! Please note that there are 2 shows in April. Tennessee Waltz Wednesday 28th April also at Windsor Park which I will advertise next week. Please add your name to the list on the noticeboard by reception if you would like to join us! Price \$33.00pp Contact Kay Wakefield H-58 414 7232. Bus departs Settlers 10am Wednesday 7th April



Settlers Albany Lifestyle Village Resident's Association Incorporated

550 Albany Highway Albany Auckland 0632

ANNOUNCEMENT FROM SETTLERS RESIDENTS COMMITTEE RE NOMINATION FOR THE UPCOMING ELECTIONS

NOMINATIONS FORMS FOR THE NEW COMMITTEE WILL BE AVAILABLE FROM RECEPTION AS FROM FRIDAY 26TH FEBRUARY.

**NOMINATIONS WILL CLOSE AT 4PM ON THE
5TH MARCH 2021.**

FORMS MUST BE FULLY COMPLETED

**ONCE NOMINATIONS HAVE BEEN RECEIVED THE DATE FOR THE ELECTION (if required)
WILL BE SET.**

**SECRETARY
SETTLERS RESIDENTS COMMITTEE**



**What a fun evening we had last Saturday at our
ABBA Party Night.**

**Huge thanks to the Settlers 'Super Troupers'
Colin McConachie & Clive Cohen. Their hard
work, preparation and passion made for a fabulous
evening. Thank you also to Rob Tait for the time he
gave us in preparation for this event.**

**Bruce as always brought his fun energy.
*There's nothing this combination of Settlers can't do!***





SETTLERS
LIFESTYLE VILLAGE

Presents

REBECCA NELSON

Sunday 14th March

2PM

www.rebeccanelson.co.nz



Lucy's Chocolate BINGO Fundraiser
Saturday 10th April 6pm – 9pm (Bar opening at 5.30 pm)
Settlers Lodge Lounge Tickets only \$10.00

PINC & STEEL provides support to people affected by cancer, helping them take their first steps on the road to recovery. PINC & STEEL help reduce the burden and impact of cancer on patients and their families' lives.

Join in this fun evening supporting our nurse Lucy raise funds for PINC & STEEL

Lucy completed a half marathon on the 14th February but is still able to raise funds so pop this date in your diary NOW.

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



OPEN PAIRS CHARITY DAY
Rescheduled to Tuesday 20th April 2021
For more details see flier on the noticeboard besides Reception.

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...



THOUGHT FOR THE WEEK

A toothpaste company - name suppressed, were shocked when they were advised
That several of the boxes they sent out, were empty - nothing inside.
Somewhere along the conveyor belt there needed to be a scale
To weigh each box, to ensure its complete, and ready to go for sale

An engineering company was called and finally given the task,
Of designing a scale and shut-down system, which would prevent empty
boxes pass.
When an empty box was detected by, a weighing scale, in the line,
A siren would sound, the conveyor stopped, and the computer re-set each time.



The company agreed though, they'd pay through the nose, but decided to go ahead.
Time would be lost, when each siren screamed and computer restarted from dead.
But the engineering group who designed this gear, were delighted it remedied so fast,
And the days of sending out empty cartons, were now a thing of the past.

But with staff retrained and ears muffed, they still found it difficult to exist
In the conveyer room where empties still came, but now, not one was missed.
The engineering firm who monitored their work weekly, at a further cost
Was surprised the result was so good - not a single box was lost.

Much later they found an operator-lass who detested the siren's wails,
Had brought from her home her powerful fan and sat it before the scales
When an empty arrived, no need to be weighed, it was simply blown off the line
No sirens, no stoppage, no customer complaints, packing guaranteed each time.

Now who was the philosopher from way back, who left this message to you and I,
"Always remember going through life, there's more than 1 way of killing a fly!"



*The above poem is based on a story submitted by
resident, Bill Larsen*

By resident Bruce Seaton M-207 March 2021



Added Value Partners (as at 4/3/21)

Restaurants and Cafes

Caffe e Cucina (Italian) providing 15% discount off their normal dinner menu and any alcohol purchased. 09 448 5195

Khun Pun (Thai) offer 10% discount on all food purchased during dinner, plus on BYO corkage (was \$7 now less 10%) **09 448 5757**

The Spice Rack (Indian) offer 15% discount on the total bill (incl alcohol) if you BYO there is \$5 corkage. **09 415 3400**

The Cheesecake Shop offer a 10% discount on all purchases to residents. **09 478 7950**

Aroma Café & Bakery, café foods and “home- made” bakery items, superb coffee and teas. Aroma’s opening hours are 5am till 5pm.plus, also offer a 20% discount on all purchases. **09-415 0058**

Health and Wellbeing

Albany Village Dental give special terms & benefits to Settlers residents and staff. **09 448 2289**

Core Clinic Albany provide Podiatry, Physiotherapy & Acupuncture treatments - **09 414 7278**
Northcross Pharmacy give a 10% discount on all purchases excluding prescriptions. **09 478 5234**

Library Lane Pharmacy also give 10% discount on all purchases excluding prescriptions. Enquire about our **FREE Prescriptions. 09 415 1530**

Travel

helloworld Travel Browns Bay & Milford have exclusive benefits for residents plus great staff to assist. **09 489 2587** *(please note both stores have temporarily merged into the Milford location)*

The Travel Brokers Tanya gives individual service to residents and has special offers – **09 411 9105**

New Vehicles & Maintenance

Auto Super Shoppe, offer pick up & delivery service plus 15% discount on labour costs. **09 4158569**

Tony’s Tyre Service give total service on most tyre related jobs plus special discounts. **09414 5956**

Please remember that you should always present you Settlers ID card when claiming discounts and benefits. If you have lost yours, ask reception for a replacement. This notice will be printed in the Settlers newsletter monthly and replaces the Booklet. Please also remember the details are on the Settler’s website resident login area.

Peter Carter – Added Value Co-ordinator – 021 946 757



Menu

We will only be able to dine in the Lodge if we return to Level 2. If we are still at Level 3 please refer to the menu on the front page of this newsletter.

Wednesday 10th March (A Meal) \$17.00

Roast Beef and Yorkshire Pudding Served with Roasted Potatoes, Carrot & Parsnip Wedges and Cauliflower Florets

Wednesday 10th March (B Meal) \$15.00

Massaman Prawn Curry and Rice with Seasonal Mixed Vegetables

Friday 12th March (A Meal) \$17.00

Pork Belly & Gravy Served with Potato Gratin, Sauteed Savoy Cabbage and Roasted Pumpkin Wedges

Friday 12th March (B Meal) \$15.00

Brazilian Stuffed Chicken Breast Served with Potato Gratin, Sauteed Savoy Cabbage and Pumpkin Wedges

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 5 th 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 6 th Mar	Petanque	9.15am and 10.45am	Petanque Court
	Outdoor Bowls	9.45am	Bowing Green
	Ukulele	10.00am	Avenues Lounge
	Weekend Movie	1.00pm	Movie Theatre
	Croquet Organised	1.00pm	Croquet Green
	Line Dancing	1.30pm	Kell Lounge
Sun 7 th Mar	Chess Group	10.00am	Chess Nook
	Weekend Movie	1.00pm	Movie Theatre
	Coffee, Games, Chat	1.00pm	Avenues Lounge
Mon 8 th Mar	Keep Fit	8.30am	Kell Lounge
	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
	Singing pending COVID Level	7.00pm	Stage
Tue 9 th 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	1.00pm	Croquet Green
	Mahjong	1.30pm	Avenues Lounge
	Therapeutics @ 3	3.00pm	Lodge Lounge
Wed 10 th Mar	Discover Albany Walkers	8.50am	Reception
	Settlers Hair Salon	8.30am	Hair Salon
	Diversity in Art	9.30am	Kell Lounge
	Wednesday Wanderer	9.30am	Leaving Reception
	Outdoor Bowls	9.45am	Bowling Green
	Aqua size NOW 2 Classes	9.25am Barbara's class	Swimming Pool
	Aqua size NOW 2 Classes	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 11 th Mar	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
	Croquet Organised	1.00pm	Croquet Green
	Petanque	1.00pm	Petanque Court
	Chess Group	2.00pm	Chess Nook
	Darts	4.00pm	Avenues Lounge
	Indoor Bowls	6.50pm	Kell Lounge